



DIFFERENCE BETWEEN BIODYNAMIC
CRANIOSACRAL THERAPY AND POST
BIODYNAMIC STILLNESS TOUCH





The Differences Between Dynamic Stillness and other Schools

Please read this detailed piece carefully. There are important differences for you to consider while you decide between studying our evolutionary Post Biodynamic training and medical oriented ‘biodynamic craniosacral therapy.’

To understand the context of biodynamic cranial work, please read Dr Sutherland’s specific definitions and practice boundaries of the three fundamental types of cranial work that he established and were published by the founding cranial osteopaths in STILLNESS Chapter 3, or click this link:

http://media.wix.com/ugd/b2c0d3_c14500d9b420494fabe7e9a71518bdf7.pdf

Origins of Stillness Touch

The Stillness Touch is intimately connected to Dr. Sutherland's original transmission. Beginning in 1973 and for twenty years Charles Ridley studied with Dr Sutherland's student Dr M.B. DeJarnette. Since that time, the Dynamic Stillness School has expanded Dr Sutherland’s impulse by supporting the evolutionary development of the practitioner, offering inner practices that directly connects you to Pure Breath of Love.

What will I learn at the Dynamic Stillness School?

As a Stillness Touch practitioner you will learn to abide inside your inner body space that encompasses the Wisdom of the Whole with free attention, which naturally unites with and serves Pure Breath of Love.

Can I Legally Practice Biodynamic Cranial Sacral Therapy?

Not in the United States: it is illegal to offer medical treatments unless one is licensed as a medical doctor, osteopath, chiropractor, or naturopath. There are many other countries where it is illegal to treat without a license.

Evolution of Consciousness

Given that Stillness Touch is for the evolution of consciousness, by definition it is a Post Biodynamic, non-medical training. Therefore, you will not learn to practice biodynamic cranial sacral therapy (BCST) as a medical model symptom relief method. You will not learn to offer efferent sessions that are focused on objectification of the client to evaluate and treat their symptoms. You will also not learn to manage the nervous system's trauma reflexes, nor manipulate the tides. You will also not learn to diagnose, treat, nor make hypnotic suggestions to a client's delicate subtle body.

Note: Objectification means a practitioner separates a client from themselves, breaks them into parts that they then treat one by one as symptoms.

Pure Breath of Love and the Evolution of a Post Biodynamic Practice

The inner practices we teach at Dynamic Stillness have significantly evolved our biodynamic cranial practice. In 2001 a previously undiscovered fifth enfoldment, called *Pure Breath of Love*, was revealed during a Mentor Course (Read Stillness, **Chapter 9**).

Pure Breath of Love is realized when Dynamic Stillness implodes in your inner body space and emanates as the Sacred Pulse of the Whole. This whole body pulse is composed of an alchemical mix of all the tides that are sealed inside Dynamic Stillness. Pure Breath of Love evolves a Stillness Touch practice beyond the biodynamic tidal 'maps' that Dr. Sutherland orally transmitted to

his closest inner circle of students, which Dr Rollin Becker characterized, and that later Dr James Jealous published based on his participation in the New England Study Group.

Our training supports a practitioner's direct contact with Pure Breath of Love, which includes Breath of Life's ascending currents which are fluid tide and long tide that are united with the descending current of Pure Breath of Love all of which you realize inside once Dynamic Stillness implodes inside your inner body.

Once this occurs a practitioner thereby enjoys an embodied realization of the full spectrum of consciousness that practicing Stillness Touch engenders. Namely, a realization of the harmony within the Whole by which one's spectral consciousness evolves amid an utter bodily enfleshment of The Love that creates all that is.

What Kinds of Biodynamic Cranial Trainings are There?

Besides our Stillness Touch Post Biodynamic training, there are two other biodynamic cranial schools:

- 1) Biodynamics of Osteopathy (Sutherland, Becker, Jealous, Duval, etc.).
- 2) Biodynamic Craniosacral Therapy (Sills, Shea, etc.).

