

Cranial Pulse Palpation

Background

When we experience physical or emotional stresses our body tissues tend to tighten up. Though the body may be able to adapt to or heal from these effects at the time, a lasting strain and accompanying pain often remains. Any tensions held in the body can restrict movement, and over time the body may find it more and more difficult to cope with accumulated stresses. As a result secondary symptoms may develop.



Since 1993, Himavat Ishaya has been practicing Palpation of the Cranial Pulse, a therapy developed in the late 19th Century.

Palpation of the cranial pulse can help with...

- o mental stress
- o neck and back pain
- o migraines
- o TMJ Syndrome
- o chronic pain conditions such as fibromyalgia

How It's Done

In a Sages' Touch Reflexology session, Himavat gently works with the spine and the skull moving the cerebrospinal fluid around the viscera of the brain and spinal cord, guided by the reflected "map" on the bottom of the feet. This eases the restrictions of nerve passages, optimizes the movement of cerebrospinal fluid through the spinal cord, and can help restore misaligned bones to their proper position.

Himavat explains, "Now I am practicing an even more subtle approach to cooperate with the divine intelligence of the physical body. The healing of the body is driven by first acknowledging what discomfort is there. Skilful palpation is engaged to bring the body's own capacities forward to address issues at the physical level. Healing happens when we allow the body's innate intelligence to flow with ever greater ease and grace. Combining skillful palpation with the power of compassion engages the influence of the heart, the mind, the body and the soul."



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TESTIMONIALS

Himavat is a centered man with a peaceful, meditative spirit. He brings this energy to his reflexology practice. When he connects with me, he invites me to be more centered and peaceful. His work is truly amazing. Physical pain often has a strong emotional component. Talking about my emotions with Himavat is easy because he is trustworthy and I feel safe talking with him. When I go to Himavat, I receive much more than a wonderful foot rub. He makes me feel special.

— Bruce, Cincinnati, OH

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