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Note: Information enclosed has been edited and extended from that presented at the Conference. 'CranioSacral Therapy' information has been deleted here as unnecessary. Additional quotes /evidence have been expanded upon.

'CRANIO SACRAL DYNAMICS'
Evolution of the Cranio Sacral Rhythm

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EVOLUTION IN MOTION

"A deeply connective river of inner knowledge flows within us. I call it the inner stellar chronometer (Clow, 2007), a perceptual faculty that links humanity with the flowing river of Time. This chronometer cannot properly function on an incorrect data base, which scrambles our brains as if we are programs that cannot access the computer's hard drive. Allan and Delair's Revised Chronology (Allan, 1997) awakens archaic intelligence because it actually explains what really happened to us during a very short and recent time; it activates the inner stellar chronometer. We are time-coded by precession, which I even believe is altering our anatomy."

"Anatomically, this inner stellar chronometer would be the source of the Choroid Pulse, a waveform that pulses cerebrospinal fluid throughout our bodies. The inner stellar chronometer resonates with the correct time line by the Choroid Pulses, which resonate with Earth. Ironically, computer technology is waking up the inner chronometer because computer data banks are time-coded by pulsing quartz crystals. Our consciousness resonates with Choroid Pulses, and Earth's crystals vibrate by hertz frequencies in the iron-core crystal in Earth's centre, which resonates to stellar vibrations. These waves enable us to feel whether what we're told about past times is correct."

"Our inner time sense is scrambled by the incorrect historical time line. The old paradigm data bank makes us stupid, whereas the new chronology is exciting. Professors and scientists had better revise the scientific paradigm because kids won't go to school and memorise false data much longer. As time converges with the winter solstice Sun crossing the Galactic Axis, the real time line is taking over in the minds of many people. The galactic cycles are making it possible to imagine the next stage of evolution" (Clow, 2001)

The author has used techniques for evolution of consciousness since 1994. (Sileru, 1999) (Heinrich, 2003) In 1998 the author trained in Cranio Sacral Therapy. (Upledger, 1983) By 2005 the cranio sacral rhythm had evolved to six levels. The cranio sacral rhythm is the source of all movement; from the physiological to the physical. (Quan Yin, 1997) The cranio sacral rhythm is the 'Rhythm of Human Motion and Locomotion'.

In the author, the craniosacral rhythm manifests as self-observed, physical movements; spontaneous, internally-directed, autonomic, patterns. Typically, the movement patterns activate during those times when the author is in a relaxed, peaceful, meditative state; totally focused and present in the 'here and now'; during solitude in the peace of nature; while meditating and Earth Healing with techniques of energy, light and essence; Cranio Sacral Therapy (as client and practitioner); during massage / body work; teaching Earth Dance; using Vibrational Medicine; doing Yoga.

Whenever there is intention, a conscious focus to become silent and still to bring greater alignment, harmony, peace, balance, truth, love, joy (and all divine qualities) into our whole-being from the core, it is not only possible, but natural for the physical level to reflect our divinity through the manifestations of the core, cranio sacral rhythm as autonomic, observable, human movement. In this way human movement becomes not only a method of assisting to bring alignment to our whole being from

the core, it is in itself a direct manifestation of the translation of higher, spiritual consciousness into the physical level through the principle of 'resonant harmonic induction'. Everything is a resonance at its most fundamental level – sound, colour, form and movement. Frequency change is a parameter of evolution; higher frequency is higher evolution. Cranio Sacral Dynamics creates a healing intent from within and proceeds to the outwardly manifest goal of evolution.

- **Cranio Sacral Dynamics is Brain Synchronisation** (Larsen)
- **Cranio Sacral Dynamics is Electro-Magnetic Balance**
- **Cranio Sacral Dynamics is Microcosm of the Macrocosm**
- **Cranio Sacral Dynamics is Evolution in Human Movement**
- **Cranio Sacral Dynamics is Movement Reciprocal with Consciousness**

MACROCOSM, MICROCOSM

"The macrocosmic universes are what you may term the galaxies. Microcosmic universes are contained within you own physical structure. The mathematical dimensions are identical. How is that for a miracle?" (King, 1995)

The Holographic Principle demonstrates that the whole is contained within the smallest part. The microcosm reflects the macrocosm. The second Hermetic Principle is defined; 'As Above – So Below, As Below – So Above'. In Cranio Sacral Dynamics, the pineal gland is the microcosm linked to galactic centre and the cranio sacral rhythm can be considered a microcosm of the 'Rhythms of Hunab K'u: Movement and Measure' transmitted from galactic centre.

