

Mystery of Cerebrospinal Fluid

By Scott Zamurut

"Then the Lord God formed man of the dust of the ground, and breathed into his nostrils the Breath of Life; and man became a living soul." Genesis 2:7

Cerebrospinal fluid is unique in our human physiology. Produced by the filtration and ionic transformation of blood plasma, this fluid is the immediate environment of our central nervous system. In recent times, inspired thinkers and innovators in the Healing Arts have turned their attention to cerebrospinal fluid. The essence of this investigation reveals that cerebrospinal fluid stores and conveys life energy. When we look deeper and see that the source of this energy is consciousness itself, the elegance of our human design is unveiled in all its beauty. Direct access to this very source of life energy is the greatest resource in healing.

The understanding of the importance of cerebrospinal fluid can be traced back to Dr. Andrew Taylor Still, the founder of Osteopathy. Dr. Still wrote:

"...the cerebrospinal fluid is one of the highest known elements that are contained in the body, and unless the brain furnishes this fluid in abundance, a disabled condition of the body will remain." Dr. Still also tells us: "He who is able to reason will see that this great river of life (the cerebrospinal fluid) must be tapped and the withering field irrigated at once, or the harvest of health be forever lost."

This view was expanded upon by William Garner Sutherland, DO, the innovator of Cranial Osteopathy. While viewing a disarticulated skull, Sutherland was struck with the thought that the beveling of the cranial sutures allows for a primary respiration in the cranial field. He literally set out to disprove the notion that the bones of the cranium could move, and instead developed a profound system of healing that works with the Primary Respiratory System.

Dr. Sutherland, like Dr. Still before him, put great emphasis on the cerebrospinal fluid. Sutherland recognized that the fluid itself appeared to be the carrier of an even deeper force within itself that he called the Breath of Life. Of this he wrote:

"Within that cerebrospinal fluid there is an invisible element that I refer to as the 'Breath of Life.' I want you to visualize this Breath of Life as a fluid within the fluid, something that does not mix, something that has potency as the thing that makes it move. Is it really necessary to know what makes the fluid move? Visualize a potency, an intelligent potency, that is more intelligent than your own human mentality."

Sutherland is acquainting us with the true motive force of the Primary Respiratory System, and also with a deeper viewpoint of what we now call the "Mind/Body Connection."

He goes on to say:

"You know from your experience as the patient that the Tide fluctuates; it ebbs and flows, comes in and goes

out, like the tide of the ocean. You will have observed its potency and also its Intelligence, spelled with a capital 'I'. It is something that you can depend upon to do the work for you. In other words, don't try to drive the mechanism through any external force. Rely upon the Tide."

Here Sutherland has given us the basis for all of Craniosacral Therapy: we simply allow the Intelligence contained within the cerebrospinal fluid to do the healing. Thus we are not a practitioner "doing" all manner of techniques, but rather a trusted friend and witness to the unfolding process.

Still and Sutherland were both eloquent in articulating their philosophy of healing, and in also in their articulation of practical matters within Osteopathy. Here are some other tidbits from the writings of both Still and Sutherland which pertain to cerebrospinal fluid.

"All (Gods) works, spiritual and material, are harmonious... So wise a God had certainly placed the remedy within the material house in which the spirit of life dwells."

-Still, *The Autobiography of AT Still*, p. 99

"I... proclaimed that the brain of Man is God's drug store, and had in it all liquids, drugs, lubricating oils, opiates, acids and anti-acids, and every quality of drugs that the wisdom of God thought necessary for human happiness and health."

-Still, *The Autobiography of AT Still*, p. 219

"Sickness is caused by the stopping of some supply of fluid or quality of life."

-Still, *The Autobiography of AT Still*, p. 310

"The lymphatics are closely and universally connected with the spinal cord and all other nerves, and all drink from the waters of the brain."

-Still, *Philosophy & Mechanical Principles of Osteopathy*, p. 66

"Turn the waters of life loose at the brain, remove all hindrances and the work will be done, and give us the eternal legacy, LONGEVITY."

-Still, *Philosophy of Osteopathy*, p. 79

"For me, the Breath of Life, not the breath of air, is the main one. The breath of air is one of the material elements that the soul of living man utilizes in his walk about on earth... The first principle in the primary respiratory mechanism, the fluctuation of cerebrospinal fluid, has a potency with an Intelligence, as I found out. This potency is an invisible "fluid" within the Cerebrospinal fluid. The potency of the tide is what we have to consider – something with more power in the reduction of membranous articular strains of the cranium than any force you can safely apply from the outside. It will function intelligently."

