

DYNAMIC STILLNESS
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 a 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 turns 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 guides 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 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 the 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.**

It is possible to book from October 15 2017.

TO REGISTER, PAY, AND FOR MORE DETAILS

www.centroname.it

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