*"A sacred term of the Maya is Hunab K'u: 'One Giver of Movement and Measure'. It is the principle of life beyond the Sun. Hunab K'u is the name of the galactic core; not just a name, but as a description of purpose and activity as well. **Movement** corresponds to **energy**, the principle of life and all-pervading **consciousness** immanent in all phenomena. **Measure** refers to the principle of **rhythm**, periodicity and form accounting for the different limiting qualities which energy assumes through its different transformations."* (Arguelles, 1987)

"All creative energy ultimately comes from the 'Point of Divine Origin' and a very small aspect of the purpose of the 'Point of Divine Origin' is to regulate autonomic body functions." (Trenorden)

"Humanity is in a state of perpetual evolution because human consciousness is constantly evolving and growing. When individuals change, the whole planetary consciousness also evolves. As above, so below. The evolving patterns of individual human awareness can eventually produce larger changes in the global macrocosm. When enough minds have changed to reach the critical threshold necessary to move the entire global consciousness to a new level of healing and awareness, we will have arrived at the New Age." (Gerber, 1988)

"Even in the highest realms there is always change and movement and continued evolution." (Sileru, 1996) (Heinrich, 2003)

Cranio Sacral Evolution

Evolution: "Develop gradually to a more highly organised condition"
(Macquarie Encyclopaedic Dictionary)

Evolution: "A movement that is part of a series or pattern"
(Webster's New World Dictionary)

Evolution: "Appearance of events in due succession"
(The Concise Oxford Dictionary)

- Cranio Sacral Rhythm Evolved To Six Levels Between 1998 and 2005
- Each Rhythm is Unique Movement. Each Rhythm is Specific Function
- Evolution Observed in Palpation and Autonomic Motion Patterns.

Table 1: Cranio Sacral Dynamics – Evolution of the Cranio Sacral Rhythm

| <u>Rhythm</u> | <u>Function</u> |
|----------------------------------|-------------------------------------|
| Curve-Linear | Motion |
| Infinity Loop | Locomotion |
| Omni-Centric Pulse | Microcosm/Macrocosm |
| Spinal Dolphin Sine-Wave | Vertical Axis of Consciousness |
| Holographic Pineal Crystal Laser | Microcosmic Sacred Geometry of Body |
| Still Point | Void |

"I have come to think of the iron core crystal and the Galactic Centre as two additional charkas to which we are all communally related; in other words, they are shared by all. I also wonder if, as we become more sensitive and transparent (i.e. transfigured) as a species, our root charkas, located on our coccyx (some say the remnant of our prehistoric tails!), will eventually become hard-wired to the iron core crystal. In the same way, I wonder about our crown charkas, which are energetically connected to the tops of our brains: Will they too become connected energetically to the Galactic Centre? Will we therefore "expand" energetically as a species, being intimately (i.e. all the time) connected to the Above and Below?" (Clow, 2005)

*"The human is a macro-molecule of the planet" (St. Germain / Azena, 1997)
"Earth and the human skull mimic each other."(Arguelles, 1989)*

| | | | |
|--|------------|-----------------|------------|
| Holographic Resonance: Brain (beta, alpha, theta, delta) and Earth (Clow, 2007) (core, inner spheres, surface, inner Van Allen, outer Van Allen, magnetopause) | | | |
| 40 | 13 – 8 | 7 – 4 | 4 – 1 Hz |
| beta | beta-alpha | theta | delta |
| alert | meditative | deep relaxation | deep sleep |

Table 2: Cranio Sacral Dynamics

Motion

Curve-Linear Rhythm: Basic Physical /Physiological Life Level
Limit of current Cranio Sacral Therapy and all other movement disciplines.
Body shortens and widens on filling/flexion phase of rhythm
Body lengthens and narrows on emptying/extension phase of rhythm.
Sacrum and occiput synchronise in a tilt and glide motion

Locomotion

Infinity Loop: Origin of 'Walking Action' and Biomechanics
Rhythm flows from head, down spine, out to shoulders and hips, then limbs.
Palpates 'backward bicycling' action at shoulders and hips, off-set 180 degrees with opposite hip and shoulder synchrony.
Palpation at ankles observes leg lengthen and relax like bicycle pedalling.
Autonomic release pattern is head turning from side to side with infinity loop.

Microcosm/Macrocosm

Omni-Centric Pulse: Cranial bones move like Microcosm of Plate Tectonics of Earth.
Cranial bones expand. Mouth and jaw open. Head tilts back on expansion for release. No head tilt when the rhythm is in balance.
Global release pattern at body sites palpated as 'star spread' of hands.

