

The Sacrum: Deepening Your Grounding – Strengthening Your Presence

Presented through

The Upledger Institute

Developed by

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- The sacrum is a key to embodying more fully. The entire sacral area is an anchor for this incredible navigational system you know as your body. In this course you will take time to slow down, learn to feel more sensation in your bones, especially the sacral region. The outcome is often a greater sense of safety and steadiness in the world. Your therapeutic presence in your work and personal life is naturally strengthened.

And, most importantly to therapists, you will be able to *feel more* throughout the systems of the people on your treatment table, whether this is lymph flow, CranioSacral rhythm or location of the primary trouble area in the body.

By learning to *settle deeply in your own system*, the navigational screen of your cellular intelligence is amplified and fine tuned. It is as though the background noise of your mind is tuned out and you are left in a clear, quiet state of consciousness that allows for much better reception of information from all directions.

How Can We Settle More Deeply Within Our Own Systems?

1. Developing and expanding awareness of the flow of energy through the ***sacral area***, augments a person's sense of steadiness, strength and personal presence.
 - Deepens the sense of grounding - being a strong anchor in life's storms
 - Broadens your range where you can hold a strong therapeutic presence

How Can the Sacrum Augment a Strong Therapeutic Presence?

1. Bring conscious awareness into the sacrum and lower lumbar area
2. Develop or expand awareness of the flow of energy through the sacral area from beneath you and from all around
3. Deepen the flow of energy and expand into the cellular intelligence of the inner recesses of the sacrum

External Support for Sacral Awareness and Presence (what we already know how to do)

- CST mobilizes and frees up the osseous restrictions as well as the dura and fascial restrictions that may be hampering deep proprioception and energy flow.
- Direction of energy supports tissue release and rebalancing of restrictions and dysfunctions in the organ systems in that area
- LDT frees up lymph flow through that area and on into the deep lymph of the torso

The *Additional* Support of Therapeutic Presence

What more can be added to a good bodywork session involving the sacrum to amplify your results and leave you feeling more energized at the end of a session?

Your own internal presence in your own sacrum as you work, as well as a strengthened sacrum at other times.

Definition: Therapeutic Presence

- The capacity to hold a healing space for another by your calm, centered quality of being. Although this presence is independent of what you may know how to do therapeutically, it greatly augments whatever technical skills you have. It is a quality of *being* that is healing, steady and safe for those in contact with you.

Definition: Grounding and Filling

The skill of being able to connect through your feeling senses to the ground under you, the air around you, or any other energy resource. In HFC we focus on grounding into, or connecting with unconditional healthy resources.

Definition: Healthy Resources

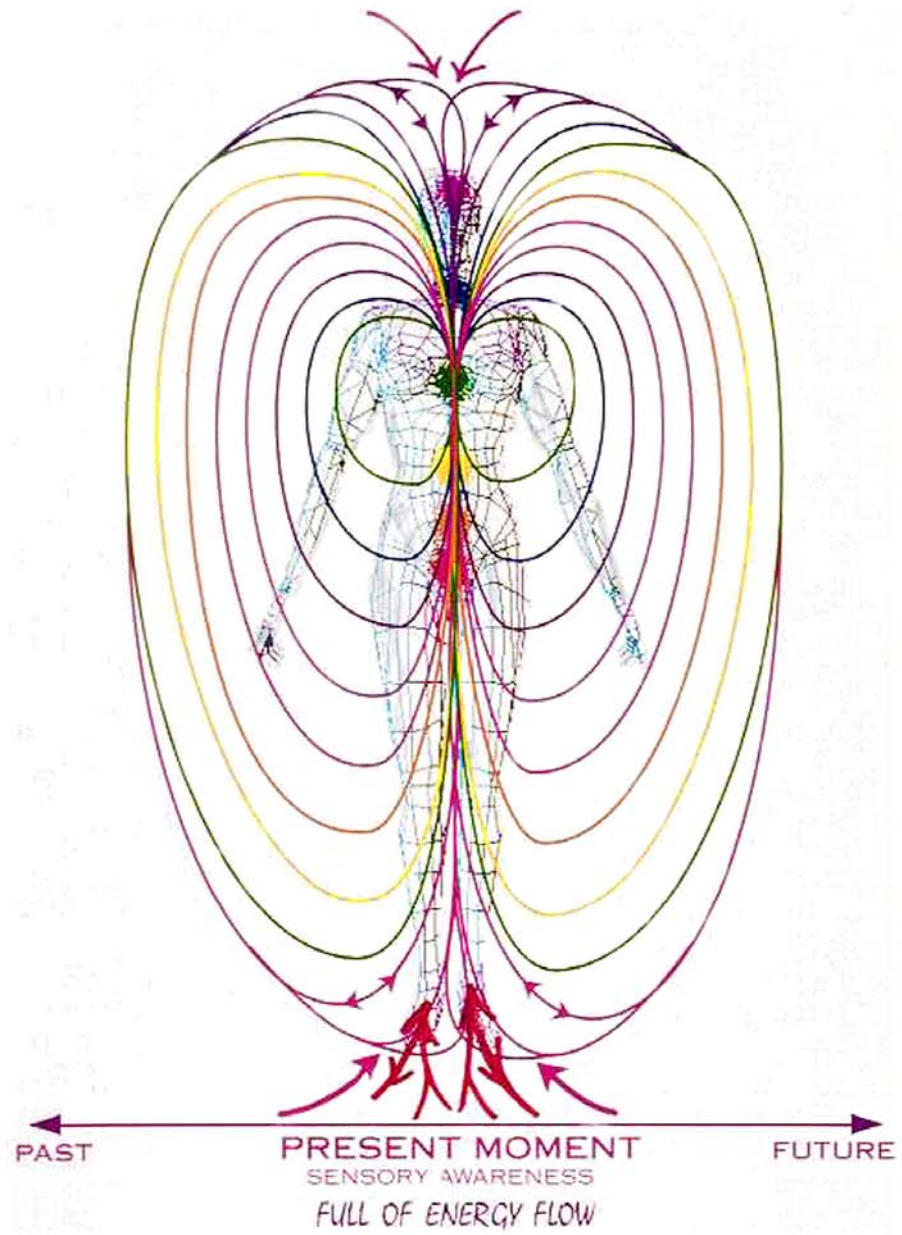
- These are the resources which are life enhancing and replenishing such as connections with nature that are rejuvenating, a memory that is empowering or reassuring, healthy foods, nurturing touch or a satisfying creative endeavor - these are just a few examples.

