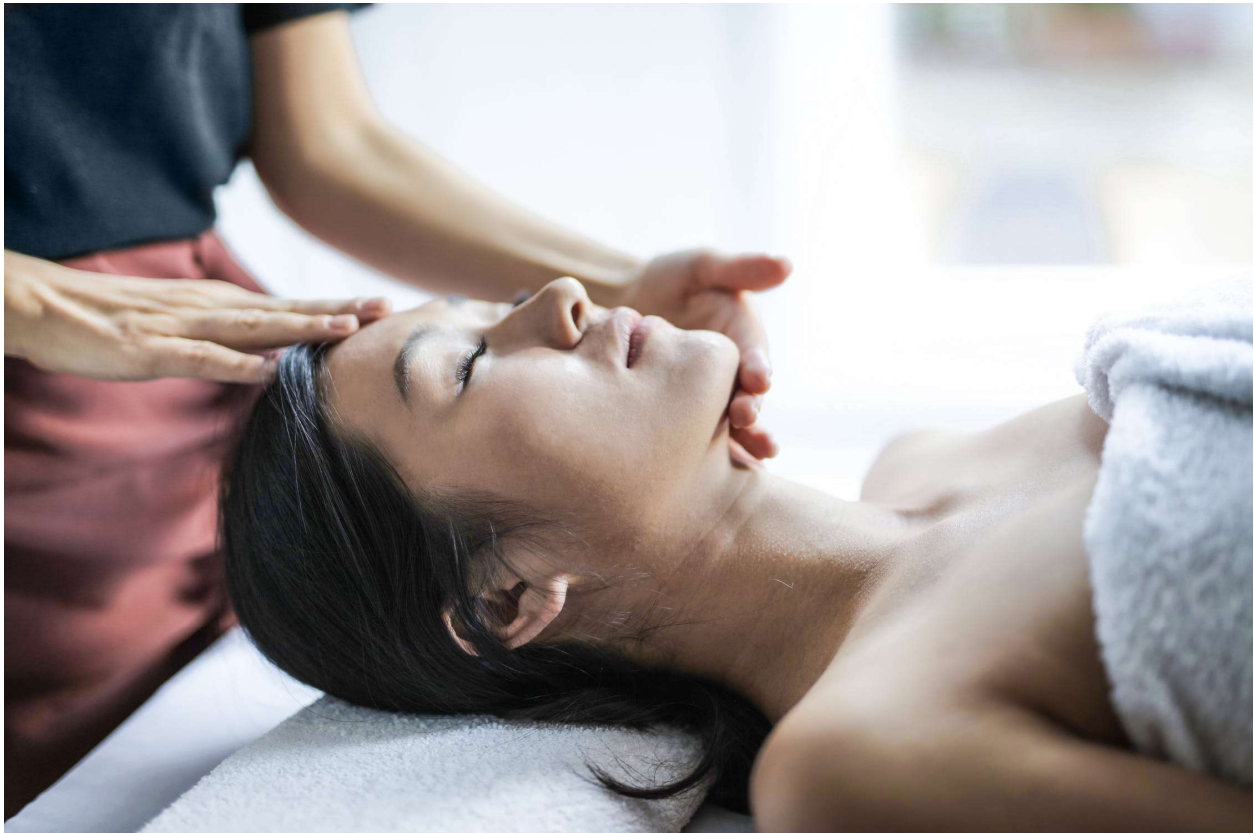




20 Years of Craniosacral Therapy

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About 21 years ago, I suffered from debilitating migraines. Every time I had one, it lasted for 7 to 10 days and was accompanied by light and sound sensitivity, nausea and dizziness. If you've ever had a migraine, you know how brutal these can be. I tried everything, medication, acupuncture, dietary changes, therapy, massage, you name it, till a friend recommended Craniosacral therapy. "What's that?" I asked, willing to try anything that could offer even a small amount of relief. I followed her advice, set up an appointment with the recommended therapist, laid down on her table, honestly, not expecting much.

That session literally changed my life.

First, the therapist lightly laid her hands on my ankles and shins. After staying there for a moment, she shifted her hands to my knees, then my hips, abdomen, lower ribs, shoulders, and lastly cradled my aching cranium. She sat in a chair holding my skull gingerly for about 5 minutes, then scooted her chair to the side of the table, slipping both of her hands to rest beneath my low back and sacrum. "This is weird, she's not really doing much," I said to myself. After a few minutes, my head pain inexplicably started to diminish, and I felt the clenching in the middle of my head unwind.

10-15 minutes later, she then scooted her chair to the head of the table, gently cradling my cranium in her hands again. This time I felt my skull soften, loosen and expand, and my head pain began to rapidly dial down. By the end of that one hour session, my 10/10, screaming migraine was almost gone, down to about a 1/10!. I sat up in wonder and asked her, "What the heck did you do?" She simply replied "Now that is Craniosacral therapy." I was floored, impressed, astounded and inspired. I wanted to learn more about this miraculous treatment that had brought me the first real relief I had had in years!

2 weeks later, I enrolled in my first Craniosacral class. During that class I realized that this was going to be my life's work. I wanted to offer the kind of healing and relief I had experienced to anyone who needed it. I immersed myself in learning the techniques to the best of my ability. I became a dedicated student of Craniosacral therapy and became certified in the amazing modality that had healed me.

The therapist with 25 years of experienced who initially released my migraine on that memorable day became my first mentor, showing me how to apply the gentle touch of Craniosacral therapy to the whole body, supporting every joint and soft tissue, as well as the organs of the thorax and abdomen.

Since then, I have continued to learn and practice Craniosacral therapy exclusively. Being educated in human anatomy and physiology deepened my knowledge even more, and over the years I learned how to help everyone I work on so they can feel better in their bodies.

Now I can assist in *reducing inflammation, support and enhance the immune response, reduce symptoms of chronic fatigue and depletion, grief, TMJ problems, vertigo, stress, anxiety, TBI, post operative trauma, infant colic, post delivery trauma in mothers and infants, falls, joint replacements and even fatigue post COVID, vaccine side effects and also can assist in speeding up recovery from long COVID.*

I have had to learn to be patient. Craniosacral therapy does not offer a quick-fix but over several sessions, assists in supporting the body's intrinsic ability to heal.

Today, 20 years after that memorable day I walked into my first Craniosacral class, I I can humbly say as someone who is dedicated to learning, I feel an even deeper love for this sacred work after having participated in and witnessing thousands of clients receive healing on my table.

Thank you for being a part of my ongoing sacred journey.

©June2022, Emily Klik, LMT, CST is a CranioSacral Therapist at Ommani. She sees clients who are free of symptoms on Tuesdays, Wednesdays, Thursdays and Fridays. Call our office at 262.695.5311 to schedule an appointment.