Vertical Axis of Consciousness

Spinal Dolphin Sine-Wave.
Alignment of the spine and body-microcosm within the macrocosm of the Seven Galactic Directions (North, South, East, West, Above, Below, Centre).
Cranium (head) and sacrum (tailbone) expand along the cosmic 'Tree of Life' extending from Earth's solid iron, core crystal to the Black Hole Centre of Milky Way Galaxy, enhancing subtle receptivity to energy and multi-dimensional consciousness.
Whole-Body Motion: 'Dolphin Wave-Effect' is like Butterfly Swim Stroke.

Microcosmic, Holographic, Sacred Geometry of Body

Pineal gland's crystal activates as a laser. Head turns to direct and target laser light.
Kinaesthetic sensitivity and pressure perceived in 'third eye' area between eye-brows.

The Void

Still Point of rhythm; dynamic counter-tension; transcends to zero and infinity
'Significance Indicator of Truth': Stillness of the void, beyond linear time/space
Optimum state to heal perceived past/present/future in the eternal 'now'
Balance, alignment, synchrony and anchoring of body with divine core
Direct route through the heart by expanding core, divine light in the heart area

EARTH DANCE

"The 'Thirteen Moon – 28 Day' calendar exists as the tool to demonstrate the contrast between harmony and disharmony, and to assist us, as a species, into effecting this return. In Tokyo, San Francisco, Milan, or Moscow one may find signs of the presence of this movement in the underground dance events, the raves or the Earthdance." (Arguelles, 2007)

Earth Dance (E.A.R.T.H. Energy and Rhythm to Health) is a creative, evocative movement integration of the cranio sacral rhythm which incorporates breath, visualisation, imagery and intention. Major components of the movement-protocol include flowing, infinity symbol motion patterns with the head, shoulders and hips and repetitive rhythm patterns of 'feet in the soil' which are the foundation of locomotion in the biomechanics of the walking action. All the rhythms are transmitted from the epicentre in the pineal gland's crystal in the centre of the brain and skull. Another level of the rhythm expands and contracts the cranial bones globally, with the mouth opening and closing. Spinal dolphin sine-wave movement translates along the vertical central axis, with the sacrum as a fulcrum of whole-body motion much like the butterfly swimming stroke. Static postures and strategic hand placements on the body by the individual also assist the clarity of the rhythms.

Repetitive, rhythmic movement sequences are like chants or mantras that facilitate the transcending consciousness during meditative focus. (Clow, 2007) Dance traditions of earth cultures are a powerful means of maintaining connection and harmony with the Earth through the energy patterns of rhythms and group formations. Circular and spiralling dance-forms reflect the science-based knowledge of the clocking action of tachion pairs which create powerful, vortex energy formations. (Hardy, 1987) Author, Barbara Hand Clow, whose ancestry is part North American Cherokee, witnessed a Hopi Rain Dance that caused a localised cloud formation and rain precipitation in an otherwise cloudless, blue sky. (Clow, 1996)

'Medicine Laws' of indigenous cultures are based on 'spiritual science' that ensure harmony and balance maintained between the individual, community and the Earth. (Clow, 1998) Attention and awareness at key point such as Solstices, Equinoxes and Full and New Moons can electromagnetically re-balance humanity by reclaiming time as a cyclic, organic phenomenon. (Arguelles, 1987) There is a holographic resonance between brain frequencies and Earth (Clow, 2007) Humans are wired in their Nervous System to resonate the 'Vertical Axis of Earth's Field'; 'Cosmic Tree of Life' - brain synchronisation is all that it takes. (Clow, 2005) Earth Dance aligns to the Seven Sacred Galactic Directions and changes with the energies of the seasons and lunar cycles to facilitate whole-brain synchronisation and personal and planetary electro-magnetic balance. What is accessed and utilised on each occasion is ever-changing to the needs of the individual, the group and the larger whole at any one time.

"The living language of colour, sound, movement and form in the sacred ground of nature can be accessed as a universal language assisting humanity as 'culture-makers' to live harmoniously with the Earth." (Kryder, 1994)

ANCHORING ADOLESCENCE

Cranio sacral activation is especially critical for adolescents to anchor development and growth changes as new aspects of self open during accelerated maturation. The adolescent body is like a parachute that continues to expand its canopy and the rhythms of the Cranio Sacral System are like the parachute-cords which must keep pace with re-connecting to the harness and keep the canopy inflated and buoyant; or it will flap aimlessly; or worse, fail.

There are many forces at work in Western, technological society that prevent, or distort what should be a natural, on-going integration. These forces individually and collectively have the effect of tuning us out of natural, organic, cyclic rhythms. Electricity blurs the distinction between night and day, season to season, and our lifestyles become busier. Time is experienced as a linear concept of past, present and future which takes us out of natural, cyclic time and being fully present 'in-body' now. Technology allows us to eat foods out of season and the energy frequencies that it propagates do not resonate in harmony with our life-force. Mobile phone users are getting brain cancers until we wake up and realise what is going on.

