

FRANKLYN SILLS

# CRANIOSACRAL BIODYNAMICS



REVISED EDITION • VOLUME ONE

The Breath of Life, Biodynamics, and Fundamental Skills

# Craniosacral Biodynamics

**John Wilks, Isobel Knight**



## **Craniosacral Biodynamics:**

**Foundations in Craniosacral Biodynamics, Volume One** Franklyn Sills, 2012-01-10 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 The Breath of Life Cherionna Menzam-Sills, PhD, 2018-04-17 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 *Craniosacral Biodynamics* Franklyn Sills, 2001 Covering the period c 1200 c 2000 this book provides an innovative investigation of entrepreneurship in a long run historical perspective presenting new insights into the personal characteristics of successful business people and deepening our understanding of the roots of industrialization and economic growth **Craniosacral Biodynamics, Volume One** Franklyn Sills, 2001-08-13 Craniosacral therapy is based on the belief that functions of the human system are maintained and integrated by a biodynamic force known as primary respiration or the breath of life Found in the brain spinal cord and bodily fluids this rhythmic pulse promotes healing and health Written for students and practitioners but accessible to lay readers this text presents the fundamental concepts and techniques of a method that redirects the cerebrospinal fluid to areas of imbalance thus enhancing overall health Volume

One covers both the history and conceptual ideas fundamental to Craniosacral Biodynamics as well as the more complex structural and tissue relationships      *Wisdom in the Body* Michael Kern, 2005 Presents a comprehensive introduction to the biodynamic approach to craniosacral therapy a healing practice that aims to resolve the trapped forces that underlie and drive trauma based patterns of disease and suffering in the body Provided by publisher      Craniosacral Therapy and the Energetic Body Roger Gilchrist, 2006-08-11 This useful book discusses craniosacral therapy s history and present situation as well as its 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      **Foundations in Craniosacral Biodynamics, Volume Two** Franklyn Sills, 2012-12-18

Foundations in Craniosacral Biodynamics presents a comprehensive grounding in the clinical skills needed in a biodynamic approach to craniosacral therapy Author Franklyn Sills places particular emphasis on developing what he terms perceptual skills diagnostic skills that enable the practitioner to perceive the subtle sensations and intuitive insights that are the groundwork of most forms of holistic somatic therapy The biodynamic approach has its origins in the clinical exploration of W G Sutherland DO 1873 1954 the founder of osteopathy in the cranial field and forefather of craniosacral therapy In the last ten years of his life his work changed from a biomechanical approach to a fully holistic orientation toward the ordering and enlivening forces present in the human system Sutherland described his experiences of a mysterious presence the Breath of Life from which ordering forces and healing intentions arose His work then shifted from biomechanics to biodynamics from analysis and motion testing to an appreciation of the unfolding of the inherent treatment plan Sutherland encouraged practitioners to use no outside force whatsoever but to allow the inherent ordering forces which he called potency to make the decisions and do the work Franklyn Sills pioneered the biodynamic approach to craniosacral therapy outside the osteopathic profession This approach has now spread around the world in various forms Sills wrote the early books in this field and this new book now brings the text up to date Foundations in Craniosacral Therapy Volume Two expands on the work described in the previous volume starting with an overview of a biodynamic approach to craniosacral therapy which emphasizes the suspensory nature of the human system Here we review and deepen our understanding of the three bodies the physical fluid and tidal bodies We also review and expand upon the suspensory nature of the holistic shift the physical body suspended in the fluid body in turn suspended in the tidal body within the context of the inherent treatment plan The following chapters of the book orient to our earliest life experiences the embryonic period and the pre and perinatal experience with chapters devoted to birth birth dynamics and craniosacral approaches oriented both to birth trauma and to the tissue patterns it generates Here we orient to the pre-nate and birthing infant as a sentient being having and responding