-Sutherland, *Teachings in the Science of Osteopathy*, p. 31

"I am making a special effort to stress the point that I consider the fluctuation of the cerebrospinal fluid to be the fundamental principle in the cranial concept. The "sap in the tree" is something that contains the Breath of Life, not the breath of air -- something invisible. Dr. Still referred to it as one of the highest known elements in the human body,

replenished from time to time. Do you think we will ever know from whence it cometh? Probably not. But it is there. That is all we need to know."

-Sutherland, Teachings in the Science of Osteopathy, p. 176

Dr. Randolph Stone, the originator of Polarity Therapy, was a Cranial Osteopath who expanded upon the work of Dr. Sutherland. Stone dug deep to understand the very basis of Life itself, and in his digging expanded our understanding of the Intelligence residing within CSF. The following quotes are some of Stone's observations about cerebrospinal fluid:

"The soul is the essence of being and life in the body, and functions through the brain and the center of the spinal cord, to the end of the coccyx, as dual neuter energy... The cerebrospinal fluid seems to act as a storage field and conveyor for the ultrasonic and the light energies. It bathes the spinal cord and is the reservoir for these finer essences, conducted by this fluidic media through all the fine nerve fibers as the first airy mind and life principle in the human body. Through this neuter essence, mind functions in and through matter as the light of intelligence. That is why it is the ruler of this fine energy in the fields of function. Mind energy is a reality, as much as and even more potent than atomic energy."

-Stone, Polarity Therapy p. 30

"The fine white line in the central core is the ultrasonic energy current of the soul. It is the primary energy which builds and sustains all others. It flows through the (ventricles) of the brain and spinal cord when these are formed out of the mind pattern energy field. This core is the center of attraction and emanation of all currents from the brain to the extremities. It is the internal gravity of the individual energy and lines of force, distinct from the gravity of the earth. This is the true basis for individual therapy."

-Stone, The Wireless Anatomy of Man p. 10, chart 3

"The cerebrospinal fluid of the brain, in the meninges of the cord and in the center of the nerves is such a medium for conduction of the AIRY PATTERN ENERGY OF THE MIND..."

-Stone, The Mysterious Sacrum p. 11

"...the fine mind energy essence floats in the cerebrospinal nerve fluid as an airy nothingness which gives direction and intelligent perception to the nerve cell actions as sensory and motor impulses. This subtle, hidden energy in the nerve fluids was called the alchemical function by the medieval doctors, such as Paracelsus."

-Stone, Polarity Therapy p. 51

"Mind energy is the first essence of matter, which travels in the media of the cerebrospinal fluid in the entire nervous system. It is the pattern energy of geometric proportions in the atomic fields of matter as the shape of things to be. All energy must have a circumscribed field in which to act, as a pattern design, a field of operation, like a nest for a bird. Without such a field of limits, even the vast energies in space would lose themselves in exhaustion and to no purpose... The human skull has the outline and shape of an egg, a miniature planet-like shape. It is the individual microcosmos where the pattern of all things to be in that body are cast or woven into the substance called the brain

tissue, which is the positive pole of the being. All things are represented here as patterns of mind energy and ideas, with a rhythmic wave length of their own. The whole body is but a duplication of these patterns in a more dense form and lower vibratory key of action. "As above (in the brain) so below" (in the body)."

-Stone, The Mysterious Sacrum p. 51

"This geometric pattern energy is extended throughout the body by the spinal cord and the nervous system as the director of things to be. Diffused mind energy rules every cell of the body or it could not have the intelligence to do the selective and specific work of maintaining all the automatic actions for the preservation of the body. The soul's intelligence and energy work through the mind to build this body, as the house it wants to inhabit and maintain."

-Stone, The Mysterious Sacrum p. 51

"The cerebrospinal fluid is the liquid medium for this life energy radiation, expansion and contraction. Where this is present, there is life and healing with normal function. Where this primary and essential life force is not acting in the body, there is obstruction, spasm or stagnation and pain, like gears which clash instead of meshing in their operation."

-Stone, Health Building p. 13

"The key to the cell and to the body is through the cerebrospinal fluid energy currents. Polarity currents applied are most direct, gentle and very effective."