Adolescents have an intuitive drive that searches for anchoring through their culture-defining behaviours such as music and dance. Adolescence; 'essence of the adult', is a phase dreaded by parents who do not realise that their teenagers are desperate for meaningful, contemporary 'Rites of Passage'. In the absence of such, they contort their own culture to fill a need of identity and belonging. Apart from the wisdom of indigenous cultures, the practise has been lost and forgotten. Sacred Rites of Passage for young people's initiation to adulthood are no more.

"The Earth chakra beneath the feet connects to the Earth Star at the centre of Earth, a solid iron-quartz crystal in the shape of an octahedron." (Quan Yin, 1997)

Not being anchored or earthed energetically is the cause of multiple manifestations of stress and dysfunction in Western Society. Extreme forms of abusive or addictive behaviour such as drug-taking, alcohol over-indulgence, negative peer-pressure conformity, alienation from parents and authority figures, interpersonal relationship difficulties and the direst of circumstances, teenage suicide, have their source in a sense of disconnectedness which is very real. These psychological and social issues are a direct reflection of energetic disconnection at the root of 'General Anxiety Disorder'; the term recently given by the medical profession for the phenomenon of an alarming increase in stress and anxiety.

"Humanity's suffers from Catastrophobia". (Clow, 2001)

Energy cords anchor us and resonate to feeling-oriented reference points between the microcosm that is us and the macrocosms of Earth and beyond. The Microcosm of the Cranio Sacral System is the Navigation Map that facilitates the balance, alignment, synchronisation and anchoring to the larger whole which is our deepest desire; connectedness. Without this, the search for connection, meaning and a sense of worth can be distorted in destructive patterns, rather than creative fulfilment of purpose which is each human's birth-right.

EVIDENCE: ELECTROMAGNETICS AND ANCIENT CULTURES

Examination of surviving artefacts of the 'Classic Period' of the ancient Mayan civilisation suggests that the Maya understood some special intricacies of brain function. Carvings of Mayan head-dress show three, metallic items positioned on the head-band. Two are located above the ears, with the third at the front of the head. Each consists of a three-petalled structure. The intersecting axis that joins each of the three-petalled structures locates the area of the pineal gland in the centre of the skull. (Gilbert, 1995)

"There is conjecture among scholars that the Maya practised 'cranial deformation' (flattening of the forehead) to improve brain-function. It is hypothesised that these petalled-structures may have been magnetic in nature. The implication is that brain-function was somehow enhanced through an electromagnetic amplification focused on the pineal gland." (Gilbert, 1995)

Another decorative feature of a different head-dress item identified in carvings gives the impression of long stands patterned like magnetic lines arcing from the crown down toward the temporal bones above the ears. Mayan artefacts also show that yoga postures were practised. This adds further conviction that there was an understanding of human body functioning of an advanced level, commensurate with the advanced knowledge of Spatial Mathematics and Astronomy evidenced in their temple architecture and in the accuracy of their calendar. (Gilbert, 1995)

"The Great Pyramid generates a double vortex, which we call a Standing Columnar Wave (SCW). The Tesla Coil generates the same energy pattern. If the vortex energy is perpendicular to the Earth, it is called a Standing Columnar Wave. If this wave is horizontal, it is called a Solitron. This Solitron / SCW system creates the world grid system. This system is engineered with the use of pyramids, domes, obelisks, mounds, medicine wheels and many other forms of electro-magnetic tuners. Gravity is a manifestation of electro-magnetics. Electro-magnetic energy is superluminal. The electro-magnetic fields that form the sub-atomic particles of the nucleus of an atom have been called tachions. The double vortex is an energy pattern with two directions of tachion spiral. Standing Columnar Wave (SCW) energy patterns make up the energy field surrounding all living things; including humans and the Earth. It is the spin energy of the alchemists who used the Caduceus Coil to generate energy."

"In the Egyptian Museum are found statues of men holding coils. These coils were tuned to the reverse flow of energy generated between sites. Between the Avenue of Sphinxes stood two generators, A and B, one sending, one receiving. A and B were tuned to the south-pole vortex. The stone was struck by the rod and tuned to the South Pole Field. Two south-pole fields repel each other. The block would then float down the walkway. In this fashion, using levitation, the temples and pyramids were built."

