

# Scientific Explanation of Craniosacral Therapy by Faith Christensen, ND

*Quantum physics changed the view of the material universe by discovering that matter can be simultaneously measured as a solid and as an immaterial force field (wave). The universe is not made of matter suspended in empty space, but energy. Bruce Lipton, PhD in the Biology of Belief*

Craniosacral therapy is a unique form of bodywork that bridges the realms of both physical palpation and energetic work. Until quantum physics became more understood, most of movements palpated by Craniosacral practitioners had little scientific support. Energy medicine had no basis for measurement and therefore did not exist in the minds of most science oriented individuals. The ability of matter to both be solid and a wave of energy opened the door to more scientific studies looking at the energetic system of the body. From these studies theories to how all matter comes into being have been proposed with the science of quantum physics behind it.

“Quantum physicists discovered that physical atoms are made up of vortices of energy that are constantly spinning and vibrating, like a spinning top that radiates energy. Every atom has its own unique energy signal (wobble) and collections of atoms (molecules) collectively radiate their own identifying energy patterns. So every material structure in the universe radiates a unique energy signal.”<sup>1</sup>

Experiments on the smallest of matter paved the way for experiments to measure chakras, auras and bio-magnetic properties of the body. Dr Valerie Hunt was able to record the frequency of low voltage signals emanating from the body during a Rolfing session. The frequencies were evaluated and they correlated to different color bands that matched up with the chakra colors.<sup>2</sup> Many other experiments in long distance healing, intention, and meridian assessment have demonstrated measurable outcomes to these areas that were once considered un-scientific. In Lynn McTaggerts book *The Field*, she describes the effectiveness of long distance healing, prayer and other experiments where a change in one cell in a lab also changes another cell instantaneously across the country.

David Bohm, PhD, a renowned quantum physicist, has postulated the theory of a unified field of consciousness and proposes the process of condensation into material substances.

“The unified field of consciousness creates from void the meaning and significance that defines, manifests, and orders the morphology, function and activity of all things.

The self constitutes a manifestation of and differentiation within undivided universal consciousness and engages in a soma-significance cycle of mutual influence and transformation. (Feedback loop)

The mind-body comes into being and experiences its transformation throughout life at the most subtle levels as informational pattern within the unified field of consciousness, as a condensation of consciousness to the level of organized energy, and as a condensation of energy to the level of material substance.” Lynn McTaggart describes the unified field of consciousness as *The Field*. Korpiun describes it as the global background field.

Looking at the body through the eyes of quantum physics, allows us to see that we are all just condensations of energy. More dense the structure, more condensed the energy. Bones for example are one of the most condensed energy while our energetic bodies (auras) are sequentially less condensed. Barbara Brennan describes the energetic bodies as “plasma” a state between matter and energy.<sup>3</sup> The capacity for change and the impact that intention has on our energetic selves has been shown through many experiments.

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<sup>1</sup> Lipton, B. (2008). *The biology of belief; Unleashing the power of consciousness, matter and miracles*. Hay House: Carlsbad, CA.

<sup>2</sup> Dale, C. (2010). *The subtle body; An encyclopedia of your energetic anatomy*. Sounds True: Boulder, CO.

<sup>3</sup> Dale, C. (2010). *The subtle body; An encyclopedia of your energetic anatomy*. Sounds True: Boulder, CO.

Our intention and attention during a treatment session has the power to create great change within the relationships between organs, emotions and provides a medium through which manifestation can occur. It explains why so little force is required and the great importance of following the body.

Olaf Korpiun, PhD in his book, *Cranio-Sacral SELF Waves: A scientific approach to craniosacral therapy* (2011), delves into quantum physics to explain how the movements of the body are created and maintained and what happens during a treatment session. His book is the first to merge mathematics and science to understand what practitioners are palpating and assisting during treatments. He describes two important concepts of scale invariance and the global background field.

### **Scale Invariance**

Scale invariance describes something that is repeated in the same way on every scale in all areas of the universe. While absolute size may vary, the basic structure remains the same. It is a mathematical expression that describes patterns that are the same from big to small, high to low, from macro to micro, from inside to outside. Principles of scale invariance are illustrated by the famous Russian nesting dolls where each doll is a fractal.

Scale invariance uses a logarithmic analysis of the order within every living structure and within the organization of matter in the world and our universe. These units have also been described as holographs where one part of an organism contains the total information for the whole organism. It is because of the similarities of order within all living and non-living matter that a shift in one area can cause change in all the other structures. This mathematical term helps us understand how interconnected we all are.

Bone structures that are examples of scale invariance.

- The sacrum corresponds to the sphenoid bone

- The pelvic bone correspond to the temporal bone

- Hip joints correspond to the jaw joint in the temporal bones

- The legs correspond to the lower jaw

- The coccyx corresponds to the ethmoid bone

- The 5th lumbar vertebra corresponds to the occipital bone.

- The L5-S1 joint corresponds to the sphenobasilar junction.

## Global Background Field

The global background field is created by scale invariance on a larger scale that then creates a field to influence the oscillations of smaller structures (us and our cells). It is like a background grid that influences oscillations of all other matter. For biological structures, bioresonance is created by the body's relationship to the global background field.

The global background field influences the oscillations of our systems and creates the organic pulses in our body due to the larger wave fields effects on the physical body. This has been measured for each structure and rates of these oscillations are documented in Korpiun's book. Craniosacral practitioners train their hands to feel the various rhythms of the body and with time and practice can pick up on smaller and smaller oscillations of nerve bundles, lymph down to the cellular oscillations.

It is postulated that embryologic development is highly influenced by the global background field in the creation of the human body. Therefore most structures retain a movement that represents the embryological development of that structure in their optimal movements. For example, visceral manipulation practitioners assess embryological movements of the organs to identify what is restricted during a visceral manipulation session.

During treatment sessions, craniosacral practitioners are assisting the various systems (cerebrospinal fluid flow, lymphatic flow, circulation, endocrine, digestive, nervous system) connective tissue, organs, etc in regaining optimal oscillation back to the global background field. In this way, practitioners are assisting in releasing restrictions that prevent the optimal movement of the macro structure down to how cells interact and DNA is expressed. Aligning a larger structure to the global background field, automatically encourages alignment of all the smaller structures to optimal oscillation for metabolism, cell division and regulation.

Examples of fields that are responsible for embryological development are listed below.<sup>4</sup> :

**Densation field:** Loss of intercellular fluids and the resulting close packing of cells as the tissue consolidates. Densation fields are responsible for the development of pre-cartilage cells and all skeletonization.

**Retention field:** Tissue that is developed under strain or tautness. Stretched tissues in a retention field function as a restraining apparatus. All tendons, ligaments, and joint capsules, connective tissue sheath. The more powerful the retention field the more collagen attracted to the area making the tendon or ligament more stretch resistant. These areas grow and develop with tension already applied.

**Dilation field:** Tissue that is easily pulled apart into an extensible structure. Muscle fibers always arise wherever there is a tensile stress and a spatial opportunity. Muscles expand transversely with the longitudinal extension. Where they cannot expand transversely tendons develop. Retention fields exist within muscle groups creating the connective tissue matrix of the muscle.

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<sup>4</sup> Blechschmidt, E. (2004). The ontogenic basis of human anatomy. North Atlantic Books: Berkeley, CA.