

Stillness Touch for the Evolution of Consciousness

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 Stillness 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 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 medical model biodynamic practices prevent the evolution of consciousness and hinder a 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 one's 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

- Review the 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 Stillness Touch inside Pure Breath of Love.