

A Touching Experience in Ireland

By John Upledger, DO, OMM

When I was initially developing CranioSacral Therapy at Michigan State University, back in the 1970s, I honestly thought the day would come when I would be “done” with this particular modality and move on to explore new things.

As you can see, it never quite happened that way. The more I worked with CranioSacral Therapy (CST), the more fascinated I became by its potential. Little did I know that a couple of decades later, we would be teaching and practicing CST around the world. I was reminded again of its far-reaching effects when I received this touching story from Geraldine Nolan, a CranioSacral Therapist in Dublin:

Ireland is home to some 23,000 “travelers,” a minority community of people who tend to travel around the country by caravan. A very special client of mine invited me to present CranioSacral Therapy to a group of them at an education centre in Tallaght, South Dublin.

On the day of the presentation, I brought some colorful CST charts and lit some candles and incense to relax the energy in the room. There are usually 15 travelers in a group, but I was told only seven or eight would show up. The door opened and in walked all 15 of them, full of chat and craic and wanting to know what I was going to do.

I explained CranioSacral Therapy and offered them each a five-minute session to release one blockage. Then I gave them all two pieces of paper. I asked them to write or draw what they intended to let go of on one piece and what they intended to bring into their lives on the other.

The banter was hilarious. Then everyone became quiet as they got to work. Those who could write helped those who couldn't. As each person went on the table, the room became very still. I did a quick dorsal scan and zoomed into one area for each.

Catherine got up first. A strong and true leader, she had stomach problems. She also had a fast release.

Maura was in tears in two minutes. She was very worried about her mother, who had cancer. She had taken on her mother's pain and was carrying the weight of the world on her shoulders. As I spoke to her about her mother's journey, the stress and tension lifted from her body.

Brigid had a sharp ache in her back and her shoulders were hunched. A few minutes on the sacrum and it was gone. Laura's feet were in terrible pain. Soon they became very hot and the pain went away. Then Eileen, who had cancer, had her turn. I worked on her frontal bone to help release her mind from the trauma.

One by one they went onto the table. Each person respected each other's turn and where they "were at." They all looked at the differences in one another's faces as they returned to their seats, quiet and thinking.

Halfway through the session, we took a break. As I enjoyed a strong cup of coffee, one of the travelers told me about some of their folk traditions. For instance, if a child is born but never sees the face of the father, this child is thought to have been given a gift to be able to give, "the cure" to others.

Ciara had an aunt and a cousin who were able to "cure," and travelers came to them from all over Ireland with their children for help. Some cancers cured instantly, they told me. Some of the children who had lung problems from living in the caravans were cured very quickly.

In the corridor on my way back to the room, I bumped into Sorcha. She had gorgeous black hair down to her waist. A whisper... "I might be pregnant. Will it [CST] harm the baby?" "Not at all," I smiled.

Then, we continued the releases to the end. Afterwards, we spoke about music and beauty and how we get a certain lovely feeling when we light a candle or put some flowers on a table. We spoke about attitudes, behaviors and intentions, as well as how we treat children and how our children need love.

When it was all over, they took down the posters, helped me bring my things to my car, and hung about the doorway as I drove away. There was a kind of excitement in them about the future.

My deep gratitude goes out to Geraldine; our colleagues at The Upledger Institute, Ireland; our 21 other international satellites and affiliates; and to all those dedicated practitioners who are crossing new borders with the healing power of a gentle touch.