

# First Tour of Cranial Bones

## Highlights and Listening Protocols

### SPHENOID

1. "Master Gear"
2. Very complex structure, with multiple relationships to all other major bones of the head
3. Forms in three parts
4. Seat of pituitary, "master gland"
5. Tentorium attachment
6. Relationship with coccyx; "modified vertebra"
7. Cranial Nerves nearby

#### Hand positions for Listening:

- "Vault" (index finger)
- "Modified vault" (thumb)

### OCCIPUT

1. Platform for most weight bearing (including neck relationships)
2. Anterior (basalar) portion is the floor for the brainstem; cranial nerves nearby
3. Forms in four parts
4. Intimate relationship with sphenoid
5. Falx cerebelli attachment
6. "Drainage" gate for CSF, blood, spinal cord (via foramen magnum and jugular foramina)
7. Relationship with Sacrum; "modified vertebra"
8. Birth imprint of 3rd stage, pelvic outlet

#### Hand positions for Listening:

- "Cradle"
- "Modified cradle"

### PARIETALS

1. "Gull wings"
2. Simplest structure, most 2-dimensional
3. Forms in one part
4. Falx attachment
5. Sagittal suture role in CSF circulation
6. Birth imprint of pushing in 1st stage of delivery
7. Relationship with ilia

#### Hand positions for Listening:

- "Vault"

### TEMPORALS

1. "Wobbly wheel;" wheel and axle; wide range of movement options
2. Potential wedging and compression at SBJ
3. Forms in three parts
4. Jugular foramina role in drainage
5. Very much three dimensional in its action
6. Tentorium attachment
7. Houses middle ear ("social autonomic ventral vagal function")
8. Relationship with ischium, pelvic base, and therefore emotional dimension of body
9. Cranial nerves nearby

#### Hand positions for Listening:

- "Fingertips circle ears"
- "Finger at ear canal"

### FRONTAL

1. "Two bones in one"
2. Relationship to Falx Cerebri
3. Forms in two parts
4. Three dimensional with "orbital shelf"
5. Link to cognitive, frontal cortex
6. Tentorium attachment
7. Carries echos of Implantation experience
8. Relationship with lower abdomen

#### Hand positions for Listening:

- "Fingertips just above eyebrows, very light touch"

## "FIRST LISTENING" SESSION PROTOCOL (same for all bones)

1. Practitioner Preliminaries
2. Hand position(s)
3. Listen for initial movement and "when the story seems complete," suggest stillness. If the client's system is amenable, hold the stillness in an appreciative, supportive wide view. New movements may arise.
4. Integration contact: Sacrum/Occiput (sidelying) or Ethmoid/Foramen Magnum (from head)