

# **“That will never happen to me!”**

*A Story of Emotional Release  
through Craniosacral Fascial Therapy*

By Chandra Sherman

I have a long history with Dr. Gillespie and Craniosacral Fascial Therapy that began with my children and eventually I began receiving treatment as well. When I attended a Midwife conference to tell my daughter's story during Dr. Gillespie's presentation, I was on day 12 of a terrible headache, which was not uncommon. My very sweet husband stalked every CFT practitioner in the room until Krissy and Mike Myers took pity on me and threw me up on the table. Not only did they relieve my headache, BUT they erased my hip pain that I have lived with for 20+ years since I hurt it as a child. That pain has never returned.

Since then, I have consistently received CFT and decided it was time to learn for myself. As I prepared to attend the training, Krissy explained that often people experience emotional releases during the training due to the collective energy and large amount of therapy received in such a short period of time. She felt that I was even more likely to experience this due to all the prior work I had received. I told her that would never happen to me. I am an open book, there was no way I would have any emotions hiding in my fascia that could only be released through the help of others.

I attended the training and it was an amazing, magical, powerful, life-changing experience. Krissy was right in that because I had so much previous work my body was ready to unwind far ahead of everyone else. Each time another student laid hands on me I would embark on these long, graceful unwindings and one of the assistant teachers joked that I would be a different woman when I left. Things were going well until the afternoon of the 2<sup>nd</sup> day, which was the web portion of the training. I was last to go in my team of five and as I was being treated it felt very different from the previous unwindings. Rather than smooth and relaxing, it felt very jerky and uncomfortable. During the unwinding, I remember Christine Holdefelder (one of Dr. Gillespie's Assistant Teachers) drawing everyone's attention to my throat. Apparently, there was some redness signifying a fascial release and then a very stark white line right over my voicebox. She explained that the fascia in that area specifically was being blocked and simply unable to release at the time. She asked if I had a scream in me that needed to come out and I said "of course not" and at the time, I really didn't consciously think that I did. After the training ended for that day and we returned to our hotel, that uncomfortable feeling stayed with me. I felt very anxious, was unable to sleep and my neck felt particularly uncomfortable (almost as if there was a hand there holding my throat.)

When we arrived for our last day of training, I explained this to Christine and she said whenever I started unwinding for the first time to flag her down and she would come to the table and see what was going on. My partner began moving through the facial sequence we had just learned and per usual, I started unwinding as soon as she touched me. I had a few short unwindings and then once Christine came over and there were multiple hands involved in the work I began to unwind in a major way. At some point my husband joined in (he was attending the training as well) as did Darlene (another of Dr. Gillespie's Assistant Teachers.) The unwinding felt very smooth and then I suddenly realized that I was breathing very heavily. I noticed that at the end of each breath was a very deep, guttural sort of moan, which sounded

a lot like a noise that I make when I am in labor. This was the first time in which I realized that in the middle of this unwinding with 8 or more facilitating hands on me there was a great disconnect between what my conscious mind was thinking and what my body was doing. I realized that my conscious brain was NOT thinking and that NEVER happens. I'm the type of person who can't even enjoy a massage because I'm busy worrying about everything else I have to do afterwards. While I was unwinding, my conscious brain was completely quiet and simply watching and experiencing what my body was releasing. After a few moments, I very abruptly went into a full arch and I began to scream at the top of my lungs. My neck was arching back and forth (supported very confidently by one of my therapists) and each time I arched back I screamed the word "OW" over and over again. Through it all, even though my body was experiencing an extreme release, my conscious brain was not thinking all of the things that it should have been "oh my gosh, what am I doing, what is going to happen next, how will this affect the rest of my day, what must my husband thinking, and what do all the people in this room think?" Soon my arching lessened and my screams gradually became softer. My body folded in half with my head resting on my hands between my knees and I went silent. In the span of only a second, a flood of mental pictures rushed through my mind in a very haphazard, chronologically incorrect way as I consciously relived the traumatic, hospital birth of my first child.....and then it was gone. All of the negative emotions of anger, powerlessness, betrayal and mistrust that were so intimately woven with the memories of my child's birth were gone.

In that moment, I came back into my body and I slowly began to sense again where I was and I noticed the dim lighting and I heard the music. I became reoriented to where my body was in space, felt many hands laid still upon me and I could sense which belonged to my husband. I slowly sat up and realized that I felt lighter than I had in many years, not only in body but in mind as well. Shortly after, I went outside to meet my parents who had brought my children to have lunch with me. As soon as I saw him, I realized that I was able to look at my son just a little bit differently and I have felt closer to him ever since.

Those few minutes on the massage table facilitated by Master Teachers and Students, whose only commonality was the intent to facilitate and support healing for others, had a HUGE impact on me. Not only did it change me physically and spiritually, but it affected my family and future as well. I know that I am able to be a better mother to my son now that I have released all the resentment I felt about his birth. I am a better therapist knowing that I am equipped when/if I am presented with a client who is ready to release an emotional layer of his/her onion.