-Stone, Health Building p. 34

"Impulses act through the bones. Bony positions depend upon the tension in the energy field with its structural energy currents. The bones themselves are given too much importance in such a vital field. Bones are not causes, but are effects in the body economy. Trying to position them by external force, without changing the Polarity action in that field, would not be successful nor do any bones stay in position when so adjusted."

-Stone, Polarity Therapy p. 25

"Only after the cerebrospinal fluid current is established is there a beneficial reaction to any application of therapy... It is this energy current which does the healing and reacts to therapy."

-Stone, Health Building p. 34

"Polarity Therapy affects the movement of the cerebrospinal fluid directly."

-Stone, Health Building p. 34

It is clear that Dr. Stone had a great appreciation for the importance of cerebrospinal fluid, its function and its movement throughout the human body. We shall discover the Breath of Life within the cerebrospinal fluid by sensing this energy with our hands and experiencing it in our own bodies. It is my hope that this exploration be deeply healing, for ourselves and those we touch.

On the following pages you will find additional material related to the Breath of Life. This includes an excerpt from the first edition of Osteopathy in the Cranial Field by Harold Magoun Sr., DO, further excerpts from Dr. Stone's works, and the Upanishads.

MAGOUN (Osteopathy in the Cranial Field, p. 15):

The Primary Respiratory Mechanism

I. Introduction—The Life Principle

A ALL LIFE IS MANIFESTED IN ENERGY OR MOTION.

Without motion, in some degree, there can be only death. Furthermore motion is essential to function.

But that motion must be intelligent and purposeful for the living organism to successfully compete with its environment.

Hence that motion must be GUIDED AND DIRECTED BY A SUPREME BEING. There must be a channeling of the Universal Intelligence down to the individual cell or organism. Otherwise all would be chaos.

What is the Supreme Intelligence? How does the channeling take place? No one knows for sure. The fact remains that the existence of such is a positive and irrefutable fact which is emphasized by the world's greatest scientists.

B. DR. A. T. STILL RECOGNIZED THE PRESENCE OF THIS SUPREME INTELLIGENCE. "The God I worship demonstrates all His work", he wrote and later added: "God manifests Himself in matter, motion and mind."

In philosophizing as to how this channeling of the Universal Intelligence might reach the fundamentals of human physiology Dr. Still referred to the cerebrospinal fluid as "the highest known element in the human body." His constant reference to this attribute leaves little doubt but that HE CONSIDERED THE CEREBROSPINAL FLUID TO BE THE RECIPIENT.

C. DR. W. G. SUTHERLAND CONCURS IN THIS VIEW. * He feels that the cerebrospinal fluid receives and is endowed with "the breath of life". As long as life exists this highest known element is the abiding place of that mysterious spark which cannot be explained but is none the less present.

The manifestation of this endowment is referred to when he says: "The cerebrospinal fluid is in command." He finds it to be an intelligent, physiological functioning that transcends all others in the body. Dr. Sutherland takes advantage of this intelligence, this "unerring potency," in the diagnosis and correction of cranial membranous articular lesions.

*Dr. R. T. Lustig, eminent authority on nuclear physics writes:

"Some of the newer discoveries in Atomic Medicine are casting light upon what Sutherland has already done in practice. Through nuclear physics we are just catching a glimpse of what cerebrospinal fluid really is... a vital mechanism which affords powerful influences upon human physiology... A cold analysis of research in kindred fields... points unmistakably to the buried potential in the cerebrospinal fluid... With the opening of the Atomic Age we are getting a better perspective of energy, its sources and conversions... Sutherland's work... puts us on record as having recognized at an early date the interchangeability of energy and matter as it relates to biology. (This in Einstein's formula $E=MC^2$ which opened up the Atomic Age)."

STONE (Vol. II, Energy Tracing, p. 223):

POLARITY CURRENT RESEARCH IN CEREBROSPINAL FLUID AND IN CRANIOPATHY: The life-breath or prana current moves in the cerebrospinal fluid conductor to all tissue cells and communicates with other internal secretions and body fluids, like a living cosmic breath, This may be called the primary respiratory cycle of energy flow, with its own cranial rhythmic impulses as a physiological wireless energy response, like atomic current circuits. It is prior to and distinct from the regular respiration of the lungs' cycle of oxidation and pulse beat.