"Once one learns to control the spin element within their own electro-magnetic field, one can bring the aura into balance and has the possibility of developing mind over matter. This is the secret of Tesla's technology and the Caduceus Coil." (Hardy, 1987)

During a September 1998 Spring Equinox Celebration at the author's rural property, a friend later reported an unusual occurrence; a sense of weightlessness as she had been helped across a ditch! She had recently injured her back and was experiencing discomfort walking, so the author innocently extended her hand to support her over the obstacle.

Clients have reported a sense of being suspended weightless during a therapy session while lying on the massage table. The author has also perceived a sense of being weightless above a client, even though physically, firmly grounded. Muscle Test on the role of gravity in Cranio Sacral Therapy has indicated that part of the tissue memory involves gravity. The body remembers the same injury differently depending on whether the body is upright, or up-side down. If we were to know how gravity was acting at the time the trauma impacted, the effectiveness of Cranio Sacral Therapy could be improved to make it a much more precision instrument. Weightlessness during therapy implies a temporary adjustment to the electro-magnetic field that alters the local gravitational field surrounding client and practitioner. A friend of the author is an energy healer and her husband is a Physicist at a tertiary institution in Adelaide. He has read 'Pyramid Energy, Philosophy of God, Science of Man' and comments that it is the most complete source of Tesla's work he has come across and that this science is the basis of how 'energy medicine' works.

EVIDENCE: PINEAL GLAND TRANSMITS RHYTHM

"An individual's ability to connect with his or her Higher Self is partly a function of specialized energy links within the crystalline network of the physical body. This crystalline network helps to coordinate the energetic structures of the higher subtle bodies with the consciousness of the physical personality. Gurudas brings out new and important information that may explain certain aspects of right-hemispheric functioning and psi abilities. Psychic abilities are mediated by special bio-crystalline and energetic pathways through which the Higher Self may interact with the consciousness of the physical personality. One particular crystalline structure that is important to our psychic receptivity is the pineal gland and, more specifically, the pineal calcification: a crystal that lies in the centre of the brain. Long utilized as a structural landmark for judging x-ray parameters of symmetry within the human brain, the true function of the pineal crystal has never been known." (Gerber, 1988)

"The pineal gland is associated with the phenomenon of light from a variety of different biological and energetic perspectives." (Gerber, 1988)

"It can also be said that each and everyone within the Earth Healing Group is an Earth Keeper Crystal. Within your selves are crystalline formations. All who are human and human-plus carry crystalline structure. Whether the crystalline structure is encoded, encrypted, but primarily encoded, with various informations, is another matter. Those who are in the Earth Healing Group, in particular, have such information encoded within their own crystalline structures which serves the purpose of Earth Healing, as you know. Many informations, lights, and essences contained within the crystalline regarding healing, enlightenment, pacifying, Highest Love, Truth, all such beneficial healers; also harmonisers, mediator. Information grows and expands within the system at an evolutionary rate, growing with you, it can be said.

And as crystals are good transmitters of information, so are you good transmitters of information; transmission and reception. Focal area is gland; particularly the pineal gland. It is accurate to say that the pineal gland is a crystal.”
(Earth Healing Transmission 18 / 09 / 96)

“A galactic code of planetary systems aligning has created an activation and opening to allow the higher frequencies of light and love from beyond this universe to again penetrate our system, impulsing a transformation of human consciousness. Evolutionary changes are being light-activated within the brain and its endocrine glands, literally re-calibrating our brains and these glands to again enable perceptual access to the higher dimensions. The whole universe; including the suns in all the galaxies, are moving into alignment, facilitating our next evolutionary phase as co-creators of a new spirituality.” (Munro, 1997)

“The pineal gland contains the ‘chromosome of consciousness’; it is this focal structure which allows humanity sentience; conscious awareness of self and the potential to attain Christ-consciousness.” (St. Germain, Azena, 1997)

EVIDENCE: PLEIADIAN LIGHTWORK

Pleiadian Lightwork is vibrational healing using visualisation, intention and imagery for brain synchronisation through healing the body’s electrical system to ‘ground’ the higher frequencies of the Higher Self and Divine Soul. Cerebrospinal flow is regarded as the source of all movement. Dolphin Moves are infinity-symbol movements for shoulders, hips and the spine and taught as guided floor-work in the tradition of ‘Feldenkrais’ natural movement. (Quan Yin, 1997)

“Within each human being there is a microcosm of All That Is. When in evolutionary alignment, the twelve chakras are linked to corresponding planetary and stellar bodies, activating multi-dimensional roles which work inter-dependently. The seven chakras within the body are linked to the Seven Sisters of the Pleiades and the soul connection is linked to the Sun. The nearest star or sun to the planet on which a being lives is always the source of soul connection. The chakra just above the head is linked to the star Sirius; it impulses the ability to remember the power to create reality; to heal; to restructure and de-structure form to move through dimensions, time, and beyond time and space. The Earth chakra beneath the feet connects to the Earth Star at the centre of Earth, a solid iron-quartz crystal in the shape of an octahedron.”

