

Cranial Balancing

Excerpted from [The Grace, Art and Science of Vibrational Healing](#) by Dr. Robert March

The cranium is the key bodymind structure responsible for our well being.

Housing our brain and our chief controlling endocrine structures (pineal, pituitary, and hypothalamus), cranial balancing provides a powerful tool for maintaining optimal health.

Our brain acts as an antennae for receiving psychoemotional¹ information (our innate intelligence that is beyond space and time, non-material, non-energetic), thoughts, and feelings from the spiritual dimensions of our being as well as from the energy/matter field known as the Ancient Mind. I have seen this Ancient Mind field in a vision, so I know it is real.

Due to the nature of the ancient mind as it exists right now, we unfortunately receive a lot of negative energies, thoughts and feelings from this field, especially those that resonate with our early traumas received at conception, throughout gestation (the 9 months in our mother's womb), from our birth experience, and during the first 2-7 years of our life. These adverse energies, thoughts and feelings are stressful to our nervous system and throw our endocrine system out of balance.

Cranial balancing is a powerful tool to re-establish harmonious energetics and physiology in our nervous and endocrine systems, the two main systems in our bodymind which play the greatest roles in our health or lack thereof.

Cranial Balancing

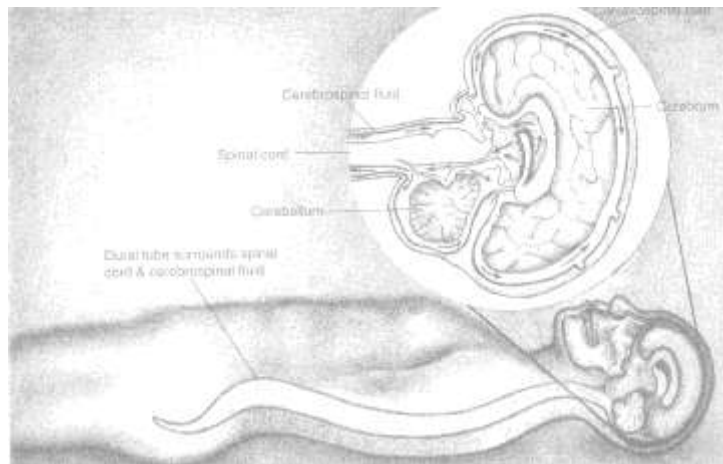


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Cranial Balancing is an aspect of Anointment Healing™. Anointment Healing™ is a holistic form of bodywork that treats the whole person of spirit, mind, emotions and body.

¹ Pertaining to the soul (as a vehicle for our spirit), mind and emotions.

The cranial-sacral system is the core of our communication system and is linked with our "etheric double" via the chakra and nadi systems of the etheric, astral (emotional), and mental bodies.

Our etheric double provides a link between our soul and spirit and our physical vehicle.

The cranium houses the brain with the vital structures of the pineal gland, the hypothalamus and the pituitary gland, which together form the "trinity of the head" and act as the primary brain centers of communication and control.

Cranial Balancing is a subtle bodywork technique that aims to balance and harmonize the energies of the head chakras (sahasrara or crown, ajna or third-eye, and alta-major) and the ether (throat), air (heart), fire (solar plexus), water (sacral) and earth (base or root) chakras along the spine. As these centres of subtle energy/matter come more into balance they help to maintain healthy functioning of the endocrine structures of the head as well as the 12 pair of cranial nerves and the 31 pair of spinal nerves, which, in turn, help to maintain a healthy bodymind.