to life experience Further chapters orient to the primal notochord midline and the tissue structures that form around it We explore the dynamics of the pelvis vertebral axis cranial base face and hard palate Volume Two finishes with four important chapters on the neurophysiology of stress and trauma and related craniosacral and verbal skills All chapters include appropriate biodynamic approaches to traumatization and CNS activation      Cranial Intelligence Ged Sumner, Steve Haines, 2010 This new and important textbook demystifies the biodynamic approach to craniosacral therapy and shows how and why it can be so effective at bringing about a natural realignment towards optimal health The authors describe how to respond appropriately to each client's system and how to support deep felt and lasting change in patients      **Biodynamic craniosacral therapy** Michael J. Shea, 2002      **Cranio-Sacral-SELF-Waves** Olaf J. Korpiun, Ph.D., 2011-03-15 Designed to release pain and trauma as well as support the body's healing through a gentle hands on approach Craniosacral Therapy CST has become an increasingly popular modality In Cranio Sacral SELF Waves CST expert Olaf Korpiun expands on William Sutherland's famous theory of the breath of life an unexplained power that generates corrections from within our bodies without the influence of external forces applied by the therapist This new theory drawing also on physics anatomy physiology embryology and osteopathy finds scientific evidence that the original source of craniosacral movement is a resonant movement from an energy field in the universe it is the oscillating waves of rhythm in the universe he argues that control all biological rhythms within all living beings Dr Korpiun presents his method of working with patterns of motion in the body including extremely slow frequencies of movement which he calls Cranio Sacral SELF Waves SELF standing for Super Extreme Low Frequency By following his approach says the author bodyworkers and other health practitioners can work in a more focused and productive way utilizing practical techniques for treating the widespread rhythmic imbalances that lead to physical and psychological problems      *Being and Becoming* Franklyn Sills, 2008-09-23 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      Stillness Charles Ridley, 2012-05-29 Charles Ridley is known for having refined a version of biodynamic

craniosacral 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

**The TMJ Handbook** Cator Shachoy, 2024-08-27 Alleviate TMJ pain with a powerful integrative mind body program that draws on yoga mindfulness and craniosacral bodywork and includes more than thirty instructional movements and eleven audio downloads In The TMJ Handbook Cator Shachoy explains the anatomy and physiology of Temporomandibular Joint Dysfunction TMD what we commonly refer to as TMJ She unpacks the physical emotional and energetic reasons why this pain can occur and become so debilitating including injury stress and tension emotional trauma grief and rage hormonal imbalances among other causes She then offers a unique and effective approach to reducing TMJ pain that combines yoga massage meditation and craniosacral therapy The TMJ Handbook delves into A definition and explanation of jaw tension and jaw anatomy Headaches stress and trauma Conscious healing touch and self massage Yoga poses and sequences Shachoy shares inspiring and instructive stories of patients she has treated and empowers us with the knowledge and skills to help ourselves This fully illustrated guide has more than thirty instructional movements and eleven audio downloads

*Energy Medicine East and West* David F. Mayor, Marc S. Micozzi, 2011-05-31 Energy Medicine East and West A Natural History of Qi provides a unique comprehensive overview of Qi or bioenergy for students and practitioners of energy medicines Chinese and Oriental Medicine and all disciplines of Complementary and Integrative Medicine Mayor and Micozzi start with a comparative historical account of the ancient concepts of Qi and vital energy before covering theories of Qi a discussion of the organized therapeutic modalities based upon Qi and its applications to specific health and medical conditions Contributions are included from international experts in the field The book moves from anatomical and bioenergetic complementarity of Western vital energy and Eastern Qi through convergence of perspectives and models to demonstrations of how the traditional therapies are being melded together in a new original and creative synthesis David Mayor and Marc Micozzi are experienced medical practitioners authors and editors David Mayor has been actively involved in bioenergy research practice and publishing for over 30 years and is author editor of

*Electroacupuncture A practical manual and resource* 2007 as well as other acupuncture texts and studies Marc Micozzi is Professor in the Department of Physiology and Biophysics at Georgetown University School of Medicine Washington DC As author editor of *Fundamentals of Complementary Course* director MSc Acupuncture Coventry University UK Over the last decade most books on Asian medicine paid tribute to the aura of evidence based medicine experience counted little RCTs were convincing This book at last returns to an old tradition of debate opening up quite a few new horizons Reading it my striving for knowledge was married with enjoyment and happiness This book made me happy Thomas Ots MD PhD Medical

acupuncturist specialising in psychiatry Graz Austria Editor in Chief Deutsche Zeitschrift f r Akupunktur To simply review the chapter headings is to know the truly remarkable expanse of this book a wonderful bridge between the mysteries of the East and the sciences of the West well documented well written and enlarging both Enlightening nicely depicts outstanding advances in energy psychotherapeutics thus ultimately helping to move forward the human condition Maurie D Pressman MD Emeritus Clinical Professor of Psychiatry Temple University School of Medicine Philadelphia PA Emeritus Chairman of Psychiatry Albert Einstein Medical Center Philadelphia PA past President International Society for the Study of Subtle Energies and Energy Medicine Lafayette CO USA

