

With Thinking Fingers

“When you place your fingers on this lad’s head
they must think, feel, see, and know...”¹
So said Sutherland to his early disciples
rapt in various degrees of skepticism and awe
at this new awareness of an ancient art,
using the hands to see the bones.

If ten can see, ten can do,
seeing sources of pulls and strains,
doing what’s needed to free them,
indirectly into positions of ease,
directly into a stretch,
releasing otherwise hidden pains.

The hands
are connected to the head
is connected to the heart –
hands-head-heart.
For healing touch
the three must be wed.

- August 2, 2018

¹Sutherland AS. *With Thinking Fingers: The Story of William Garner Sutherland, D.O.*. The Cranial Academy, Kansas City, 1962.