Definition: Inner Landscape

- Describes the body's proprioceptive and kinesthetic sensations, images, emotions, messages, and subtle cues that informs and develops the body's innate intelligence.

Definition: Navigational System

- The metaphor for the body's natural capacity to discern and track what is happening internally and externally. From the information received through the "Navigational System" of the body, we can then make more informed, intelligent decisions as well as taking action in our lives or "navigating" from inside our bodies.



Discovering Your Inner Landscape

- Sit back, feet on the floor, eyes closed or partially closed
- Relax, invite your curiosity to lead this exploration
- Leave your judgmental mind at the door
- Simply be a witness to your inner experience

When You Are Done...

- Journal for five minutes what your inner landscape felt like, looked like - write “stream of consciousness”
- Sharing your experience - Listen to how everyone’s experience is unique and different from everyone else’s
- How would this sense of fullness and groundedness impact your practice?

Areas Of Strength

- In what area(s) do you feel most present in your body?
- Can you amplify the energy flow through those area(s)?
- Can you expand those areas to include your sacrum?
- How does your proprioception change when you include the sacrum?

Hands-On Sacral Presence

- With a partner - place hands on shoulders
- Amplify sacral presence from therapist
- How does this change:
 - Sensation level?
 - Energy flow?
 - Comfort of the client?
 - Proprioception of the therapist?

During a Session

- As a therapist with hands-on the sacral area + more sacral presence yourself:
- How does this change:
 - Sensation level?
 - Energy flow?
 - Comfort of the client?
 - Proprioception of the therapist?

After a Session

- How is...
 - your sense of connection to the ground?
 - How is your sense of connection to your sacrum?
 - How is your energy level? (Different or the same as usual?)
 - Anything else surprising or interesting?
- How do you see this translating back to your practice?

What I know to be True

- When I stay conscious about my own system and “stay awake” in my practice, every session teaches me something about myself and how to grow myself and/or about the healing process for my clients and how to further that process
- SO how do I stay conscious? What resources remind me and support me?

Resources Available from HFC

- **The Comprehensive audio series: 7 CD set**

Healing from the Core: A Journey Home to Ourselves Excellent overview of the first course as well as eleven experiential exercises connecting you to healthy resources such as:

1. **The earth's field** (*what you experienced earlier*) three formats: 40 mins, 17 mins and 10 mins.
2. **The food you eat and other nourishment**
3. **Breathing** (3 different easy breaths to relax)
4. **Movement** (*energizing, internally inspired*)
5. **Reconnecting with the natural environment**
6. **Relationships with other people** - *filling you up rather than draining you,*
7. **Connection to your inner fluidity,**

Healing From the Core: Grounding and Healthy Boundaries

Day 1: Inner Awareness - establishing a baseline,
Breath Exploration - calming the nervous system,
The Five Principles

Day 2: Identifying Resistance, Healing the Internal
Resistance to Life, Movement Exploration -
remodeling the nervous system

Day 3: Holding a Healing Space for Another:
Developing a Strong Therapeutic Presence

Day 4: Projection and Therapeutic Presence, and
Bringing Your Presence Back into Touch

HFC Advanced Trainings

- *Expanding Present Moment Consciousness* (5 day residential)
- *From Trauma Recovery to Ecstasy: Healing the Nervous System* (5 day residential)
- *Release and Renewal: A New Year Retreat*
(5 day residential in Sedona, AZ)
- *Advanced Energy Dynamics and Applications*
(Mastering therapeutic presence - 5 day residential)
- *Continuum and the Healing Process: The Undiscovered Body*
(Adjunct course co-taught with Emilie Conrad: includes breath, movement and sound explorations with hands-on protocols)

Contact us

Talk to The Upledger Institute facilitator for information on available classes and The Healing From the Core audio series

Or later you can go to:

www.Upledger.com or

www.HealingFromTheCore.com