Osteopathy in the Cranial Field

Even though we honor Dr. Sutherland's original biodynamic cranial transmission, we do not teach an osteopathic physician approach. Biodynamic Cranial practice that is offered as a medical treatment is only legal if one is a licensed physician (MD, DO, DC, ND). Therefore, as noted we do not teach diagnoses or the treatment symptoms.

Our non-medical, inner-body oriented approach is based on non-doing. A Stillness Touch practitioner orients inwardly in Stillness with free attention that rests in the self-existing radiance of heart's SA Node that is reposed in the Eros of the pelvic inner breathing portal. This seat is a disposition that provides a 'grounded' inner body felt-sense by which a Stillness Touch practitioner waits in a neutral disposition of 'don't know.' A disposition of Innocence frees attention that will spontaneously unite with Pure Breath of Love. Practicing with freed attention leaves Pure Breath of Love in total charge of the session, which can then transmute a client's inertial motion patterns into healthy, fractal, coherent motion, which as the inherent treatment and evolutionary plan is already restoring balance, harmony, and Wholeness.

Biodynamic Craniosacral Therapy and Craniosacral Biodynamics

What we teach in our evolutionary Stillness Touch Mentor Course radically differs from the medical oriented “craniosacral biodynamics” or “biodynamic craniosacral therapy.” As the name implies, the founder of biodynamic craniosacral therapy created his brand of biodynamics from his training in Dr. John Upledger's Craniosacral Therapy, along with Dr. Randolph Stone's Polarity Therapy, and his study of Dr. Becker's writings.

Given its history, biodynamic craniosacral therapy's (BCST) curriculum, definitions, and practice methods are medical oriented and designed for symptom relief. Not only is it illegal in the United States to offer biodynamic cranial as a medical treatment, it is also at odds with Dr. Sutherland's original biodynamic instructions of non-doing. The BCST Association is the organization that certifies its BCST sanctioned schools to offer its standardized curriculum that mixes the three types of cranial - biomechanical, functional, and biodynamic. As a medically-oriented treatment approach it is for symptom relief. Practitioners use 'BCST' signify they have graduated from such a school.

BCST Curriculum

Here is the curriculum published by a BCST Association certified school
<http://dynamicstillness.com/NewWebsite/wp-content/uploads/2016/03/CSB.pdf>

The Dynamic Stillness School Does Not Mix the Three Cranial Types

It is because BCST mixes the three cranial types and it is a medical orientation that distinguishes it from our Stillness Touch training. Our training does not mix biomechanical or functional cranial methods with biodynamics. We only teach a Post Biodynamic practice for the evolution of consciousness based on non-doing and abiding within to leave Pure Breath of Love in charge.

No Objectification or Efference - what's the problem with that?

We refrain from objectification, efference, and 'doing to' a client. In a Stillness Touch session, this means we do not objectify the client by separating ourselves from them to create a 'practitioner' and a 'client,' nor do we break the client into separate anatomical parts to treat them, such as cranial bones, TMJ, spine, organs, fascia, lesions, midlines, and tides, nor do we talk during a session naming tides or describe cranial activities. We adhere to Dr Sutherland's advice and 'trust the tide,' so we do not ask a client each time if we can make a contact and then ask if we can come off contact. We do not name tides, lesions, zones, therapeutic processes, or refer in any way to the cranial wave motions of flexion, extension, torsion, side bending, lateroflexion, and compression. This is because these contrived linear cranial wave motions by definition do not exist in the fractal biodynamic field of motion.

Whenever a practitioner objectifies a client it projects separation upon them, which strengthens the client's ego defenses that further separates them from contact with Pure Breath of Love.

No Efferent Methods

We do not employ efference. “No efference” means we do not leave ourselves to enter the client’s body to evaluate symptoms, or look for imbalances from which a treatment plan is derived that we then 'do to' our objectified client. Examples of efferent methods: intending cranial bone techniques to relieve cranial wave lesion patterns, suggesting stillpoints, imagining zones, visualizing primary respiration, creating fulcra, or shifting ourselves into a specific tide at will. Nor do we manage space in collusion with the client’s ego to insure it is comfortable. These methods strengthen the client’s ego’s defenses, which creates a subtle form of recoil that prevents them from being made Whole by Pure Breath of Love.

