

Stillness Biodynamic Cranial Practice And The Evolution Of Consciousness

Biodynamic Craniosacral Therapy (BCST) is commonly seen as the spiritual approach to craniosacral therapy (CST); in fact, BCST as taught by Franklyn Sills, the pioneer in the field, is quite different from conventional CST. Biodynamic work is based on the development of perceptual skills where the practitioner learns to become sensitive to subtle respiratory motions called primary respiration and also to the power of spontaneous healing. Through the Breath of Life, which, Sills asserts, echoes the Holy Spirit in the Judeo-Christian tradition, bodhicitta in Buddhism, and the Tai Chi in Taoism, students of BCST learn to enter a state of presence oriented to the client's inherent ability to heal. In *Foundations in Craniosacral Biodynamics*, Sills offers students and practitioners an in-depth, step-by-step guide to the development of perceptual and clinical skills with specific clinical exercises and explorations to help students and practitioners learn the essentials of a biodynamic approach. Individual chapters cover such topics as holism and biodynamics; mid-tide, Long Tide, Dynamic Stillness and stillpoint process; the motility of tissues and the central nervous system; transference and the shadow; shamanistic resonances; and more. From the Trade Paperback edition.

Being and Becoming is a wide-ranging analysis of the nature of being and selfhood. The book presents an original, integrated paradigm with the aim of creating a comprehensive overview of the human condition—and finding ways to alleviate suffering. In essence, the book explores the question, “What does it mean to be?” *Being and Becoming* begins with fresh interpretations of the work of Martin Heidegger and Buddhist, Taoist, and Christian writings as they relate to this question. Most of *Being and Becoming*, however, is about the nature of self and selfhood as a process of “I-am-this,” “my becoming” rather than “my being.” Author Franklyn Sills interweaves concepts from object relations theories, psychodynamics, pre- and perinatal psychology, and Buddhist self-psychology, along with his own rich experience as a Buddhist monk, somatic therapist, and psychotherapist, into his inquiry. The works of Fairbairn and Winnicott are discussed in depth, as are Winnicott and Stern's insights into the nature of the early holding environment, the infant-mother relational field, and early perceptual dynamics. A thoughtful guide for psychologists, therapists, counselors, and other health professionals, the book is also ideal for Buddhists and anyone looking for alternative therapy models.

In Volume 5 of his innovative series on biodynamic and craniosacral therapy, Michael Shea presents invaluable information about therapeutic approaches to pre- and neonatal babies--in particular, low-birth-weight babies. In addition, more than 50 meditations on stillness are provided for the benefit of the practitioner. The first part of *Biodynamic Craniosacral Therapy, Volume 5* contains multiple photographs and descriptions of the best ways to make physical contact with low-birth-weight babies. Included are several protocols for babies while they are in neonatal intensive-care units, as well as protocols for once they have been discharged and are at home. Shea also offers insights on therapeutic approaches to babies in utero. Using photographs and text descriptions, he explains how to position a woman who is pregnant on a table in order to practice biodynamically, and which hand positions to use during the session. The second part of the volume provides more than fifty meditations and guided visualizations, all of which were transcribed and edited from the full foundation training in biodynamic craniosacral therapy. These meditations can be used to help the practitioner to establish proper orientation to the body and breath and to balance focused and unfocused attention. Lastly, mindfulness meditation and the research surrounding it is discussed.

(Producer) Explains and demonstrates the techniques of cranial manipulation, and explains the clinical applications for which it can be used.

This useful book discusses craniosacral therapy's history and present situation as well as its

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spiritual implications and practical contributions in the world of healthcare. Gilchrist demonstrates how the subtle patterns of this practice become a dynamic force in the body, and how this influences overall functioning. What most sets the book apart is Gilchrist's discussion of the relationship of the craniosacral system and biodynamic functions to the human energy system. Though dealing with a complicated topic, the book provides a grounded, progressive approach that is both specific and insightful.