“The twelfth connection is between the pineal gland and the centre of the Milky Way. This galaxy is a female galaxy and the centre is like a womb or a void. When the connection is made, the link is to the consciousness of the Goddess and the Divine Plan for this galaxy. It is also a direct connection to the galactic beam that extends through the centre of all galaxies back to the Great Central Sun of All That Is. This linkup assists in experiencing ‘Unity in Diversity’, ‘Oneness’ and ‘Individuation’ simultaneously. The pineal gland is to the chakra system and spirit as galactic portals and gateways are to the universe and God/Goddess/All That Is. It is therefore appropriate that the pineal gland be linked to the centre of the Milky Way, which is a portal between this galaxy, all other galaxies, the Great Central Sun and God/Goddess/All That Is.” (Quan Yin, 1997)

"First, I would like to explain a little more about your pineal gland's function relative to Pleiadian Lightwork. The Pleiadian Workbook describes your Ka Template as having four channels that connect it to your pineal gland. That is because your pineal gland is responsible for down-stepping the energies that come into your body from other dimensions. This gland then transduces the energy into utilizable form and disperses it throughout your body in whatever way it is needed."

"Every human is continually receiving light and colour from one of the seven rays as well. This energy enters your crown chakra and goes directly into your 108-faceted prism. This prism receives and refracts the light and sends it into your pineal gland. The colour and frequency of the light that enters your pineal gland depends upon which facets of the prism it passed through. When this energy reaches your pineal gland it activates a corresponding point on the Fibonacci spiral of your pineal. This creates a chain reaction in which the light strikes a musical tone, colour and frequency within the Fibonacci spiral, then moves with a domino effect through the rest of the spiral and its corresponding spiral in the opposite direction. From there the light and energy have been transduced and naturally flow out to the organ, gland, blood stream or wherever in the body corresponds to the aspect of the Fibonacci spiral that has been activated."

"When the refracted rays of light from your 108-faceted prism reach their corresponding points on your pineal gland's Fibonacci spiral, it is as if a xylophone has been struck on a single note which triggers the ringing of the notes on the rest of the arm of the spiral. When that arm of the spiral has been activated, the light and sound jumps over to the corresponding spiral arm that goes in the opposite direction. When that arm of the spiral has been harmonically sounded and illuminated, it moves into the aspect of your pineal gland that holds the sacred geometry for individual organs, glands, chakras and so on. The pineal gland holographically contains microcosmic sacred geometry forms for every chakra and body system. Therefore, the colours and tones ring and illuminate whatever chakras and body systems need to be activated at any given time."

"Your pineal gland also receives messages from throughout your body and chakras continually. The neurological impulses from each organ and gland carry the sacred geometry and tone of that part of your body; therefore, when the neurological impulse reaches your pineal gland, your pineal gland can pull in the needed ray and Ka energies to fulfill the function being requested of it at any given time. These two centres in your brain (pineal gland, 108-faceted prism) literally enable your body to receive not only the energies and messages with which to sustain physical function, but they also keep the sacred geometry of every cell capable of achieving full-body tantric ecstasy; the frequency necessary for ascension and Christ consciousness. Therefore, you might say that complete health and enlightenment of your pineal gland is a prerequisite to ascension and Christ consciousness."

"During a tantric release in which you bring sexual energy all the way up from your genitals through your perineum to your pineal gland, you literally have the capacity to ring the harmonic tones of every spiral arm of the Fibonacci spiral in your pineal gland. This fully opens your chakras, pulls your ray and Ka energies in at your current maximum capacity and can open you to powerful spiritual experiences."

"You may feel yourself becoming one with the Milky Way, or the Tree of Life, or the rain forest, or with Earth or the Sun. You may simply expand into a colour-and-light show that is ecstatically blissful or joyful. The degree to which you can experience these heightened states is a direct result of the health and sacred geometry of your soul, perineum, pineal gland and 108-faceted prism." (Quan Yin, 1997)

EVIDENCE: JAPANESE MOVEMENT ART KIRHYHO

'Movement Art Kirhyho' based on the Mobius Infinity Symbol as developed by Master Kajo Tsubo of Japan is practised by healers, dancers, creative artists and performers for promoting harmony and balance in body and psyche. 'Ki-rhy-ho' translates as 'movement enhancing the flow of 'Ki' energy'. Attending the 1998 Kajo Workshop supported the author's previous movement discoveries based on the infinity symbol.