While all tidal expressions inform us, are fully noted, and are included in our awareness as aspects of a spectral Whole, they are not where the fulcrum of our presence abides, or attends.

We at Dynamic Stillness experience that the ascending current, which are the tidal expressions known as fluid tide and long tide, are the sole function of the client's *wisdom of the body* that expresses the Breath of Life, and therefore we ‘trust the tide’ to manage the client's inherent process. Whole making is not the business of a practitioner's conceptual ideas about negotiating space or the managing a client’s ego.

No Tracking Inside the Client

Tracking is another aspect of efference that we avoid: we do not track inside the client's body looking for cranial wave motions or lesion patterns in

cranial bones, TMJ, membranes, connective tissue, organs, nervous system, spine, or the sphenobasilar joint; nor do we listen inside a client's inner body for tides, zones, midlines, fulcra.

Ethics of Caring

At the Dynamic Stillness School, it is our ethical obligation when offering Stillness Touch for the evolution of consciousness to not invade a client's sacred inner body space, no matter whether it is to visualize their anatomy, look for midlines, tides, or do intuitive readings about a client's past, to perceive birth or pre-birth trauma. Rather, we abide inwardly in Stillness inside ourselves.

We rely exclusively on sensing from within our own inner body space as an exquisite perceptual capacity that arises as a natural, inherent expression of the laws of entrainment while we repose in Stillness with free attention. Abiding inwardly with free attention automatically invokes the laws of entrainment that provides everything we need 'to know' to be fully present and remain in tonal match with a client during any process be it pleasant or challenging. Abiding within our own inner body and sensing amid 'don't know' does not separate the Whole into parts.

What's the Problem with Objectification, can you give me more details?

Objectification separates the Whole into parts. For example, when objectifying a client there are two aspects at play: there is 'a practitioner' and 'a client.' And then the client is further separated into an array of parts that a practitioner has to keep up with in a session: "cranial bones" "cranial wave motions," "organs," "bones," "dura," "nervous system," "hormone system," "zones," "midlines," "tides," "space," "fulcra," "pre birth and birth trauma," "fascia" "spine" "negotiated space," "lesion patterns," etc.,

Amid all that, a BCST practitioner separates the session into more than a dozen steps, which are required to offer a 'proper' biodynamic craniosacral therapy session, ... and so it goes.

This is a brilliant strategy given that ego's job is to keep the Wholeness of life separated into parts in order to feel safe; so a practitioner who objectifies a client, and applies an array of efferent methods colludes with the client's ego, which reinforces its separating sense, by which ego is strengthened to interfere with the Breath of Life's Whole-making process that is already underway. Ego expresses anxiety as objectification and efference to thwart Wholeness, which includes the inherent treatment and the inherent evolutionary plan.

Efferent methods first require objectification of a client, ... a 'someone' to apply those efferent treatments methods to, (which invades the client's omniscient biodynamic fractal field). The BCST practitioner is fully occupied, having to keep up with a dozen step sequence, an array of parts, and the use of subtle intentions, suggestions, naming, visualization, space, and contact negotiation, dialogue, and colluding with the client's ego to make sure it is comfortable – all of which are then overlaid onto the sensitive fractal biodynamic field. The practitioner's 'busyness' with all these efferent activities will collapse the client's biodynamic fractal field, which repels the Breath of Life, and creates more inertial patterns in the client's liquid crystal ground substance that leave behind practitioner induced false fulcra ... all of which adversely affects a client's body, their health, and psychic balance relative to the evolution of their consciousness.