Accumulations of life stresses—physical injuries, emotional and psychological stresses, birth traumas, and toxicity—can become imprinted in the tissues, acting like a videotape that is replayed whenever stimulated. Biodynamic craniosacral therapy aims to resolve the trapped forces that underlie and drive these trauma-based patterns of disease and suffering in body and mind. *Wisdom in the Body* teaches practitioners to develop the finely tuned skills of hands-on palpation and perception to sense the body's subtle rhythms and patterns of inertia or congestion, with the goal of ending trauma and facilitating the expression of the breath of life. A comprehensive introduction to this practice, the book draws on the insights of pioneers like Drs. W. G. Sutherland and Franklyn Sills to explain the key principles about the body's natural intention to heal and how this capability can be encouraged. A valuable resource for students, practitioners, and the lay reader, the book also includes a foreword by Dr. Franklyn Sills. In *CranioSacral Therapy: Touchstone for Natural Healing*, John E. Upledger, DO, OMM, recounts his development of CranioSacral Therapy. He shares poignant case studies of restored health: a five-year-old autistic boy, a man with Erb's palsy, a woman with a fifteen year history of severe headaches, and numerous others. And he offers simple CranioSacral Therapy techniques you can perform at home on yourself or loved ones.

Craniosacral Therapy for Children introduces a craniosacral therapy treatment protocol for babies and children up to 12 years of age. A gentle hands-on healing approach, craniosacral therapy releases tensions in the body in order to relieve pain, resolve trauma, and improve physical and emotional health. Author and craniosacral therapist Daniel Agustoni discusses the reasons for treating young children and for beginning treatment during pregnancy. He explains how the stress of birth can cause asymmetries and misalignments in babies' bodies that can lead to problems later in life: from suckling problems, abdominal colic, and fragmented sleep patterns to anxiety, hyperactivity, and ADD. Agustoni demonstrates how craniosacral therapy can also offset the effects of stress, trauma, and PTSD that may affect the growing child depending on his or her environment, biology, and temperament. Enhanced with over 120 instructional photos and illustrations, the book's hands-on techniques are presented along with suggestions for interacting with parents, babies, and young children. The book discusses methods of evaluation and treatment following structural, functional, and biodynamic models. Engaging case examples describe the therapeutic results of the treatment, which include increased security and confidence, relaxation, support for the immune system, and a sense of well-being. An important resource for healthcare practitioners, this book is also useful for educators, parents, and caregivers interested in learning new ways to help their children. From the Trade Paperback edition.

In this book, the author argues and demonstrates that embodiment and relationship are inseparable, both in human existence and in the practice of psychotherapy. It is helpful for psychotherapist, psychoanalyst, counsellor, or

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other psychopractitioner.

Body Intelligence offers a new understanding of how the body works and leads the reader to a greater sense of wellbeing and an enriched sense of self. The anatomy of the body is explored without the complexity of medical terminology. Instead, common descriptions are used along with a multitude of images, allowing the reader to visualize and work with different levels of the body. Experiential exercises, guided meditations and movements are provided throughout the book, helping the reader to develop improved levels of health and body intelligence that are natural and accessible all the time. As body intelligence increases through these exercises, physical changes occur and a new posture emerges, followed by positive mental and emotional shifts. The reader will begin to feel differently, move differently and think differently. This book will benefit everyone. People experiencing depression, fatigue, emotional issues, stress and anxiety and in fact any condition associated with living in a human body have the potential to be relieved of their symptoms with practice using this book as guidance.

