

BENEFITS OF PARTICIPATING IN THIS TRAINING

The bodily-felt-sense of Presence and Stillness is the foundation upon which a hands-on, heart-centered practice can be built. No matter the plethora of healing modalities available in the world today or the years of training required, all effective therapeutic relationships are crafted with the practitioner's ability to be Present and create safety for the client.

The cultivation of Presence has a stabilizing effect benefiting both the practitioner's personal growth process and the client's stages of healing. With the increasing levels of human environmental stress the ability to stay calm, focused, and centered brings relief to wounded and weary alike. The body only heals while it's relaxed into the parasympathetic nervous system, when we've relaxed enough to be receptive to the subtle support of the cranial rhythm.

Consciously providing access to the deeper rhythms of the craniosacral system allows for the client's innate health and wholeness to become more available. Paradoxical as it seems, this is done through stillness.

The essence of biodynamic practice is the understanding that all healing comes out of Dynamic Stillness. Dynamic Stillness is the morphogenic field from which each embryo arises and develops in utero. The ability to **sense a deeper quality** of stillness then becomes the essential skill. This capacity is literally the foundational practice of this life-affirming work.

ARE THERE PRE-REQUISITES FOR THIS COURSE?

No. Here is a partial list of participants over the last years:

Meditation teachers/practitioners	Physical therapists
Massage therapists	Fitness trainers
Yoga teachers/practitioners	Psychotherapists/counselors
Osteopaths	Energy workers/Reiki practitioners
Acupuncturists	Screenplay writers
Occupational Therapists	Watsu/water therapists
Chiropractors	Caregivers/hospice workers
Naturopaths/pharmacists	Rolfers/Structural Integration practitioners
Craniosacral practitioners	Fine artists
Accountants	Technical Writers

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WHY WOULD A HIGHLY TRAINED PRACTITIONER WANT TO TAKE THIS COURSE?

Few professional training programs provide ample time to slow down and develop one's 'felt-sense awareness' or work with one's own personal energy field, let alone understand its impact on the therapeutic relationship. This work is about the literal disposition of the practitioner **listening with the hands and sensing with the heart**, not about doing or fixing. This is truly counter-intuitive to the medical model. No techniques are taught, although simple hand contacts are. Once mastered, BCT can easily be integrated with another healing modality or method of practice. Biodynamic work is gentle and non-invasive, therefore integrating this work can expand a practitioners' abilities to address more complex symptoms in a client, including situations of high stress and PTSD (post-traumatic stress disorder).

For those who are already trained in cranial work, or for those with an interest in developing their experience in the cranial field, Biodynamic Cranial Touch was developed in alignment with Dr. William Sutherland's later explorations into what he called the Breath of Life. Dr. Sutherland was the founder of cranial osteopathy. In this training we will discuss the various 'schools' of cranial work, and the distinct contribution of Biodynamic Cranial Touch.

WHY WOULD SOMEONE WITHOUT A HEALING PRACTICE WANT TO TAKE THIS COURSE?

It often happens that compassionate people undertake a path of study for personal growth and development, rather than to establish a full blown healing arts practice. In some cases, like nursing or counseling, the addition of quiet non-invasive touch is just the right expansion to already developed therapeutic skills. Biodynamic Cranial Touch is influenced by the frameworks of embryology, physiology, phenomenology, cranial osteopathy and esoteric anatomy, which provide a specific domain of sophistication when presented together. Thus far, it seems to be deeply satisfying and grounding for explorers drawn to Health and Healing.

We are living in a dynamic time of change in both the outer world and our inner worlds. Indigenous and spiritual teachers often say that we are 'spiritual beings having a human experience', but in the midst of so much turmoil it is easy for all of us to lose the direct experience of being a spiritual being in this human form.

BCT offers the possibility of these deeper states of awareness, specific contacts, and a path of practice we can follow with fellow travelers. In class and beyond, we practice accessing the slower rhythms of the Breath of Life - those quieter, more still states of being. We immerse ourselves in the direct, bodily-felt states where the physical body and personality/ego begin to become lighter, seeming to dissolve. From this open and grounded state, our more radiant Presence can begin to infuse us with its more expansive wisdom and stillness from inside.

Thus, this training is very much an opportunity for any individual to cultivate a more neutral, grounded, and expanded state of awareness in their lives.