EVIDENCE: VIBRATIONAL FLOWER ESSENCE REMEDIES

"The concept that human beings are dynamic energy systems which reflect evolutionary patterns of soul growth is the main tenet underlying vibrational medicine." (Gerber, 1988)

Australian Bush Flower Essences are vibrational remedies. (White, 1998, 1999) Boab Essence activated author's biomechanics of walking based on the infinity-symbol. New 'Doctrine of Signatures' by the author of 4 Essences strengthens cranio sacral electromagnetic circuit / field; cranial north magnetic pole - Boab; sacral south magnetic pole - Billy Goat Plum; pineal gland - Paw Paw; heart - Red Lily (Lotus)

"Immunisation can block cranio sacral flow which sometimes leads to learning disorders in children. Boab has been found to help in cranio sacral work and in clearing that blockage." (White, 1998)

"This (Boab) is very much like a whale with its head stuck in the ground. And the whales swim around the Earth in a figure eight movement to balance the energies of the Earth. We have that figure eight movement, but it is our sacrum making that movement to pump the cerebrospinal fluid. Boab Essence works at that level; human consciousness." (White, 1997)

EVIDENCE: PERSONAL GROWTH EXPERIENCES

"There are natures whose best expression is movement." (Simpson, 2005)

Undulating dolphin movements, feelings of joy and awareness of "I am a dolphin!" spontaneously occurred during bodywork in 1996. It repeated in 1997 during Cranio Sacral Therapy. There have been three experiences of 'dolphin awareness' during massages with three different therapists. A friend reported seeing metaphysical dolphins around me during an Earth Healing Meditation in 1996.

In 1998 I returned indoors from watering seedlings in the paddock and lay on my back on the floor with knees bent. I intuitively placed my hands on my hips and palpated the first developmental phase of the infinity symbol motion. Weeks later, as I lay prone with hips pressed into the ground, hips and knees released in a further developmental phase. On another occasion whilst stretched out face-down on the

ground outside our rural home, I began to feel a pulsing underneath my palms. This pulse was slow, not unlike the Cranio Sacral Rhythm. Intuitive movement proceeded with me 'drawing energy' out and away from the Earth in a vortex, getting up on my knees, then fully extending arms above my head as I stood up; as if working with a client. I had not consciously intended this. Feedback from questions during Muscle Testing with an experienced Kinesiology Practitioner confirmed that Earth Mother and I had participated in a mutual healing. After a 'White Light Healing Conference' in 2005, standing bare-foot in my garden for a spiritual ritual, the 'Spinal Dolphin Sine-Wave' activated for the first time.

Rowing and Modern Dance have triggered body-releasing from 'sacral stretching'. Energy was beginning to flow in areas that my body at protected for years. Tap dancing and fencing require speed and concentration. My brain felt like it was going to 'blow a circuit' by the third repetition on new sequences, clearing blockages that inhibit co-ordination for skill learning."

"From the stasis of the void within the very core of our being emerges the light and energy of the creative-wave, impulsed by joy and pleasure. We expand as we create. Reaching the expanded frontier, we pause in stasis, enjoying our creation; then begins the inward journey of the creative-wave. Contraction brings new understanding to be assimilated and integrated. Returning to the void heralds stasis at completion of the full cycle of the creative-wave. Here is the pause, before the next wave to expand. When emergence of energy and light from the core is distorted, illness is manifested. Healing is a re-directing of the energy and light from the core for the transformative process of the healing cycle. When the healing cycle is complete, the energy and light becomes available for the true, creative purpose of life." (Brennan, 1993)

'Alchemy of Play' is non-logical, follows our joy and leads us to what we need; to heal; to fulfil our purpose. The link between skill learning and healing occurred during snow skiing. I had trouble trying to 'feel' the movement through weight transfers on my left side as I turned. As I floated peacefully above the trees in the chairlift to the top of the ski-run, the message came from within, that mastering the skill would be a healing for me. Being able to do a skill (which is a movement sequence) requires that energy is able to flow uninhibited through the sites involved. Movement is merely the outward manifestation to demonstrate the purposeful flow of energy. Blockage to energy flow decrease ones ability to kinaesthetically feel the movement in the muscles during mental practise and visualisation. Working with the infinity symbol pattern in Cranio Sacral Dynamics and Earth Dance has stabilised much greater flow and clarity in my movements; improving flexibility, skill learning, biomechanical efficiency, energy efficiency and recovery.

