

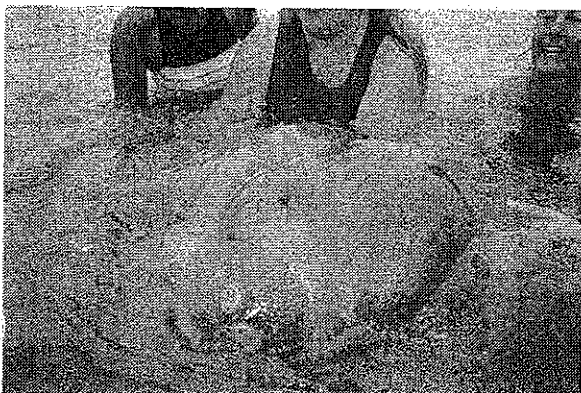
Local HEALING for the PLANET Draws WILD DOLPHINS and MANATEES

A group of local therapists and people who have an interest in healing or being healed attended an event in Matanzas Inlet and got a delightful surprise. Wild dolphins and manatees joined the event which was dedicated to a day of healing and peace for the planet. The dolphins maintained their standard distance of 100 yards and radiated their approval from a distance, but four manatees actually came up and touched the participants' legs while therapy was being performed on floating clients. The manatees maintained contact for petting with all the people present and then one manatee stayed for over an hour getting petted and then receiving CranioSacral Therapy from over seven therapists from the Jacksonville CranioSacral Therapy study group. This rare occurrence happened June 10th in the intra-coastal just south of Crescent Beach and Fort Matanzas.



Some sources say that 2005 is the Bearer of Compassion and the aquatic totem animal is the walrus and manatee. In this theory the manatee symbolizes compassion, unity, and non-conditional governance. The group at Matanzas Inlet dedicated the day's healing energies to peace in the world and to bring our sons and daughters back home. In a circle of joined hands in waist deep water each person set their intention for world peace and inner harmony. The manatees and dolphins responded.

For the past 4 years David Dolan LMT (licensed massage therapist) from Jacksonville Beach has been hosting these events as a benefit for the Upledger Foundation in Palm Beach Gardens, Florida (www.upledger.com). The Upledger Foundation sponsors several programs involving therapy for PTSD in Vietnam Veterans, the Compassionate Touch program for grade school children which promotes self-esteem and decreases violence, and the BioAquatic Exploration program in the Bahamas which teaches therapists and laypersons how to use CranioSacral Therapy in the ocean and interact with dolphins for a healing purpose. David is an instructor in this program along with his co-teacher Diane Ellerbe LMT from Neptune Beach, Florida.



The CranioSacral Therapy (CST) technique was the therapy being applied as the manatees interacted with participants. CST is a light touch hands on therapeutic technique based on the science of Osteopathy and developed by Dr. John Upledger (Upledger Institute). The technique balances the central nervous

system and concurrently brings balance (healing) to several other body systems such as the endocrine, immune, and musculoskeletal systems. In the Bahamas, the CST is applied to floating patients in the ocean with domestic dolphins from the "Dolphin Experience" in Port Lucaya, Grand Bahama Island. This program named BioAquatic Exploration (Ocean Therapy) is sponsored by the Upledger Foundation as mentioned above. The foundation also has a patient intensive treatment program involving the dolphins that is quite unique. Dolphins and humans form a healing community and work together using CranioSacral Therapy for the benefit of the floating patient.

This is the first time in the experience of those attending the event in Matanzas Inlet that wild manatees have gotten into receiving CST. The effects on the therapists and participants were that of being in a surreal dream. The manatee slowly rolled as if to invite them to apply therapy on all sides and to direct them to areas in her body that wanted attention. When CST is applied to dogs and horses, the animals often move and shift to get the therapists hands to treat the areas they

Schedule for Local Ocean therapy events at Matanzas Inlet (Crescent Beach)