Leading scholar-practitioners discuss the strengths, limits, and potential of Integral Theory and the AQAL model. In a world as complex as ours, an integral approach is needed to help sort through a dynamic landscape and respond effectively to individual and collective challenges. Integral Theory in Action provides the first multi-authored overview of such an approach. Integral Theory is the result of 30 years of research and is being applied in over 35 distinct disciplines. This volume brings together two dozen leading scholar-practitioners who are actively applying integral principles and who address a range of issues from an integral perspective including: climate change, embodiment, feminist aesthetics, community discourse, treatment of depression, developmental theory, and global ethics. The strengths, limitations, and potential of Integral Theory and Ken Wilber's AQAL model are weighed by each contributor. This collection pushes the field of Integral Theory in new ways and new directions, and provides a comprehensive overview that makes it an invaluable resource for any integral effort. Matthew Solomon is Associate Professor of Cinema Studies at the College of Staten Island, City University of New York. He is the author of *Disappearing Tricks: Silent Films, Houdini, and the New Magic of the Twentieth Century*.

This book presents an anatomical overview of the changing form and structure of the human body. Although biomechanical embryology can be traced back to the 19th century, up until recently the most commonly accepted framework for the study of human ontogeny (development of the individual) was molecular biology, which all too frequently relied on findings from animal experiments that remained untested for humans. German embryologist and anatomist Erich Blechschmidt's research concentrates on the evidence presented by the human embryo itself. He offers a new approach to the study of early human growth as a way to shed light on the development of body build, instincts, gestures, language, mathematics, tools, and dress.

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Depth Over Time offers a vision of the freedom and liberation available to anyone who is willing to make spiritual growth the primary focus of their life. Much more than just a discussion of philosophy, the book provides readers with the tools to undertake a profound spiritual transformation within themselves, to gain the direct realization that "God dwells within you, as yourself." Depth Over Time covers the most important aspects of the practice of Kundalini MahaYoga. Discussions include the topics of Grace and individual effort, our relationship with God, the wish to grow, the teacher-student relationship, selfless service, surrender, cultivating stillness, and the critical need to consciously choose spirituality, moment by moment. Throughout the book, Swami Khecaranatha reiterates that spiritual practice does not just happen during formal, closed-eye meditation. Swami Khecaranatha explains the philosophy and practices of this Tantric tradition in terms that Western students can readily understand, yet his message conveys the essence of the highest teachings of the ancient Kashmiri Shaivite tradition. He makes it clear that attaining liberation and living in Divine Presence is not just the

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purview of saints, but a real possibility for anyone willing to devote his or her life to the pursuit of unconditional freedom.

Originally published as a single volume, *The Heart of Listening* has been re-issued as two separate volumes because of public demand for a more concise, portable edition. Milne, a third generation Scottish osteopath, begins by explaining the visionary approach to healing, and how it may be applied to the realm of craniosacral work. He explains the importance of meditation, centering, and the cultivation of heartfulness in the development of compassionate practice. Milne introduces the reader to the story of visionary work—its genesis, evolution, philosophy, and practice—and explains how a grounding in meditation, sensitive touch, and intuitive perception can lead to a remarkable unfoldment in skill development.

Harmonizing Your Craniosacral System: Self-Treatments for Improving Your Health offers exercises developed to promote healing, body awareness, and relaxation. The book's techniques are based on the principles of craniosacral therapy, a hands-on approach that works gently with the spine, skull, sacrum, and connective tissue in the body to release pain and tension. Simple to perform, the exercises can be done either sitting or lying down, and each can be completed separately or as a unit. The book is unique because it is the only one that features self-treatment for craniosacral therapy. The book begins with a description of the craniosacral system and its relationship to other body systems. Awareness and perception exercises cover breathing techniques and methods for sensing the parts of the body and its craniosacral rhythm. The quality of touch and exact finger and hand positions are discussed, and detailed instructions are provided for each self-treatment involving the sacrum, iliosacral joints, connective tissue, head, and facial bones. Illustrated with 105 full-color photographs and 9 black-and-white anatomical drawings, the book concludes with helpful information about professional craniosacral therapy treatments, terms and definitions, and an alphabetized summary of self-treatments.

