

# Why Palpate the Craniosacral Rhythm?

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Rhythms are the fundamental part of life and health, and their coordinated expression is the fundamental basis for homeostasis and health. The powerful biological, regulatory processes at work that we can detect with our hands as palpable oscillations and rhythms are a rich source of palpatory information in facilitating a CST treatment.

The primary source of these rhythms seems to be located in the hypothalamus, brain stem, and spinal cord, all at the core of the craniosacral system and concerning the deeper health within our bodies.

In Upledger CranioSacral Therapy, we will use the Craniosacral Rhythm, the 6 cpm rhythm. This rhythm has the highest frequency giving instant feedback and is invaluable in identifying physical restrictions and autonomous nervous system balance. In addition, it is, for most people, the easiest of the rhythms to palpate. In later classes, after SomatoEmotional Release 1, we will open our awareness to the lower frequency rhythms.

Science is still revealing more daily about the workings of our highly complex physiological and neurological functions. But we know that CST is a powerful and effective tool for assisting the Body/Mind/Spirit in rediscovering and maintaining higher and more regulated states of coherent living with our outer and inner environment.