In the structural field of anatomy, it is the connective tissue which is the tension factor for postural relationship and balance response, or the structural lesions in articulations and Joints. Posture depends on this relationship of electromagnetic tension fields in the body structure and functional response through the life-breath, the prana currents.

The cranial rhythmic impulse may, at times of rest, synchronize with the pulmonary circulation, It is more subtle and may persist even when the pulse beat has stopped. Therein lies the mystery of cases that were unknowingly buried alive in olden times, and of those who have been re-animated after all signs of life were absent. I mention these findings here only to show how subtle and deep this sound energy goes.

The dura mater has its fulcrum leverage point in the tentorium cerebelli tension membrane in the skull, which also moves the cranial bones in rhythmic sequence, by brain impulses. (This has been electrically recorded by other research scholars.) The dura mater covers the spinal cord and is attached in its inferior pole only at the prominence of the second sacral vertebra, which moves the sacral base.

In the inhalation phase of the cranio-sacral mechanism of flexion cycle, the sacral base rotates postero-superiorly, while its apex and coccyx move anteriorly toward the symphysis pubis,

The point of vital importance in recording these physiological observations of Craniopathy is the fact of the similarity established by Hermes as the primal mind pattern in Creation and in the body relationship, This is mentioned in his 'Emerald Tablet' as "the above with the below" and refers to the reciprocal relationship of the life process, and to the design pattern of Creation in bodies and form structures,

In my Polarity research and therapy I also found this relationship and response in the bones and joints of the feet and the hands to the cranial tension fields and cranial impulses.

I classified them as acute symptoms in the hands, and as chronic ills or crystallized sedimentations in the feet, which obstruct the pranic current circuits and waves in the body from the head to the feet, and their return currents, called a reflex response. This is illustrated to some extent in charts No 4 and 5 in Book 5. This type of response and reflexes can be found and established by means of POLARITY THERAPY, all over the body.

The Therapy itself has been described and charted by artistic hand-drawn illustrations in my books for doctors and students Chart No 4 in Book II gives a brief synopsis of it for diagnosis and tracing the superior and inferior corresponding tension fields.

Hermes refers to the vibratory Prana life principle as the universal agent, Chiram. This astonishing correlation of the secrets of life-observations in the past, can now be verified by anatomical and physiological scientific research and tests, some of which are given in detail in the two books of Dr Harold Ives Magoun, Sr of Denver, Colorado. Linking the labors of the thinkers of the past, to the present, is indeed a helpful encouragement and will benefit all humanity in time of acceptance,

The terms, 'primary respiration mechanism' and 'Craniopathy' were discovered and coined by William Garner Sutherland, DO in his lifetime research on the cerebrospinal fluid movement and its vital energy pulsation in relation to Osteopathy and health. Its basis was sought in the hydrostatic pressure fields of the body fluids (But prana was not mentioned or identified as a vital force.)

To that research was added years of effort in scientific study

of correlation and superb artistic illustrations of anatomy and physiology by the able Doctor of Osteopathy, Harold Ives Magoun, mentioned above, in his first and second (1966) editions of the remarkable book, "Osteopathy in the Cranial Field."

Such art and research is a rare accomplishment and deserves our thanks, and acceptance by science.

-Stone, 1970 Notes: Energy Tracing, p. 7.

STONE, Comments on Vol I, Bk 2, Chart 11:

This chart endeavored to illustrate in geometric outlines, some of the psychophysiological principles which are also presented in chart No. 4 of book III.

An interior and posterior view of the human body is given in figures 1 and 2, with the interlaced triangle of the "Seal of Solomon the King" (the dweller in the body) placed correctly in the house of God (the human body). The temple built by King Solomon contained great mystery and symbolic meaning.

Posteriorly, the base of the upper triangle cuts through the foremen magnum of the occipital bone, the ring of Solomon, where the automatic or magic actions take place, which build and preserve the temple not built by the hand of man.

The apex of this triangle dips into the very center of the sacral fluid, at a point midway between its articulating center on each side. The above and below unite in a synchronized triune action of this triangle. This is one of the secrets of Solomon, the king who lives in this temple but has lost the key to the secret.

The other triangle has its base in the pelvis, and its line crosses the exact center of the sacral articulations and touches the point of the upper triangle in the middle of the cerebrospinal fluid in the center. This is the "living geometry of life's vital force" as motor energy in the sacrum. It is symbolized by a cobra, ready to strike, and is called the "Kundalini" in the Tantric philosophy of India. (See figure 5 near the bottom of this chart.)

