

Cranio-Sacral Healing and Serenity Yoga

Blue Level shares a lot in common with a healing art called Cranio-Sacral Therapy. Many massage therapists now use it. One of the things Cranio-Sacral Therapy does is help realign the flow of fluids in the nervous system, especially up and down the spine. This taps into a natural way the body heals and you'll notice that happening most powerfully whenever you're naturally holding still. When you've been in emotional or physical pain, when you're dealing with stress, there are times when your body will urge you to stay still. These moments are when your body is re-aligning its flow in the same way Cranio-Sacral Therapy does. *Blue Level* encourages that process by the way it holds the poses at the end of every breath. This is a moment when the body can focus on healing instead of constantly being in motion.

You can tap into this healing process while you're in a yoga pose, but you don't need to. All you have to do is notice when your body has asked to hold its position. When you notice this, you can encourage your own healing process by holding the pose gently, not moving, and going into *Blue Level* breathing. Pay particularly close attention to the moment of stillness that happens after you've finished breathing out. Linger over it before you breathe in again. Do that for several breaths, until your body feels like it's ready to move again.

Then you can go into a stretch that pulls your whole spine and body open. Then go back into that original position again. Hold it and go into *Blue Level* breathing. Do this as often as you'd like, knowing that you are supporting your own healing process.