

YOU REALLY CAN RELY UPON THE TIDE! (Boulder, Colorado, 2005)

By Mike Boxhall

My thesis, my conviction, not just belief, and my passion are contained in that short phrase. You can rely upon the tide. I have spent the last 15 years analysing, testing, working with and then teaching the truth of that statement.

Today, 120 years or so after Sutherland first voiced that statement; I am going to try to explain where I have been and what I came up with, so far. And I am going to ask you to experience a flavour of that over the course of the next few hours.

Let's take this slowly and start at the beginning. I first heard this phrase when I was training in CST with Franklyn at Karuna.

You can rely upon the Tide. I began to think "what Tide, and what does "rely on" mean. The word rely was the big one. Does rely mean work with, manipulate in some way or direct at a lesion. Why did Sutherland choose that expression, "rely on"? I came to believe that if he said that he was independent enough to know what he meant and that he meant rely, literally. That means someone else or something else does it, whatever is to be done.

As to the Tide, I did not assume that Sutherland was trying to say that the Cranial Rhythmic Impulse, or CRI as we know it, was the source that we could rely on so devoutly, I did not think that even the Long Tide, which many of you will be familiar with, was being suggested as the motivational energy of all life, these are, after all objects of our awareness, not the underlying foundation of our awareness.

What I came to truly believe that he was talking about was the Hypothesis that there is an Intelligence that is not part of the individual and personal ego structure, not subject to the Intellect, which can be absolutely relied upon.

Shakespeare said, "there is a Tide in the affairs of men, which taken at the flood, leads on to fortune." Even that is not it but it is a shade closer. It implies an "other."

This raises a big conflict: If there is an "other" that can be relied on, what place is there in there for me. How will I know what it is doing, how will I know what is happening to the patient. Supposing something goes wrong and I get sued-what a litigious country this is! You see what is happening here, the poor old personal ego is having a bad time already, getting really anxious. We could go on further, "we have to have boundaries, I can't not know what I am doing. How do I explain what I am doing? It's not scientific and best of all; I have got to be present, fully present at all times. I remember Mike saying that!! Mike Boxhall, I mean, not Michael Shea, he's perfectly sane.

Oh, boy! Now nobody can be trusted, not even me!

It's not that bad. What we need to do now is have a look at what being present means in this context.

What I mean by being present is to be mentally still, just noticing what arises without getting attached to it in any way. Without making any judgements about what something means. Just noticing that it is. If we don't get attached to meaning, the phenomenon will pass and another will most likely take its place. Then another and another and they are all acknowledged and all let go of and sometimes, just for a while, nothing will arise and there is just empty awareness, empty of all objects, and from that emptiness a new object arises.

Movement arises out of stillness and nothing truly goes anywhere. It just is, in movement. There is a coming together in this moment of everything that ever was and this is its expression right now. The Spirit takes form and we as witness are in joint practice with that form.

Here then, is the dramatic unfolding of Biodynamic Craniosacral Therapy