During the 'Cranio Sacral Therapy 2 Course' in Sydney, Australia in 1998, I experienced what felt like the building tilting from an earth tremor; a sudden 'elevator dropping' sensation. It was an internal perception no-one else had sensed as I connected energetically with my buddy as 'practise client' in 'still point' before physical contact. This was unusual for a trainee practitioner as it usually takes longer to 'find' the appropriate body position. A similar experience occurred with my young son soon after returning home from the interstate Course. When working therapeutically with a client, connecting in 'still point' resonates strongly with a sense

of a deep, dark, peaceful, 'womb like' place. It indicates that a threshold of alignment and synchronisation has been harmonised; a void of peace at a core, essential level of being. The magnitude of this access is difficult to encapsulate adequately. It is to be experienced.

EVIDENCE

Patterns in author and clients show long-term consistency, order, structure and logic.

Author's cranio sacral rhythm has been a biofeedback indicator; entering 'still point' when a statement of significance (truth) is made. This method is slower than muscle-testing, but higher accuracy (94%) than muscle-testing (60%). (1998 / 99)

Muscle-testing (1998/99) confirmed infinity symbol pattern as the origin of human locomotion. A higher level of the rhythm, observed, but not yet recognised, was less than 1% integrated. Within a few months it was at around 13% and continuing to integrate. This was the Omni-Centric Pulse.

Students of 'Advanced Level Massage Therapy' of South Australian Health Education Centre palpated counter-rotation developmental phase of infinity symbol pattern at hips during Cranio Sacral Dynamics workshop in June 2000.

The author has been integrating Celestial Transformation (Appendix 1) techniques for evolution of consciousness and Earth Healing since 1994. Her system became divine dominant (divine ascendant) in 1996 and has continued to evolve into the current level of 'highest decision-making dominance' in 2007. (Sileru, 1999) (Heinrich, 2003) There is a divine resonance at the physical level confirmed in 2007.

"As increasing numbers of human beings begin to grow spiritually through the inner understanding of their illnesses and energy blockages and as they begin to realize their true divine nature, they will also start to recognise that all people are subtly connected to each other and to the world around them. As the enlightened consciousness of this small segment of humanity grows, it will have a ripple effect upon the minds of the greater planetary whole. The rising tide of increased spiritual awareness will begin to affect larger numbers of people through a kind of cosmic resonance effect." (Gerber, 1988)

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, "Who am I to dare to be brilliant; gorgeous; talented, fabulous?" Actually who are you not to be? You are a child of God. Your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people won't feel small around you. You were all born to manifest the glory of God that is within us. It's not just in some of us; it's in everyone! And, as we let our own light shine, we unconsciously give other people the permission to do the same. As we are liberated from our fear, our presence automatically liberates others."

(Marianne Williamson quoted by: Nelson Mandela in his Inaugural Speech 1994)

CONCLUSION

Cranio Sacral Dynamics is like having a bicycle without gears upgraded to a bike with five gears. Energy efficiency is evident. Physiologically it is like energising hydrogen atom's single electron to 'jump' from its orbital shell next to the nucleus, out to the next higher-energy shell (as scientists have done) and then keep on going! (Zukav, 2001) Cranio Sacral Dynamics 'jumps' the rhythm to higher energy-potentials.

"At the higher levels, healing becomes creativity." (Brennan, 1993)

Cranio Sacral Dynamics is creative inspiration. 'Inspired' – 'In Spirit' – 'Spirit Within'; If it is humanity's purpose to grow and evolve in consciousness, it is also humanity's purpose to 'Walk upon the Earth'. Intentional movement is powerful. Earth Dance heals us and Earth. It energises and evolves. It teaches us about who we are, and this is empowerment and freedom, fitness and health. That is the role of the cranio sacral rhythm – 'movement and measure' – 'rhythm of life'.

*Beyond healing is creativity and evolution.
Evolution creates that which has not occurred before.
Healing is like learning to write the alphabet.
No matter how clear or fluid, it remains, still the alphabet.*

*Evolution is another level altogether.
A new pattern emerges. A new threshold is entered.
One learns to write words, sentences and poetry;
And the symphony of language unfolds.
So too, does the language of movement unfold
As creativity and evolution in the cranio sacral rhythm,*

*Human Evolution . . . Evolution in Human Movement,
Spiritual Evolution of Consciousness,
One and Same; Purpose Fulfilled.*

Appendix 1: Celestial Transformation Program (Heinrich, 2003)

Grand Program: Intentions Guide Life Purpose Beneficially

Celestial Resonances: Divine Qualities >100 'Words of Power'

Infinity Symbol: Breath, Visualise Symbol. Balance, Life.

Smallest Molecule of Light: Expand Divine Heart Core, White Light

Highest Love: Expand Higher than Divine, Clear Light

Energy Education: Duplicate Light, Energy, Essence

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