This foundation volume presents a unique integration of the wide spectrum of approaches to Cranio-Sacral Therapy, providing practitioners and students with a broad and authoritative understanding of the discipline. The author covers the fundamentals of theory as well as the practical skills and techniques needed to carry out Cranio-Sacral work, and the book also includes detailed instructions for treatments, all of which are clearly explained in extensive case histories, photographs and illustrations. Based upon the syllabus of the College of Cranio-Sacral Therapy in London, UK, this is an unparalleled resource for practitioners of Cranio-Sacral Therapy and Cranial Osteopathy, and an essential reference for students.

Thomas Cowan was a 20-year-old Duke grad—bright, skeptical, and already disillusioned with industrial capitalism—when he joined the Peace Corps in the mid-1970s for a two-year tour in Swaziland. There, he encountered the work of Rudolf Steiner and Weston A. Price—two men whose ideas would fascinate and challenge him for decades to come. Both drawn to the art of healing and repelled by the way medicine was—and continues to be—practiced in the United States, Cowan returned from Swaziland, went to medical school, and established a practice in New Hampshire and, later, San Francisco. For years, as he raised his three children, suffered the setback of divorce, and struggled with a heart condition, he remained intrigued by the work of Price and Steiner and, in particular, with Steiner's provocative claim that the heart is not a pump. Determined to practice medicine in a way that promoted healing rather than compounded ailments, Cowan dedicated himself to understanding whether Steiner's claim could possibly be true. And if Steiner was correct, what, then, is the heart? What is its true role in the human body? In this deeply personal, rigorous, and riveting account, Dr. Cowan offers up a daring claim: Not only was Steiner correct that the heart is not a pump, but our understanding of heart disease—with its origins in the blood vessels—is completely wrong. And this gross misunderstanding, with its attendant medications and risky surgeries, is the reason heart disease remains the most common cause of death worldwide. In *Human Heart, Cosmic*

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Heart, Dr. Thomas Cowan presents a new way of understanding the body's most central organ. He offers a new look at what it means to be human and how we can best care for ourselves—and one another.

This is a practical guide for people working with people. It seeks to illuminate the lost value of stillness for the health care, bodywork or movement practitioner and teacher, both as a person and a professional and includes innovative and practical exercises and techniques to develop and sustain true therapeutic presence, mindfulness and meditation practice.

Dr. Michael J. Shea's series on Biodynamic Craniosacral Therapy is based on healthcare providers physically sensing love and accessing a deep sense of warmth and stillness in the heart. He begins this third volume by emphasizing the therapeutic application of touch therapy skills. As in the previous two books, he teaches these skills by explaining the importance of practitioners being able to perceive Primary Respiration, a slow rhythmic tidal movement in the fluids of the body. He goes on to discuss the distinctive influence of human embryology on any therapeutic modality. A number of other experts in the field contribute chapters that illuminate the spiritual and psychological dimensions of human embryonic development, especially the heart. Dr. Shea offers valuable new skills for anyone, from midwives to pediatricians, working therapeutically with infants. In addition, he summarizes current thinking on infant brain development, discusses the long-term consequences of attachment issues between the mother and infant, and explores the importance of understanding the similarities of the mother-infant and the therapist-patient relationships.

Interest in craniosacral therapy has exploded in recent years—not surprising given its gentle, effective approach to working on the spine and the skull and its cranial sutures, diaphragms, and fascias. The treatment focuses on the 92 percent of the human body composed of living water, rather than the eight percent that most therapies address. Building on the previous books, which explored underlying principles, differentiating the components of the practice, and combining theory and practice, this volume illustrates the evolution of craniosacral therapy over the past 30 years. More than 50 hand positions are presented in detailed photographs—many with multiple views—each of which can be used immediately and effectively. Additional chapters focus on the correct use and boundaries of the therapist's hands, a precise sequence to follow when practicing biodynamically, and working with the therapist's perception of the therapeutic process. Written for practitioners in the fields of massage, mental health, complementary and alternative medicine, and chiropractics, this book, like the others in the series, is equally useful read on its own or in sequence.

