



The Breath of Life: An Introduction to Craniosacral Biodynamics

Cherionna Menzam-Sills

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The American Medical Association, American Cancer Society, and other powerful, reputable medical organizations routinely dismiss therapies that don't meet their scientific standards. If a treatment doesn't exhibit a "biologically plausible mechanism" and can't be reproduced in randomized controlled trials, they reason, it's bogus.

Well, tell that to the millions of people who rely on reiki, acupuncture, craniosacral therapy, and other alternative healing treatments. In the case of craniosacral therapy, practitioners seek to connect with the patient's life force as they energetically work the fluids around the brain, spine, and sacrum. The therapy is known to relieve numerous psychological and physical ailments.

The Breath of Life: An Introduction to Craniosacral Biodynamics spotlights a type of craniosacral therapy that is more intuitive and less hands-on than a biomechanical approach. In the book, Cherionna Menzam-Sills seeks to help practitioners create an "effective relational field" through the use of breathing and body awareness exercises. She describes the essence of Craniosacral Biodynamics as "an orientation to deep formative forces of life"; practitioners aim to "observe the effects of these forces from inside of the individual, rather than trying to change the form from the outside." Students, patients, new practitioners, and even experienced Craniosacral Biodynamics therapists will find this project a key resource.

MATT SUTHERLAND (May/June 2018)

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