

“Each session left me with a renewed sense of hope that i could grapple with and more importantly conquer my difficulties, overcome my sense of helplessness... I usually felt a general sense of well-being at the end of each session, felt so positive about life in general that I felt ready to cope with whatever challenges ”

WL – Trainer

"I am surprised that Angie is able to isolate hidden issues which are causing problems in my life. After my sessions with Angie, these issues were removed and I experienced improvements in my life such as improved relationships. The sessions have definitely improved the quality of my life."

- Florence –IT Specialist

What is CranioSacral Therapy?

CranioSacral Therapy® (CST) CST is a unique alternative therapy that addresses physical, mental and emotional issues. In our present-day life, it is inevitable that we are faced with stress – as a result of work, family, relationships, physical injury, illnesses, etc.

Our bodies’ natural healing abilities help us to dissipate these negative effects of stress, as best as it can. But over time this blockage becomes too much and the system is unable to cope – this may be reflected through lack of motivation, tiredness, pain, discomfort, bitterness at life or persons ; at times, even fears, phobias, panic attacks, or an overall inability to function effectively in everyday life. CST enhances the body’s natural healing process, cleansing the body of toxins, residual effects of trauma, accident and injury and thereby raising the body’s immune levels and the body’s ability to self-heal

For example, in one of your issues, in the article, ‘Nicole’s Abortion Story’ , Nicole was suffering from shock and emotional pain after her abortion., she was angry and upset with her boyfriend and herself. Whilst conventional psychotherapy could help her, it would be not be enough, as it tends to address the issue at the intellectual level (the mind level); Nicole would definitely have benefited from CranioSacral Therapy: at the emotional level, CST helps release long-held restrictions, suppressed emotions that affect the person, clears addictions, depression, phobias and many other emotional issues. It is a unique way of rediscovering one’s equilibrium and a wonderful experience of profound therapeutic relief from stress and mental fatigue.

It is, however, not necessary to have an illness or any particular problem to benefit from a session of CranioSacral therapy. Many recipients enjoy a sense of profound well-being, repose, and feeling very uplifted. Others may wish to discover what’s holding them back from achieving their true potential, excel in their talents and enhance their learning.

As Therapist, what I like about CranioSacral Therapy is that it's medical but at the same time wholistic in that it encompasses the mind, body and emotions. We're not just our minds, or just bodies or just emotions. It is the triad of mind, body and emotions which make up our being.

Pain, illness and depression are our body's cry to care for ourselves, so that we can rediscover balance and harmony in our lives. When we have this balance and harmony in our lives, then we become more effective in reaching out to others and spreading this harmony.

Who is the developer of CranioSacral Therapy?

CST was pioneered and developed by Dr. John Upledger, an osteopathic physician and surgeon, certified specialist of osteopathic manipulative medicine, founder of The Upledger Institute.

His development of CranioSacral Therapy in the 1970s was based on the theories of William Sutherland, D.O. (an osteopath from the early 1900s); his own research at Michigan State University (1975-1983); and extensive clinical application.

Consultations are by appointment only. Confidentiality assured. Please contact Angie on 9-741-8-742 or email :lifedynamics@gmail.com