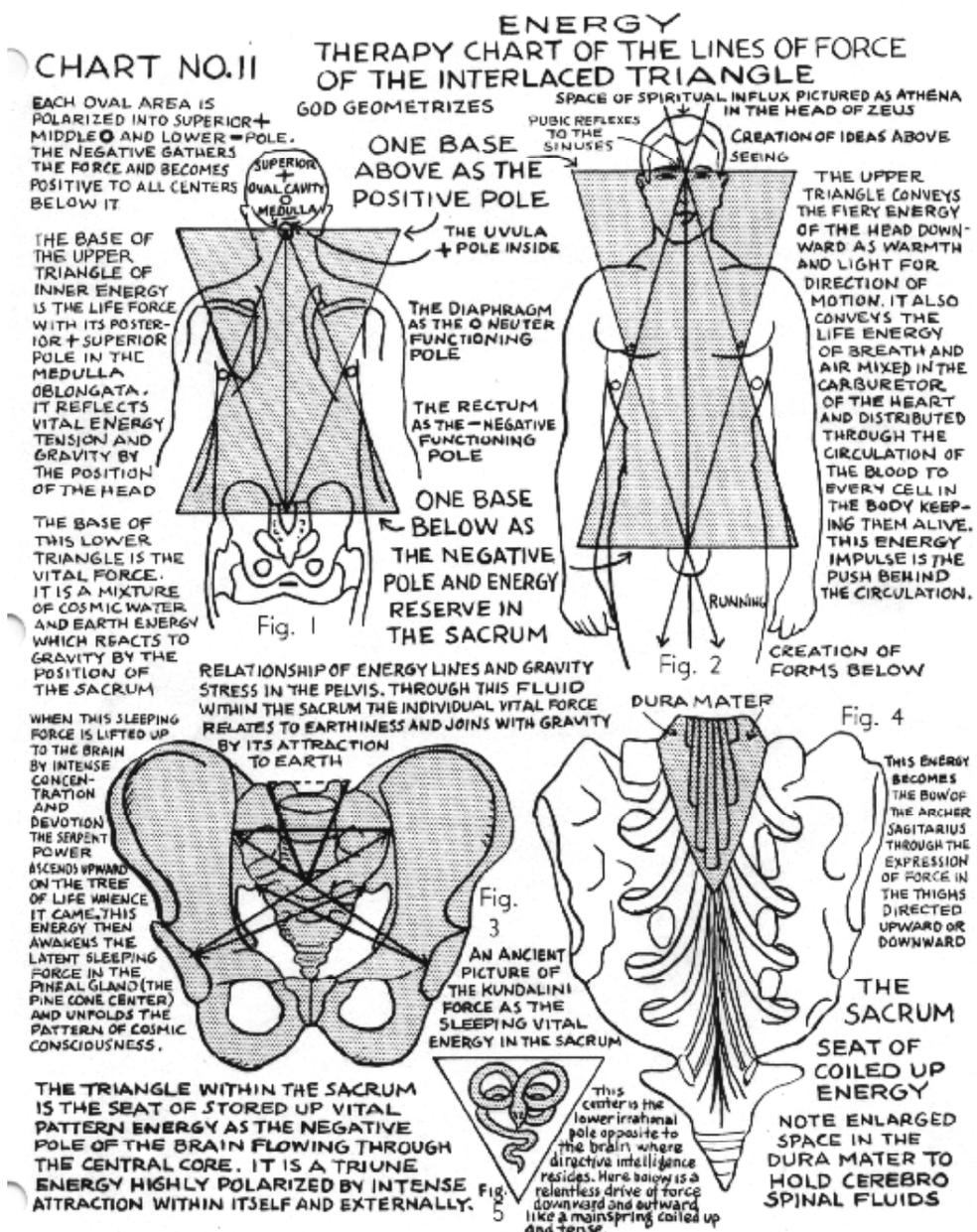
The apex of this triangle joins the center of the cord about in the floor of the fourth ventricle, in the medulla oblongata, where the center of the automatic life energy seems to operate. Again, this shows that our mere structural relationship of bones and tissues and muscles is not the "secret of the king" who is vitality and life itself in the body of clay. It definitely points to a deeper relationship, latent in the structure of the sacrum, to that of the automatic life center.

