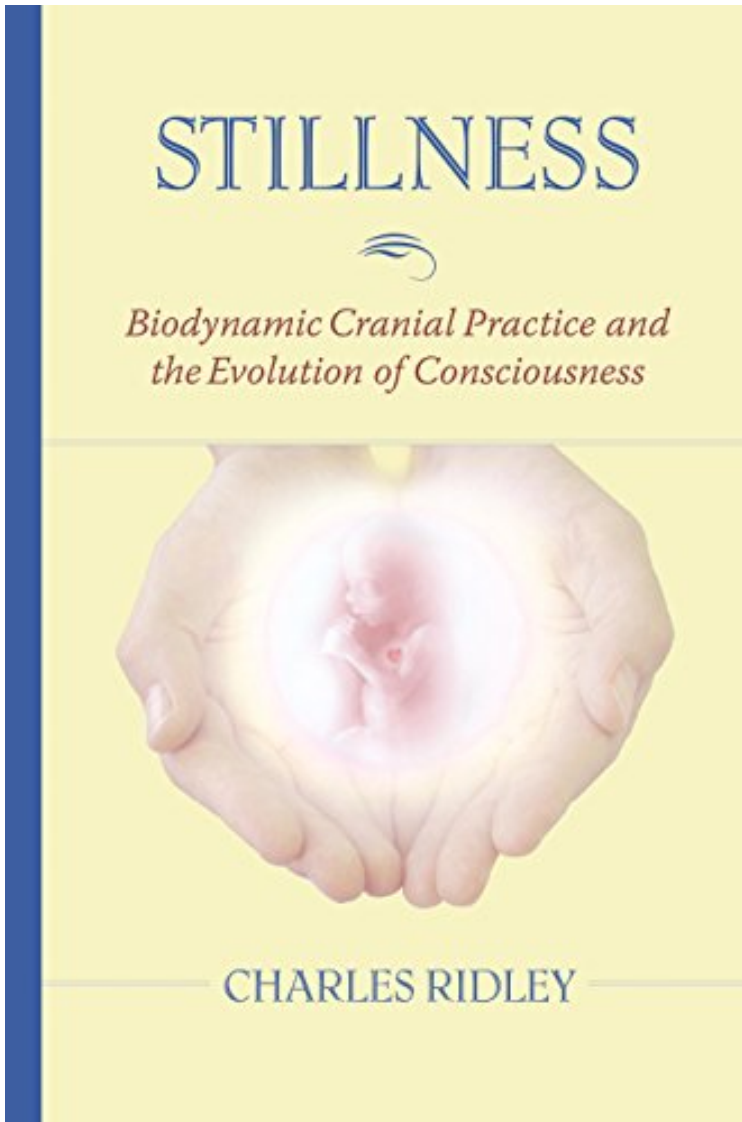


(Read ebook) File size: 52.Mb

# Stillness: Biodynamic Cranial Practice and the Evolution of Consciousness



*Par Charles Ridley*  
DOC / \*audiobook / ebooks / Download  
PDF / ePub

Dtails sur le produit Rang parmi les ventes : #267825 dans eBooksPubli le: 2012-05-29Sorti le: 2012-05-29Format: Ebook Kindle

(Read ebook) Stillness: Biodynamic Cranial Practice and the Evolution of Consciousness

**Par Charles Ridley : Stillness: Biodynamic Cranial Practice and the Evolution of Consciousness** before purchasing it in order to gage whether or not it would be worth my time, and all praised Stillness: Biodynamic Cranial Practice and the Evolution of Consciousness:

Download

Read Online

## Description :

Prsentation de l'diteur 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 - as defined by cranial osteopathy. 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. Revue de presse "Charles Ridley is one of the most authentic practitioners I have met. The clarity with

which the connection between tides, waves, and consciousness is made, coupled with his vivid anecdotes and practical practitioner exercises, makes this an inspiring and helpful book for beginner and advanced practitioners alike." Hugh Milne, third-generation osteopath; founder of Visionary Craniosacral Work; author of *Heart of Listening*"This wonderful book is firmly rooted in technical knowledge and practical instruction, yet there is also a palpable quality that inspires. Thank you Charles, for your clarity, your courage, and your gentle guidance." Allison Post, co-author of *Unwinding the Belly: Healing with Gentle Touch*Présentation de l'auteur 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 - as defined by cranial osteopathy. 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.