Interest in alternative medical therapies and complimentary medicine has never been stronger than it is today, yet relatively few people are aware that the premises underlying Osteopathic medicine are emerging as the leading edge thinking in the American medical community. In this book from Dr. William Garner Sutherland, the man considered to be the foremost thinker, teacher, researcher, and practitioner in the field of Osteopathy, the serious lay reader will learn the concepts, theories, and practices that represent the foundation of this exciting complimentary medical practice, a holistic philosophy that focuses on manipulation of the musculoskeletal system. This volume represents all the material Dr. Sutherland created regarding the science and practice of osteopathy. Charles Ridley is known for having refined a version of biodynamic craniosacral

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work that is nonmedical and nonmechanical. In *Stillness*, he clarifies the three fundamental types of this work — biomechanical, functional, and biodynamic. He explains the requirements and pitfalls of each model, and how to discern the differences and similarities between them. He guides the practitioner experientially to explore what he is describing, and offers exercises drawn from his own practice to help therapists access directly the whole felt-body sense that connects each individual with the Breath of Life.

A unique approach to Biodynamic Craniosacral Therapy, a whole-body healing therapy focused on working with the forces underlying health and healing Cherionna Menzam-Sills draws on her extensive background in pre- and perinatal psychology, embryology, bodywork, Continuum Movement, and other somatic therapies—as well as years of working with her husband, Biodynamics pioneer Franklyn Sills—to present this accessible introduction to the meditative healing practice of Biodynamic Craniosacral Therapy (BCST). This book offers a personal journey of embodied inquiry into each element of biodynamic session work, using meditative explorations, personal descriptions, and illustrations to convey the essence of Biodynamics. It emphasizes breathing and body awareness exercises that help the practitioner become more attuned to her own body so that she can create an effective relational field with her client. An essential guide for new practitioners, students, and clients—as well as a valuable reference for experienced practitioners—this book illuminates the path toward the intelligent formative forces of the mysterious presence called "the breath of life" and its transformative power for health and wholeness.

In this book, Franklyn Sills extends the concepts and skills covered in his first volume to the specific structural membrane and tissue dynamics of the human form, demonstrating the connection between craniosacral therapy and osteopathic healing. Volume Two shows students and practitioners how to relate to the major tissue structures within a wide perceptual field and a craniosacral biodynamic orientation. A thorough survey of the major body areas, including motility, structure, and anatomical relationships, offers practical applications throughout the book.

This experiential sequel to *Stillness* combines ancient spiritual practices with Dr. William G. Sutherland, DO's inspired *Stillness Touch* to reunite the body with love. Through in-depth meditations, touch practices, and detailed study guides, Charles Ridley guides the reader through an uncharted journey in the evolution of consciousness.

Addressing a wide range of conditions, including digestive problems, anxiety, and depression, this handy guide helps readers reclaim basic health by using proven techniques to reconnect with their bodies. The authors show how to tap into the body/spirit's intuitive center and perform simple, quick exercises to heal. Twenty-seven line drawings and 11 photographs simplify the process, and gentle humor offers encouragement. From the Trade Paperback edition.

Stop and be still. This book is the antidote to the information overload of the modern

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age, helping readers to disengage from chaos and find stillness within. In this practical book, experienced osteopath Ian Wright blends holistic disciplines--including those from Buddhism, Taoism, and Aboriginal traditions--with modern science and fluid dynamics to help readers quiet their minds to self-heal. Through mindfulness and meditation techniques, he guides readers toward a calm, nonreactive "state of neutrality," while at the same time allowing them to establish a deep connection between their senses and the world.

This new book by Michael Shea, PhD is a revisioning of Craniosacral Therapy in general and it's biodynamic application in particular. Through a series of new chapters and innovative infographics, Dr. Shea provides the reader with an important therapeutic bridge between working with the nervous system, the so-called "fluid body" and finally into the cardiovascular system. The contemporary client is a metabolic client in which their challenges are mediated by the blood vascular system and the heart in particular. This book investigates a new paradigm in the ever expanding field of manual therapy and especially Biodynamic Craniosacral Therapy as a compassion based therapeutic methodology.