**The Polarity Process** Franklyn Sills,2001-12-21 In this thorough award winning explanation of the theory and practice of polarity cranial osteopath Franklyn Sills guides the reader through Dr Randolph Stone s mapping of humans subtle energies Popular in Europe polarity incorporates holistic health diet exercise massage and spiritual practice This is an approachable introduction to a form of bodywork that therapists and lay individuals interested in alternative health practices will find useful

**Using the Bowen Technique to Address Complex and Common Conditions** John Wilks,Isobel Knight,2014-08-21 This book shows how the Bowen technique can be used to treat different conditions including lower back pain frozen shoulder tennis elbow and carpal tunnel hayfever asthma diabetes type 2 migraines stress and tension disorders fibromyalgia and chronic fatigue as well as in palliative care and performance enhancement in sport and dance

*Which Poison Will Change Your Life?* Glenna J. Chance,2011-03-18 Are chemicals and electro smog in your home and workplace making you sick Does your doctor tell you that your symptoms are not real are all in your head Has your condition been dismissed or labelled idiopathic and then dismissed Turn on any newscast Open any newspaper Read any blog What are they talking about Pollution global warming and our skyrocketing disease rate With so many research studies how can these intricately related topics still be called controversial and the results inconclusive How can the scientists giving advice all have different versions of scientific fact What and whom are we supposed to believe Real science doesnt lie The answers and solution are clear Read this book to discover why todays so called invisible illnesses are never idiopathic and to learn how to hold your own within a system that gets you sick keeps you sick and wants you sick

**The Oxford Handbook of Dance and Wellbeing** Vassiliki Karkou,Sue Oliver,Sophia Lycouris,2017 In recent years a growth in dance and wellbeing scholarship has resulted in new ways of thinking that place the body movement and dance in a central place with renewed significance for wellbeing The Oxford Handbook of Dance and Wellbeing examines dance and related movement practices from the perspectives of neuroscience and health community and education and psychology and sociology to contribute towards an understanding of wellbeing offer new insights into existing practices and create a space where sufficient exchange is enabled The handbook s research components include quantitative qualitative and arts based research covering diverse discourses methodologies and perspectives that add to the development of a complete picture of the topic Throughout the handbook s wide ranging chapters the objective observations felt experiences and artistic

explorations of practitioners interact with and are printed alongside academic chapters to establish an egalitarian and impactful exchange of ideas

**Breathing, Mudras and Meridians** Bill Harvey, 2021-07-22 The word embodied is one of those terms such as grounded or centered that can be discussed forever without being experienced Defining embodiment though can be quite tricky because much of what is taught in western societies about the body devalues the felt experience The categories of formal learning particularly anatomy and physiology are taught with the fundamental source being cadavers dead bodies and conceptualizations that do not include our own vitality or life force Without the felt experience embodiment is just another concept that can be discussed ad nauseum The felt experience or phenomenology in academic speak is the path away from these endless discussions and conceptual befuddlement This book provides a basic training on how to become aware of our physiological functioning and our sense of vitality A part of this training comes from becoming hyper aware of how we breathe This awareness makes it possible to feel our own organs and how they function and interrelate To help us refine our awarenesses of our own organs we are entirely fortunate to learn and practice methods developed over thousands of years by Indian and Chinese cultures With these fundamentals this book leads us through a series of connected experiences using mudras to feel our organs the flows of our life force Qi and the flow of that life force through our meridians From that we learn to feel our own chakras and sushumna central channel and our ability to perceive our connections with our environment and ecosystem This then provides the basis for a body sense of our spiritual existence and development Thus the definition of embodiment evolves into deeper awareness within our bodies and deeper connection to the world

**Planet Medicine: Modalities, Revised Edition** Richard Grossinger, 2000 Planet Medicine is a major work by an anthropologist who looks at medicine in a broad context In this edition additions to this classic text include a section on Reiki a comparison of types of palpation used in healing updates on craniosacral therapy and a means of understanding how different alternative medicines actually work Illustrated throughout this is the standard on the history philosophy and anthropology of this subject

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