

Biodynamic Cranial Touch Mentor Becomes The Master Class

Dynamic Stillness School Evolves Its Professional Training

After 23 years of cranial study and practice, I began, in 1996, to write down inner experiences of my sessions. These notes became a biodynamic thesis that compiled, in one place, a clear description of Dr. Sutherland's three types of cranial work based on precise osteopathic definitions that were scattered throughout several osteopathic texts.

Also, in the thesis, I contributed a new dimension to the biodynamic cranial field:

Each biodynamic tide reveals itself as a unique state of human consciousness. Therefore, I proposed, a biodynamic cranial practice evolves consciousness *if* a practitioner can realize a neutral state of consciousness.

My Biodynamic Cranial Touch Mentor Course began in 2001, and I taught the practices to establish neutral, which ensured embodied contact with the tides that evolved consciousness. The fruits of my writing and teaching Mentor Courses were published in *Stillness Biodynamic Cranial Practice and the Evolution of Consciousness* (2006).

Since my thesis, another 23 years have passed, and I recently published *Stillness Touch Union of Body & Love* that continues where Chapter 9 in *Stillness* left off.

The Master Class Was Created To Replace The Biodynamic Cranial Touch Mentor Course

The Master Class derives its name from two sources: First, Master Class is the name of a training I gave to all 52 health services staff at *Kripalu Center For Yoga And Health* for two years; the second source is from a practitioner in Basel who asked "Charles, when are you going to offer a Master Class?" Something clicked that ignited the creation of an entirely new Master Class beginning in the Fall 2021.

Differences Between the Mentor and Master Class

I created the Biodynamic Cranial Touch Mentor and the Master Class to serve different aspects of the evolution of consciousness. The relevance of each course depends on whether consciousness is evolving in an *ascending* 'up and out' direction or a 'down and in' *descending* direction.

Both directions are crucial for evolution of consciousness. However, the *ascent* of consciousness leads to its *descent*. And once consciousness *implodes* into the body's cells it unites as a single paradoxical state that exhibits both directions at once as a whole body *Sacred Pulse* that I call Pure Breath of Love (*Stillness Touch* p. 1).

The Osteopathic biodynamic map is an *ascending* path for realizing Dynamic Stillness:

Neutral, Fluid Tide, Long Tide, Dynamic Stillness

Once Dynamic Stillness engulfs your consciousness, you realize the *Self*, or I AM.

The osteopathic biodynamic map ends at Dynamic Stillness:

Be Still and Know I AM.

In the Master Class, a practitioner continues their descending journey by which Dynamic Stillness *implodes* into the body's cells.

The biodynamic map has no reference to this *descent* of consciousness, nor is there a mention that Dynamic Stillness *implodes* into the body's cells.

That is why *implosion* of Dynamic Stillness is a *post-biodynamic* realization (*Stillness Touch* p 8).

Indeed, no tides are present after an implosion of Dynamic Stillness.

When consciousness *descends* into the cells of the body, it ignites in us a realization that the body *is* consciousness united with love, which is *enfleshment*.

One difficulty with *enfleshment* is the *slightest whiff* of efference thwarts its realization.

The Fundamental Enfleshment Practice: Cease All Efference

Efference projects consciousness out of its 'seat' of downward repose *within* the cells to become an outside force that recoils Pure Breath of Love.

Enquiry, Meditation, and Efference: Is it Bypass?

Efference projects consciousness up and outward, ejecting it from its seat of deep *inner repose* toward phenomena it has objectified. If we enquire into objects, such as a client, the nervous system, anatomy, midlines, tides, or phenomena in the ascending tidal domains of consciousness, it not only repels Potency and Pure Breath of Love, it also traps consciousness and prevents its *descent*, which creates bypass (Master Class 3).

Therefore, even while meditating, if we habitually enquire into phenomena on the inner planes, it efferently recoils consciousness away from contact with Pure Breath of Love, imprisons consciousness, which remains *stuck in emptiness* on the inner planes.

There are at least a dozen practitioner recoils that thwart Pure Breath of Love's Whole - making activity and imprisons consciousness (*Stillness Touch* Chapter 3).

The Master Class explicitly offers *descending* inner practices that assist a practitioner in yielding to Pure Breath of Love (*Stillness Touch* Chapter 9).

Engaging these *Stillness Practice* daily, a practitioner maintains the *presence of stillness* to sense the moment when the Breath of Life's ascending current evolves and shifts into a descending current of *Pure Breath of Love*, which, again, is non-tidal post-biodynamic realization (*Stillness Touch* p. 2-4).

In Summary:

My Biodynamic Cranial Touch Mentor Course is a biodynamic tidal journey based on the biodynamic cranial osteopathic lineage (*Stillness* Chapter 5-8).

Whereas, the Master Class is a post-biodynamic non-tidal journey that is essential for realizing *enfleshment* based on the Ancient Wisdom.

Difference in Our Times

When I began teaching my Biodynamic Cranial Touch Mentor Course 20 years ago, beside my mentor class notes, few writings were available, so students needed a lot more teacher support to learn biodynamics as a new *non-doing* approach to touch.

To meet the student's need back then I created the Mentor format. The Mentor teacher was responsible for doing most of the work for the student.

The Mentor teacher pointed out blind spots to the fundamental disposition, with how to offer non-doing touch, and letting the guidance come from the potency *within*. Also, Students refrained from the use of outside guidance, such as thinking or prior training.

25 Years of Writing, Biodynamic Cranial Touch Mentor, and Post-biodynamic courses have Informed the Greater Field, which has Evolved and Matured Practitioners

Practitioner's long for descending current *Stillness Practices* that expose the hidden shadows that thwart their evolution of consciousness.

Now that practitioners have done years of in-depth psycho-somatic, spiritual practice they are inwardly prepared to take personal responsibility for their descent within the body to free consciousness that is trapped by the ego's recoiling strategies.

These practitioners are clear that the evolution of consciousness requires the navigation of their deep shadows, particularly during these post-truth times.

Many realize Apocalyptic times are right now. Some hear the call to an essential counter practice: a conscious *descent* into the body to *enflesh* love that emanates the most powerful force on earth (See *Love Is Stronger Than Death*, Cynthia Bourgeault).

Master Class: The Crucible For Enfleshment

In response to the times, I created the Master Class as a new crucible for a practitioner's deep journey of descent *within* the body to navigate the *unconscious* shadows due to our Core Wounds.

The Master Class supports the journey of descent, while the practitioner is responsible for study and the homework of engaging the practices of *descent* into the body.

Once we are free of the shadow's *unconscious* recoils, the *Sacred Pulse of Pure Breath of Love* emerges as consciousness that is off the biodynamic cranial osteopathy map.

Note: Dr. Becker studied Kashmir Shaivism and the Sacred Pulse, yet he did not talk about, or teach it. He did coin Dynamic Stillness in the biodynamic cranial field, which is a translation from Kashmir Shaivism (*Stillness Touch* Appendix 3).

The Master Class address all aspects of a deep descent of consciousness *within* the body that unites with love (*Stillness Touch Union of Body & Love*).

A body that is united with Pure Consciousness expresses Pure Breath of Love.

Pure Breath of Love ever-evolves consciousness.

Stillness Touch practitioners transmit love by reposing in the *presence of stillness* amid non-doing touch, and inevitably, the body itself reveals the mystery of *enfleshment*.

Enfleshment unites three aspects of our Being as One:

- 1) The body as *Criatura*.
- 2) Pure Consciousness, that arises after implosion of Dynamic Stillness *within* the cells.
- 3) Pure Breath of Love, the Sacred Pulse that creates all that is.