

**Advanced Biodynamic Cranial Touch or Stillness Touch
For the Evolution of Consciousness
Postgraduate Course #1**

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 to remain 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 Touch and Stillness Touch 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 of medical model biodynamic practices prevent the evolution of consciousness from unfolding, and hinders actual living contact with the tides.
- * Practice the Stillness Meditations:

Orient Inward toward the Midline
Whole-body Breathing
Navigate the Three Primary Body Centers:
Head - Stillness
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 each session exchange, 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
 Tibetan Buddhist Tantric Tradition

- * Review of osteopathic perspective on the heart as center of perception:

Andrew Taylor Still
 Rollin Becker and his connection to Kashmir Shaivism
 French osteopath, Duval

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

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

Enter the mapless journey into Biodynamic Cranial Touch and Stillness Touch inside *Pure Breath of Love*.

See Charles Ridley’s website for more information:
<<http://www.dynamicstillness.com>>

Charles Ridley

Biodynamic Cranial Touch for the Evolution of Consciousness

Florence May 31 - June 3, 2018

Villa Cesi - Impruneta

“Seamless wholeness is what I call health” (C. Ridley)

This advanced course of Biodynamic Cranial Touch is a response to the call of the times: consciousness needs to evolve towards wholeness, beyond the limits of a separate self, through an inner felt sense and a disposition of “don’t know”.

Charles Ridley’s Biodynamic Cranial Touch explores the evolutionary function of the wisdom of the body that occurs beyond the capacities of the brain. The ego and rational mind turn one essence into separate parts. Although our bodies appear to be separate, they are interconnected by the presence of the heart field that expands beyond the boundaries of skin that we call “body”. Our bodies do indeed define our differences, but it is by contacting our boundless consciousness and sensing from within the body, that ego’s sense of separateness becomes transparent.

This experiential inner body contact gradually restores to us our native heart perception from which we realize the harmony of wholeness.

A radiant heart field, relaxes your need to understand or name; feeling at home in our own heart allows us to sense all expressions of life as one interconnected whole.

Whole-body felt sense is an extension of heart perception. We sense from the heart field as an organ of perception to guide us in our sessions and in life as a function of the natural state. Inner body sensing unites us with the wisdom of the body that is connected to the wisdom of nature.

Each biodynamic Cranial Touch contact is a fulcrum point of stillness that we offer while we engage the inner practices.

The disposition of “don’t know” is essential in a biodynamic cranial practice. Cultivating original innocence as the disposition of “don’t know” allows us to be carried and guided by the inner qualities of life as it unfolds in its wholeness.

In this seminar we explore:

- * A realization that the SA Node of the Heart is an Organ of Perception
- * 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
- * Sense the qualities in your inner body atmosphere as they unfold to realize body-as-consciousness

- * Let the laws of entrainment guide your session to remain in tonal match with the client
- * Practices with the Stillness Meditations
- * 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

Charles Ridley

Charles Ridley is the author of *Stillness: Biodynamic Cranial Practice and the Evolution of Consciousness*. He is a practitioner, teacher, mentor, and founder of the Dynamic Stillness School. Charles's love for cranial work began in 1973. He studied with Dr. Major Bertrand DeJarnette a student of Dr. William Sutherland who is the founder of craniosacral work.

This course is open to..... Craniosacral graduates and professional health practitioners

Recommended Reading: *Stillness: Biodynamic Cranial Practice and the Evolution of Consciousness*

Certified hours: 32

From May 31, 2018 at 10:00 until June 03, 2018 at 17:00

Cost: 480 euro, 430 euro if payment of the deposit is received by February 28 2018
or

It is possible to book from October 15 2017

Charles Ridley

Il Tocco Craniale Biodinamico per l'Evoluzione della Coscienza

Firenze 31-maggio-3 giugno 2018

Villa Cesi - Impruneta

“L'interezza senza interruzioni è ciò che io chiamo salute” (C. Ridley)

Questo corso avanzato di Tocco Craniale Biodinamico è una risposta alla chiamata dei tempi: la coscienza ha bisogno di evolvere verso l'interezza, aldilà dei limiti di un sé separato, attraverso il contatto con il *felt sense* interno e la disposizione al “non so”.

