

**Advanced Biodynamic Craniosacral-Practice
for the evolution of consciousness
Course 1 with Charles Ridley**

Realize the SA Node of the Heart as an Organ of Perception

- * Learn to contact Stillness in your SA Node to realize your heart's *self-existing radiance* – the domain of your non-separate Self from which you offer sessions.
- * Learn to offer Biodynamic Cranial Touch sessions from the SA Node.
- * Cultivate your whole-body felt sense that unites all senses into one sacred sense known as *Spiritual Touch* that unites you with everything.
- * Sense the qualities in your inner body atmosphere as they unfold to realize body-as-consciousness.
- * Let the laws of entrainment guide your session in tonal match with the client by attuning to the tones of sensation in your inner body that naturally attunes you to your client's process.
- * Learn how to practice Biodynamic Cranial for the evolution of consciousness - for yourself and for your clients.
- * Learn why the evolutionary approach is different from a biodynamic treatment model designed for the relief of symptoms.
- * Learn which biodynamic treatment practices hinder the evolution of consciousness from unfolding.

- * Practice the Stillness Meditations:
 - Midline
 - Whole-body Breathing
 - Heart SA Node
 - Pelvis - Core of the Earth
 - Unite all the centers as one

- * Feelingly locate your Midline - the inner core of your Self.
- * Cultivate your whole-body felt sense by whole body breathing.
- * How to access the center of your heart - the SA Node.
- * Embody Stillness in three centers as one - head, heart, and pelvis.
- * Repose inwardly, abide in *not knowing* and touch in *non-doing*, and the art of not applying efferent activities during a session.
- * After the session, characterize your inner body experiences in sensual, body-felt language without using the classical biodynamic terms.
- * Discover where your sensual experiences fit on the biodynamic tidal map,

based on the sensual quality, the depth of space, and the level of inclusiveness in ones consciousness.

* Discover that not naming, and characterizing your sensual experiences does not limit the unfolding of consciousness in your client.

* Review of the Spiritual Traditions that recognize SA node as the physical site of the heart's self-existing radiance of the Self:

Vedas

Dzochen

Advaita

Hindu

Christian

Steiner

Kashmir Shaivism

Buddhist Tantra

* Review of Osteopathic Perspective on heart as center of perception:

Andrew Taylor Still: "First is formed the material heart, in which the spiritual establishes an office in which to dwell"

French osteopath, Duval:

Review scientific literature on the validation of SA Node as the mover of the CSF fluids.

Explore and characterize the *fifth* enfoldment beyond Dynamic Stillness - Pure Breath of Love (Chapter 9 in Stillness).

Enter the mapless journey into Biodynamic Cranial Work inside Pure Breath of Love.

www.dynamicstillness.com

www.craniosacral.ch