JULY 1ST

JULY 22ND

AUGUST 5TH

AUGUST 12TH

SEPT 9TH

Contact Dolphin Therapeutics,
David W. Dolan LMT 904
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want. When the animal has had enough therapy, they usually walk away. Another unusual aspect of this happening was that the manatee clearly did not want to move away and continued the therapy for over an hour with sometimes as many as seven therapists applying therapy simultaneously. Time seemed to stand still for those involved and the concern about the temperature of the water which was noticed before the manatees



showed up all of a sudden vanished. On two occasions when a therapists hand was on the chest/heart area, the manatee folded her pectoral fins over the human hand and firmly held it there with her fins as if to say "Ummnnnn, thank you." Passers by with little children joined in and these two kids got a chance to pet the manatees head and tail while their parents held them in waist deep water in the intra-coastal. Many said that it was a "peak experience" for them as in the Abraham Maslow perspective.

Dolan quotes Dr. Stanislav Grof's concept of "ocean ecstasy" in his new book titled, "Ocean Therapy," which is characterized as "feeling whole, unified and integrated; effortless and at ease; completely yourself; free of blocks, inhibitions, and fears; in the here and now; being pure psyche and spirit; with no wants and needs; simultaneously childlike and mature; and graced in a way that is beyond words."

For more information on upcoming events and CranioSacral Therapy (CST) or to make an appointment contact David Dolan LMT at 904-296-0420. See ad page 29.

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MTI Craniosacrally Speaking

John E. Upledger, DO, OMM

Changing Hearts and Minds for 20 Years



When I established The Upledger Institute in 1985, my intention was to share with as many people as possible the positive health benefits of CranioSacral Therapy (CST) and other forms of complementary care. Two decades and 80,000 trained practitioners later, I continue to come back to the conviction that what is most important in clinical practice is how the patient fares in response to what we do as therapists. We should feel proud that the work we perform and the care we provide improves the lives of people in need – many of whom had given up hope of ever finding relief or any measure of quality of life.

I was reminded of that recently by more than a hundred therapists in a new book called *Working Wonders: Changing Lives With CranioSacral Therapy*. In it they share the patient stories and turning points that so vividly demonstrated to them the power and depth of the work we do.

One such account is from Rich Kamasiniski Sol, LMT. A CST practitioner since 2002, he shared his experience in the following story, called "A Change of Heart."

"I have been practicing CranioSacral Therapy almost exclusively for more than two years at the community health center where I work with AIDS and HIV-positive individuals. In that time I have had several experiences

that touched my heart and rekindled my spirit for this work.

"One instance involved an HIV-positive man in his fifties who had taken a leave of absence from work for health reasons. He was scared, anxious, and depressed. He was unable to get himself out of bed and was surprised that he had made it in to see me that morning.

"He told me that he had been feeling lethargic, tired, unmotivated, and full of pain. He said, 'I don't know what I'm going to do with my life; I want to go back to work.' It was the first time in his adult life that he was not working and felt so ill.

"When he came to see me, the man was expecting a regular massage. When I told him about CranioSacral Therapy and its benefits, he said that he'd like to try it.

"After our first session, the pain-stricken client felt some improvement in levels of general body aches, and significant improvement in complaints of headaches. I encouraged him to come back in a week.

"Upon coming for the second session, the man asked me, 'What was it you called this work? I don't know what you did, but I felt really good this week.' His pain had remained low for the rest of the week, and his spirits were starting to rise.

"He continued to improve physically and emotionally. At our third

session, he told me of all he had accomplished the previous week: working in his garden, fixing up the exterior of his house, and spending time with friends. He no longer looked or felt tired, nor did he have significant pain in his body.

"Our fourth and final session was key for me. My client told me that he'd be returning to work the following week, something that he originally was hoping he could accomplish. Now his dilemma was no longer 'How can I go back to work?' but 'How do I sustain the joy of not working?'

"In a matter of four sessions, my client had made a one-hundred-eighty-degree turn. He felt better about life and himself, and he no longer complained of body aches and pains."

This story beautifully illustrates why we should continue to believe our own eyes over scientific studies. As therapists specializing in complementary care, we must have the courage to step beyond the bounds of conventional wisdom and trust the positive outcomes we are seeing. For more information about *Working Wonders: Changing Lives With CranioSacral Therapy*, visit www.upledger.com.

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Palm Beach Gardens, Florida
www.upledger.com

