

An Introduction to Cranial Osteopathy

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What is Cranial Motion?

When I felt Cranial Motion on somebody for the first time, tears of bliss and awe ran down my face.

Cranial Motion is an extremely subtle, rhythmic shape change of the cranium: the head is getting narrower and longer, then wider and shorter. It is an involuntary motion, happening all the time, all by itself.

Just imagine, Cranial Motion is present in utero - a long time before our lungs start working, AND it continues for about 20 minutes after brain death.

When you feel cranial motion, you are in an energy field that is similar to holding a baby in your arms: full of beauty, innocence, and wisdom.

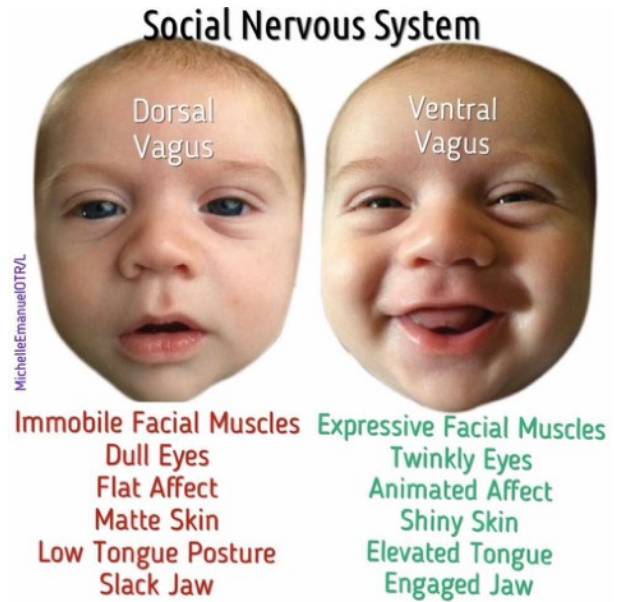
What conditions can be treated with Cranial Osteopathy?

My short answer is: ANY condition can benefit from osteopathic treatment.

- A few examples are chronic pain, migraine headaches, post-concussion syndrome, indigestion, and many more.
- Babies respond particularly well to Cranial Osteopathy. It is an opportunity not to be missed!
- Disease puts us under stress, our bodies respond with inflammation.

Osteopathic treatment puts us in a state of relaxation. Our bodies shift into healing mode, no matter what condition we are suffering from.

Image courtesy of [Michelle Emanuel](#).
It shows a baby's face before and
after craniosacral treatment.



Is Cranial Osteopathy the same as Craniosacral Therapy?

For practical purposes, I will say yes. While the training differs, I have found both osteopathic physicians and craniosacral therapists working with a similar approach. It is not the letters behind the name but the skills, experience, and dedication that make a good practitioner.

What is the idea behind Cranial Osteopathy?

If all of our body parts can move freely we experience good health. Disease symptoms are caused by restrictions. Resolving them will improve the symptoms.

A scene comes to my mind that I observed many years ago: a little boy hit his head on a table and started screaming. His father picked him up and put his hand on the child's head, giving the child full attention, love, and the certainty that all is well. Within two minutes the boy was smiling, curious about a bird flying by. The pain was gone.



The full scope of cranial osteopathy entails everything from what a layperson can do to sophisticated techniques and adjustments of bones, joints, and other body parts.

What does a treatment session look like?

The person treating you will be very interested in your medical history, particularly your birth and any accidents you had. Then s/he may gently put her/his hands on your head, spine, or other body parts. With “seeing” hands, the facilitator assesses what is going on in your body. Given this kind of attention, your body starts unwinding, creating a path for the facilitator where to put his attention next.

The osteopath who succeeds best
does so because he looks to Nature
for knowledge and obeys her teachings.

Dr. Andrew Taylor Still, inventor of Osteopathy

More Information

If you have questions about your specific situation, you can contact me at ljuba@ljubalemke.com
While I am legally not allowed to give any health advice, I may be able to give you food for thought.