When applying efferent objectifying methods, a practitioner injects a stronger sense of separation into a client's system that trigger emotional recoil. Here are what clients have reported when they are subjected to efference: fear of being fragmented, fear of being constrained, limited, re-traumatized,

the feeling of being tucked in their trauma patterns, feeling done to, Amid all that efference, a client may dissociate into the empty void that is commonly mistaken for a stillpoint by inexperienced practitioners. During an efferent session, clients have reported that they feel vigilant, fragile, defensive, a sense of imbalance, instability, ungrounded, along with guilt and shame due to feeling 'done to' and for not speaking up - all of which engenders hypersensitivity, self-protectiveness, anxiety, and fundamental distrust.

Tragically, practitioners, who operate from a medical treatment model, pose as experts and wield 'power over' their clients, so such practitioners will seldom hear constructive feedback because the client is afraid to say anything.

I hope it is clear why at the Dynamic Stillness school you will not learn a medical approach to objectify, use efference, or to 'do to' a client in any way.

Instead, you will learn to not get in the way, or 'help' the Breath of Life. You learn to leave free the client's wisdom of body as primary respiration because you trust it is already actively restoring health in the client every moment. Therefore, you repose in 'don't know,' and let the client's wisdom of the body be in total charge of the session.

How do we support the client?

We support a client who is ready for evolution of consciousness and Wholeness by offering them compassionate self-inquiry skills for a fierce hearted navigation of the blocks that prevent them from reaching their potential. We encourage in the client a willingness to *be with* uncomfortable aspects of the 'life that they are given,' all of which is being illuminated as self-knowledge while Love suffuses the client to bring the 'parts' to the Whole.

The client receives inner stillness practices to develop unwavering inner-body presence to sense, be with, and feel emotions, discomfort, intensity, inti-

macy, and paradox. Clients are taught to permit the release of somatically held shock of trauma that is being orchestrated by the Pure Breath of Love.

Over the last 20 years at the Dynamic Stillness School, we have experienced that when a client orients inwardly to sense midline. Midline encompasses the personal, Gaia, and Source - as aspects of their heart field; clients can repose in their pelvic inner body space and find refuge in the inherent “ground” of support that is there - this disposition grants them the capacity to be with the sensations of shock while it releases from the nervous system, ground substance, and tissues.

It does not re-traumatize a client when Pure Breath of Love releases shock. Rather, any fragmented aspects are wholly reintegrated throughout all dimensions of the client’s being to further evolve their consciousness.

Stillness Touch for the Evolution of Consciousness

To offer touch for the evolution of consciousness as a service to clients is the purpose of our training. Thus we support a practitioner's inner development - the evolution of consciousness - through a comprehensive series of open-ended inner practices to maintain inner body-felt sense of the heart field as an organ of perception. These practices include whole-body breathing, resting inside and orienting both to and from the midline, abiding in the self-existing radiance of the SA Node of the heart, and reposing in the Eros of the inner breathing portal of pelvis, which connects to Primary Respiration, Gaia Heart, and the Sacred Pulse of Pure Breath of Love.

We also emphasize a disposition of ‘don’t know.’ Innocence permits continuous bodily synchronization with Pure Breath of Love, which will evolve the consciousness of the client and practitioner alike. Through the disposition of embodied inner sensing - as heart perception - a Stillness Touch practitio-

ner can effortlessly and unwaveringly remain present and in tonal match with the full spectrum enfoldments of consciousness - ascending and descending - that arise during a session. These qualitative tonal inner states of sensation are expressed enfoldments of consciousness that require continuous, spontaneous tonal micro-modulations of heart perception and hand entrainment to maintain a fluid, yet stable inner-body centered presence.

We are earnest in our commitment to heed Dr Sutherland's guidance:

"Our core responsibility is to learn to communicate with the indwelling capacity of nature. To find a balance point of rest through which we find our inner conversation with health. To follow health is not to lead her or domesticate her." Dr. Sutherland's last piece of advice to us is etched on his headstone:

'Be Still and Know'

Which is echoed by his wife, Adah's epitaph on her headstone:

'I AM'

... **Be Still and Know I AM** ...