Metamorphosis, the theme of this book, derives from the Ancient Greek language and refers to a transformative process that often includes disintegration and reintegration, on the route to conscious living with self, community and the world. This collection proposes that engagement with the sacred is what makes research and practice transpersonal, the sacred 'other' that lives both within and beyond us as individuals and unique cultures. The transpersonal approach is distinctive in that it regards the potential metamorphosis of all those involved in research and professional practice a core value. This volume engages the audience in professional, practical, as well as inquiry-related topics that reflect the diverse nature of the transpersonal studies field, and extend an experience of metamorphosis to the reader. The book moves scholarship forward in an innovative and creative way with relevant themes that not only honour the sacred, but lend a transpersonal paradigm to scientific and professional methods and models.

Visceral Osteopathy: The Peritoneal Organs is concerned with the application of osteopathic concepts to the abdominal viscera, specifically the organs of the gastrointestinal tract. It lays out a comprehensive manual approach to these viscera based on physiological research and extensive clinical experience. The visceral paradigm developed in this book is centered on the mechanical expression of the biological forces within the organs themselves. In this paradigm, the most important aspect of the viscera of the gut is their intrinsic, autonomous regulation. The focus is therefore on the inner mechanical architecture and power centers of the viscera. Visceral Osteopathy offers a comprehensive and clinically sound system of diagnosis and treatment of the digestive organs, and firmly establishes visceral manipulation in the context of contemporary physiological research. The diagnostic and therapeutic approaches of visceral osteopathy are described in detail and are accompanied by hundreds of photographs and drawings that clearly illustrate each of the techniques, including an original bi-manual form of palpation for all the viscera. A separate chapter is devoted to each of the peritoneal organs. Other features of the book: - Provides concise, up-to-date applied anatomy.- Includes extensive and well-illustrated descriptions of embryology and its significance in manipulation of the

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viscera.- Discusses all major concepts in visceral manipulation and compares different schools of thought.- Develops the idea of movement as compensation and discusses the benefit of different types of visceral movement.- Draws an important and useful distinction between intravisceral treatment and indirectly working on the viscera via the fasciae.- Offers practical tools to differentiate movements according to normal or compensatory activity. - Looks at the inherent stability of viscera in relation to posture.- Outlines how visceral problems influence the musculoskeletal and craniosacral systems.- Provides a glossary of all important terms used in this and other books on visceral manipulation, and an extensive bibliography.

Announcing the completely revised and updated edition of *The Wine Bible*, the perennial bestselling wine book praised as “The most informative and entertaining book I’ve ever seen on the subject” (Danny Meyer), “A guide that has all the answers” (Bobby Flay), “Astounding” (Thomas Keller), and “A magnificent masterpiece of wine writing” (Kevin Zraly). Like a lively course from an expert teacher, *The Wine Bible* grounds the reader deeply in the fundamentals while layering on informative asides, tips, amusing anecdotes, definitions, glossaries, photos (all new for this edition), maps, labels, and recommended bottles. Karen MacNeil’s information comes directly through primary research; for this second edition she has tasted more than 10,000 wines and visited dozens of wine regions around the world. New to the book are wines of China, Japan, Mexico, and Slovenia. And through it all the reader becomes ever more informed—and, because of the author’s unique voice, always entertained: “In great years Pétrus is ravishing, elegant, and rich—Ingrid Bergman in red satin.” Or, describing a Riesling: “A laser beam. A sheet of ice. A great crackling bolt of lightning.”

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A teacher of craniosacral therapy reveals how the accumulation of life stresses, including physical injury, emotional and psychological trauma, and toxicity, can become part of the body and therefore affect psychological health.

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