

## Biodynamic Craniosacral Therapy and Stillness

By Lucille Rayner

Here are my top 10 reasons Biodynamic Craniosacral Therapy can support stillness.

1. Our bodies need to slow down to recharge
2. Slowing down helps us find our breath which is the gateway to the present moment.
3. Our brains and central nervous system needs ease and quiet to repair
4. We learn how to self regulate when we know there is another possible state to access in our systems.
5. The heart of stillness is listening, when we listen, we know. We can hear what our bodies truly need or what it is asking for.
6. This is where we are in relationship to our truest nature.
7. Stillness = space which = new possibilities.
8. When we learn to be more at ease and connected to our true nature we naturally cultivate more compassion.
9. We may find a deeper sense of safety in ourselves and our environment.
10. When we get still, we give those around us the potential to do the same. Accessing our still spaces, our true nature has a ripple effect into the world around us.

Give yourself the gift of slowing down. Schedule it in like it's your job. Make time for it now or your body will force it later. You always have a choice. Reach out if you need help. There are many people and many ways that can support your process back to wholeness.