Il Tocco Biodinamico, proposto da Charles Ridley, esplora la funzione evolutiva della saggezza del corpo che va aldilà delle capacità cognitive. L'ego e la mente razionale scindono l'essenza in parti separate. Anche se i nostri corpi sembrano essere separati, sono interconnessi dalla presenza del campo del cuore che si estende oltre i confini della pelle del nostro corpo fisico. I nostri corpi definiscono le nostre differenze, ma è solo entrando in contatto con la nostra coscienza senza limiti e il nostro *felt sense* interno, che il senso di separazione dell'ego diventa trasparente.

Quest'esperienza di contatto con il nostro sentire interno ci fa tornare gradualmente alla nostra percezione originaria del cuore che organizza il senso armonico dell'interezza.

Un campo del cuore radiante, attenua il bisogno di comprendere e dare un nome alle cose. Essere a casa nel nostro cuore ci permette di vedere tutte le espressioni della vita come un insieme interconnesso.

Sentire dal campo del cuore, come organo di percezione, ci guida nelle sessioni e nella vita verso il nostro stato naturale. Le percezioni interne ci uniscono alla saggezza del corpo che non è mai separato dalla saggezza della natura.

Nel Tocco Craniale Biodinamico, così inteso, ogni contatto è un fulcro di quiete che offriamo mentre siamo immersi nelle nostre pratiche interiori. La disposizione interiore del “non so” è essenziale in una pratica biodinamica. Coltivare l'innocenza originaria come disposizione al “non so”, ci permette di essere trasportati e guidati dalle qualità sensoriali interne della vita, mentre si dispiega nella sua interezza.

In questo seminario esploriamo:

- Come accedere al centro del cuore - il nodo senoatriale (SA) come organo di percezione

* Il contatto con la Quietude nel nodo SA per comprendere profondamente la tua *radianza intrinseca* del cuore - il dominio del Sé non separato da offrire nelle

sessioni

- * Il contatto con il *felt sense* dell'interezza del corpo per comprendere profondamente il corpo-come-coscienza.
- * Il lasciare che le leggi della **risonanza entrainment** guidino la sessione per rimanere in **sincronizzazione tonale tonal match** con il cliente
- - * Meditazioni sulla Quietè
 - * Incarnare la Quietè nei tre centri - testa, cuore e pelvi
 - * Dimorare nella *non conoscenza* e nel *non fare* e nell'arte di non applicare attività efferenti durante le sessioni.

Charles Ridley è autore di *Stillness: La Biodinamica Craniosacrale e l'evoluzione della coscienza*. È operatore, insegnante, mentore e fondatore della Scuola *Dynamic Stillness*. La passione di Charles per il lavoro craniosacrale è iniziata nel 1973. Charles ha studiato con il dottor Major Bertrand DeJarnette, uno studente del dottor William Sutherland, il fondatore del lavoro craniosacrale.

Il corso è aperto agli operatori di Biodinamica Craniosacrale, altri??

E' consigliata la lettura di *Stillness: La Biodinamica Craniosacrale e l'evoluzione della coscienza*.

Ore certificate: 32

Inizio: 31 maggio 2018, ore 10,00

Fine: 3 giugno ore 17

Costo: 480 euro, 430 euro per chi prenota entro il 28 febbraio 2018

Le iscrizioni si aprono il 15 ottobre 2017.

Per partecipare:

• compilare il **modulo d'iscrizione** ed inviarlo insieme al bonifico relativo alla prenotazione di € 200 (se ti iscrivi **entro il 28 febbraio** puoi fare il bonifico di **€ 170 euro**) alla segreteria....

(sconto di € 30 per chi porta il lettino, previo accordo con la segreteria)

• Il saldo va effettuato **entro il 30 aprile** . Inviare la copia della contabile in segreteria.

La segreteria non è in grado di riservare un posto al corso senza questi due documenti:

modulo d'iscrizione e copia bonifico (con iscrizione e pagamento online, non è necessario inviare copie)

Gli importi dovranno essere versati tramite bonifico bancario, indicando la causale "Contributo spese seminario Ridley" o "Contributo spese prenotazione seminario Ridley", a: **indicazioni nostra banca**

Contatti/per informazioni...

Post-Graduate Advanced Biodynamic Cranial Course 3 Facing Your Grail Wound

The Requirement to Register:

You have taken **Class 1 & 2** in Basel or Prague, or, you are a graduate of or enrolled in the Biodynamic Cranial Touch Mentor Course, *no exceptions*.

