



Holistic Cerebro-Spinal-Fluid (CSF) Energy Therapy

By Fadel Behman, Ph.D.

Since the early 1990s, Fadel Behman, Ph.D., a former Medical Physicist in Radiation Oncology, discovered that the long term effects of cranio-sacral therapy depends upon finding and understanding the root cause of the accumulated energy blocks restricting the flow of energy in the fascial system of the whole body, which in turn depends on the free flow of the Cerebro-Spinal-Fluid (CSF).

To become aware of the ways by which we interfere with the subtle flow of energy in the physical body, Dr. Behman developed a new approach of holistic counseling (by holistic he means all aspects of being, namely, physical, emotional, mental, spiritual and relational) to apply during the cranio-sacral treatments. This added holistic dimension to cranio-sacral treatments helps to uncover and correct the root cause of subtle energy blocks and restrictions of the life energy flow in the body.

Clients receiving holistic CSF Energy Treatments may feel the energy blocks being released during the treatment, they might remember the causal trauma or an associated emotion, a feeling, an image or a thought that was stored with the energy block. This is the right time for the holistic CSF energy therapist to counsel and guide the client to change their thinking and feeling pattern towards that trauma, this new consciousness will prevent future energy blocks of the same type assuring the long term benefits of the holistic treatment.

Dr. Behman includes issues like the meaning and purpose of life; how we relate to other human beings; subtle attitudes and intentions that govern our behavior, and the level of acceptance and satisfaction of life in general.

The higher self and the soul aspects of being are the most subtle and primary forces that influence thinking and feeling, and in turn unconsciously can liberate or block the flow of the highest subtle energies in the physical body.



This concurrent holistic counseling and finding the root cause of the energy blocks is the added key benefit from the Behman technique of Holistic CSF Energy Therapy.

Other long-term spiritual benefits that occur after the session include: clarity of mind, peace, harmony, self-motivation, and behavioral positive transformations; All of these subtle changes will greatly improve self satisfaction and fulfillment, as well as, how we relate with ourselves and the external world.

Dr. Fadel Behman's current research, teaching and holistic energy therapies address the new frontier of integral health, raising consciousness and offering a practical approach of wellness of body, mind and soul.

Dr. Behman is the founder and director of the Holistic Health Energy Institute in Montreal, Canada.