

How to prepare for a Biodynamic Cranial Touch session:

Ideally, you can come in rested, available, and prepared to drop into the stillness within your core self. The session is about reconnecting deeply with your source -- your heart of stillness -- and letting it inform you. Therefore, you will be invited to descend from your head into your body, and then, to rest in your heart, and sense from there, rather than remain up in your head above and separate from body.

During the session you may encounter memories, emotional issues, thoughts, feelings, and spiritual insights. When they arise, understand that these are the exact aspects of yourself that consciousness has chosen to bring to your awareness. By remaining neutrally present to these aspects, the separated parts will rejoin the wholeness that you are. See if you can allow whatever arises just to be here as it is without *doing* anything about it. If, however, something feels too intense, let your practitioner know, so she can modulate her contact to help you be with any aspect yourself in a relaxed manner.

After the session, take an unhurried walk before going back to your normal routine. Over the next week, see if you can remain mindful of the felt sense of the session -- the quality of the atmosphere in the room and in your body -- you can recall it by feelingly remembering the feeling-tone that you sensed at the end of the session, which your practitioner will point out to you. You might try to imagine yourself on the table at the end of the session to help bring up the felt memory again.

These sessions are about reorienting to the health within you and remaining in direct felt contact with its expressions in your body.