Figure 2 illustrates the same relationship in front of the body, by the proper placing of Solomon's triangles. The base of the upper triangle cuts through the seat of the center of consciousness, a point between the

eyebrows. This is the sensory center of mind function, as perception, through mind and light waves. This becomes the fire in the eyes, as the positive pole, and the heat that digests food in the neuter pole of the abdomen, and it becomes the motion center of running, expressed in the thighs as the negative pole. It is all linked together as "seeing, preserving, nourishing and motion", to prevent the body from running into danger.

This apex goes to the very center of the pubic bone and becomes the involuting vital preservative and regenerative energy consciousness which not only preserves and nourishes the body but is instrumental in continuing the line of the specie.

The lower anterior triangle has its base at the apex center of the upper one and dips lower in front in the pelvis to cross the pubic arch, below the great trochanters of the femur. Its upper point is at the center of consciousness, between the eyebrows, as mentioned before, where it crosses the base line of the superior triangle and leaves a wedge-like space in the brain area, where the goddess of WISDOM, also known as Pallas:Athena, or Minerva resides in the golden-locked head of Zeus or Jupiter. This may be a myth but, strange to say, all the spiritual faculties



of man are exactly related to this central upper area of the brain.

UPANISHADS (from *Kaushitaki Upanishad*)

And Indra continued:

I am Prana, the life breath

and the consciousness in all beings

Glorify me, for I am life and I am immortality.

Life is breath and breath is life.

So long as there is breath in the body, there is life.

From Prana comes the nectar of life,

and from consciousness comes clear understanding.

He who glorifies me as the life breath, in this life enjoys fullness, and in the next immortality, eternity.'

'It is taught,' said Pratardana, 'that each sense has its own prana, each one stemming from the one Prana.

Otherwise how could the eyes see,

how could the ears hear,

how could the voice speak,

or how could the mind think?

These senses are all united in Prana.

So when the voice speaks it is Life speaking.

When the eye sees, it is Life seeing.

When the ear hears, it is life hearing.

When the mind thinks, it is Life thinking.

And when the breath breathes, it is Life breathing.'

'Yes it is so,' said Indra.

'There is, however, something superior to the five pranas.

One can live without speech,

for there are the dumb.

One can live without sight,

for there are the blind.

One can live without hearing,

for there are the deaf.

One can live without thought,

for there are the simple.

One can live without limbs,

for there are the crippled.

But one cannot live without breath.

It is Prana alone, as the conscious Self,

that breathes life into this body.

So to Prana we should sing all hymns of praise.

Prana is the essence of the life breath.

And what is the life breath?

It is pure consciousness.

And what is pure consciousness?

Sills: Access To Perceptual Levels

CRI

8-14 cycles/minute

- Hands float on tissues like corks on water.
- Perceptual field narrows to tissue bone, membrane.
- Mind is interested in individual structures and relationships of structures/parts.

Potency

2.5 cycles/minute

- Hands are immersed in fluid.
- Perceptual field widens to hold the whole of the person and their biosphere (the biosphere is the body and the field of potency and environmental exchange around it)
- Mind is relatively quiet, holds a wider field and is in relationship to whole of person.

Long Tide

100 second cycles

- Hands are immersed in potency (the fluid within the fluid).
- Perceptual field widens to the horizon.
- Mind is expansive and still, breathes with the Breath of Life.

Stone-Fulford Correspondence

Stone to Fulford 10/8/1961

...Your wonderful book is an heirloom, it is like a kindred soul. It confirms my ideas on therapy. I emphasize a depth principle, where Dr. Still stresses the three rivers of life as physiological functions...He stresses the mechanical aspect of it, as an engineer would, and thus he could be understood. But he himself went beyond that in his findings and touch. That was his secret which he could not teach. Mechanics alone does not convey it, and now mere mechanics has taken over and Osteopathy as an

Art is lost to the world. So medicine and chemistry and anti-biotics are swallowing it up like Jonah...

Fulford to Stone

[8/10/1962] ..I have been reading some of your writings in "Polarity Therapy" and feel that I am beginning to understand your principals [sic] and teaching. [11/9/1962] ...(It is...) easier to demonstrate polarity therapy. [12/20/1962] The field of Polarity has made it possible to establish a diagnosis that the MD can't come near...