Class 3 explores the descent of consciousness (*Shiva*) into your cells to unite body with Love (*Shakti*). You first have to thoroughly navigate the hidden shadow that prevents embodiment of Pure Consciousness that then naturally unites with Universal Love *in the body*.

When we remain *present* and can *feel* our deepest intensity, it transmutes to unwavering *presence* by which we face, recognize, accept, be with, open to, and identify with shadow created by the *Core Erotic Wound*, or *Grail Wound*.

Core Erotic Wound

The *Core Erotic Wound*, or *Grail Wound*, is possibly the most painful event of our life. It is the first event that abruptly separated us from our Eros at an early age. The onset of the *Core Erotic Wound* not only will fragment consciousness, it also creates a personality structure that, as a separating sense of self (ego), defends against Wholeness. This imprints a deeply hidden terror that recoils against bodily union of Pure Consciousness with Universal Love. This unconscious recoil innocently occurs because ego is terrified of opening to Love for fear it will reexperience the unbearable pain of the *Core Erotic Wound*.

Core Erotic Wound lays patterns of armor in the body (*ground substance*) that display specific behaviors against the free flow of Eros. Eros is co-opted and used to feed ego's narcissism, projecting it onto others and manipulating them as objects to 'get from' for selfish gain. The presence of these selfish narcissistic behaviors indicates that the *Grail Wound* is in control of our will. When our will is controlled by the *Grail Wound*, it is called the "snake." *Snake* implies the misuse of the sacred power of *Kundalini*, which is the creative, generative life force of Chakra 2.

When asked, "*for whom does the Grail serve?*" Snake's answer is "me."

Snake

Snake misuses Eros to do ego's bidding, which is the opposite of what the Buddhists call *the right use of will*. Again, when snake controls our will, which is our personal *Kundalini*, *Shakti*, or *Eros* it uses it to 'get' from others. Snake does so through subtle forms of control, manipulation, charm, charisma, seductive body language, mixed messages, sexual innuendo, sexual teasing and withholding, deception, and other sexual bait and switch tactics, on the one hand. And on the other hand, snake operates from a limiting disposition popularly known as "non-dualism." The non-dual perspective is, "*I am not my body. I am not my thoughts, I am not my feelings, I am not my emotions, I am not my sensations, ... only Consciousness as the Self is real.*" This half-truth is a classic form of spiritual by-pass that leaves one happily 'stuck in emptiness' leading to an even deeper hypermasculine dissociative wounding called *hyperfemininity*.

Hyperfeminine Disposition

We explored in detail the hypermasculine disposition in **Class 1 & 2**; in **Class 3** we will navigate one of its deeper manifestations, the hyperfeminine disposition. Here the feminine is 'runaway,' meaning it operates without being grounded *in the body*, nor having a center in the midline. Usually touted as living in freedom, the hyperfeminine disposition is actually fear-based, which cripples the will leaving one unable to face intensity, be with discomfort, confront conflict, make decisions, take a stand, follow through with commitments, or manifest one's life purpose. In the name of being connected to life's ever-changing flow, one is actually at the whim of each and every shift in life with no ground or center leaving one utterly confused.

In either case, whether the narcissistic misuse of will, or non-dual by-pass, both are expressions of a hypermasculine wounding. Snake effectively prevents the realization of one's a Spectral Wholeness, or enjoying a Sacred Union between body, Pure Consciousness, and Universal Love, our fundamental birthright.

The Disposition

In **Class 1 & 2** we practiced *the disposition*:

Orient inward, sense, and with whatever is present let it be, leave it as it is, and let go into open-hearted relaxation in 'don't know.'

And in **Class 3** we will add:

Sensually unite Consciousness and Love *in the body*, and fully identify with shadow and all its expressions, especially the deepest, hidden, most feared and dreaded.

This is the gateway to *Enfleshment*: Body is Love

Caveat

You have taken **Classes 1 & 2**, and you want to enroll in **Class 3**, if you are a devoted non-dualist and it is your spiritual path, or, you are content to abide in emptiness as your final realization, this class will not serve you.

This class is specifically for those who sincerely long to realize the *Completion Stage*, which involves thoroughly navigating deepest aspects of shadow that prevent the descent of Consciousness into the cells of the flesh to utterly unite body with Love.

You must possess the willingness, heart courage, and desire to fully identify with, be present to, and unite with all aspects of your most hidden shadow that resides in the deepest depths of the unconsciousness. By reposing in such a disposition you will thrive in this class.