Three Cranial Holds

The Occipital Cradle – The heart of cranial balancing is practitioner neutrality. After invoking Divine guidance and protection, the practitioner places their hands cradling the client's occiput with the ring water finger of their left hand at the base of the occiput connecting with Alta Major chakra (The Mouth of God... the area where thought enters the brain). This is a neutral yin sensing hold. The water finger of the receptive hand (Left side) is placed at the **Mouth of God** (Alta Major chakra) as the rest of the hands cradle the occiput. This chakra or center is a relay station that connects the "Father in Heaven (Shiva) vertical axis" with the "Mother on Earth circular matrix (Shakti)." The designation "Mouth of God" indicates that this is where thought enters into our antennae system more commonly known as our brain. This hold helps to integrate spirit and matter or spiritualize matter or ground spirit in the human multidimensional energy field. With your conscious intent I "reach down" to sense how the cerebrospinal fluid (physical level) is flowing and how the five element chakras are functioning. I resonance couple with this functioning in the client's bodyheartmindsoul by connecting these centres in my own bodymind, with the emphasis on heart chakra integration. I seal this work with a yin (feminine) or yang (masculine) pure essential oil blend. Once the energy has subsided (the client is saturated with the energy meal), gently I remove my hands.

The Spider – A more neutral yang hold where the energy may gain intensity. The practitioner tunes in to the client's pineal, hypothalamus and pituitary glands and the crown and ajna chakras. I also pay attention to the inner pathway of the Triple Heater meridian, which moves through all the endocrine glands. First I place the ring (water) fingers of each hand on the sphenoid bone on either side of the client's head. Then I place the fire fingers of each hand on Triple Heater 23. Then I place the air fingers in the ajna chakra area of the client's forehead. I allow my thumbs of both hands to meet in the area of the client's crown chakra. The pinkies simply rest where they naturally lie. The ring and index fingers triangulate the pituitary gland. The middle fingers resonance couple with the inner pathway of the triple heater meridian, which traverses the endocrine glands. The ether fingers resonance couple with the pineal gland. The energy web that is thus formed helps to activate and integrate hu-man spiritual and material evolution. Once the energy has subsided (the

client is saturated with the energy meal of this hold) I gently remove my contact, spray the appropriate spritzer to "seal" my work with one of the sprays.... and briefly rest.

The Rainbow Bridge – A neutral integration hold with the practitioner's right palm chakra in contact with the client's alta major (resonance coupling with the Medulla Oblongata which acts as a pump in the CS system) and the practitioners left hand forming a trinity (triangle) with their fire, air and ether fingers very gently resting on the client's ajna chakra. I place the center of my right hand chakra underneath the client's head/neck angled toward The Mouth of God. I settle in with this hand.

I establish the elbow and forearm of my left arm comfortably supported by a stool/pillow so that the thumb, index and middle fingers of my hand rest comfortably and lightly as a trinity on my client's forehead, index finger slightly forward on the ajna chakra. This set up mimics the cobra at the head of Shiva (kundalini Mother Power meets the Father in Heaven).

My left hand forms a Rainbow of energies connecting in an arc my client's pineal, hypothalamus, and pituitary glands... the trinity of the head.

The palm chakra of my right hand connects in with the transcendental/material relay of the Mouth of God. With "my" consciousness, I form a bridge of light... I often ask my client what color of light they see for this... if no color comes to them I use white, or violet, or gold. This bridge of light will act to integrate heaven and earth.

My left arm and elbow is supported by the appropriate prop. This last cranial hold has the intention of bridging between the head chakras and endocrine glands and the body 5 element chakras and endocrine glands. It is a soul-personality and a mind-body integration hold. Once the energy meal is complete, I gently remove my left hand first and then my right hand. I use the appropriate spray to seal all the head & body work.

Ankle and Feet Balancing

I move to the client's feet and start with a hold on the ankles. The ankles are ruled by Aquarius, the Water Bearer. We are in the early stages of the Aquarian Age as new energies sweep onto the planet bringing a Shift of the Ages from unbalanced patriarchy (the dark age we are pulling out of) to integrated male/female polarity.

Aquarius is symbolized by a God/Goddess holding an urn filled with the water of spirit which is poured over the Land. This symbolizes that the Aquarian Age will bring the energies necessary for the marriage of spirit and matter, male and female, the inner life and the outer life, the above and the below, Heaven and Earth. The new Golden Age of Oneness.

Flexibility and strength in the ankles is necessary for integrating and transmuting the vertical, heavenly, spirit filled, masculine energies with the horizontal, earthly, joy full, feminine energies of the Goddess.

The client's session then involves balancing the five elements at the toes.

The client's session ends with a **Oneness Blessing** at the head.