Revised Charts from STILLNESS

Types of Cranial	***Pre-Biodynamic Biomechanical***	***Pre-Biodynamic Functional***	***Biodynamic***	***Stillness Touch Post-Biodynamic***
Degree of practitioner *efference.* *Efference* creates an inertia field that is void of life in which pour *false-fulcra* into the recipient's subtle body.	*Biomechanical efference s*pans a range between an extremely skilled application of precise physical forces to the cranial bones to create changes in the relationship between the sutures without the use of the cranial wave motility (direct method) to following the cranial wave motility, exaggerating it in its direction of ease (indirect method) to its endpoint and holding it there until a stillpoint is induced, which effects a more balanced motility in the cranial wave motion and thus create a change in the tissues being treated, which function more healthfully.	*Functional efference* involves following the cranial wave in the direction of ease within its freedom of motion. There is no exaggeration, no holding at the endpoint, or any induction of a stillpoint. Stillpoints arise by waiting until the motion is suspended and the tissues become buoyant—this is neutral. During neutral, a recipient's breath helps balance the tissues, along with autonomic nervous system, that effects a stillpoint and a physical change in the body.	A *Biodynamic* practitioner uses no *efference.* They mirror the motion present without using the client's respiration. A practitioner waits and a recipient relaxes in neutral until stillness in the local part deepens and spreads to the whole body after which primary respiration appears as a delicate breath-like motion throughout the client's whole body that creates a potency in the fluids that transmutes inertial tissue motion into coherent motion throughout the whole body in all systems.	There is zero practitioner efference: *Pure Breath of Love* is in total charge, addressing the spectral human being as a Whole, beginning from their history held in the tissues, to the fluidic Soul in Now, and the ever-evolving endless Spirit that is in Union with the Love that creates all that is.
Therapeutic forces the practitioner employs: **How much practitioner doing is there?**	In the direct method a practitioner moves bones based on a detailed knowledge of suture architecture and range of motion. The indirect method one follows cranial wave motion and exaggerates to stillpoint. Both are structure-function models: Changes in structure, and function changes (direct), or, function changes, and structure will rebalance (indirect method).	One supports the permitted motion of the cranial wave until neutral, and with the use of a recipient's breath and a balanced autonomic nervous system a stillpoint arises in which a dynamic exchange between the potency, fluids, and tissues ensues which will create a new function that effects changes in the structure.	One yields to primary respiration's developmental forces that begins to pulse at conception to create the body, and maintain healthy function. The potency of primary respiration suffuses the fluids as a therapeutic force that appear in neutral, segues to a whole-body stillness in which breathes healthy motion of wholeness throughout the whole body.	No involvement: the practitioner reposes in a deep surrender to *Pure Breath of Love.*

The Breaths	***Cranial Wave***	***Fluid Tide***	***Long Tide***	***Dynamic Stillness***	***Pure Breath of Love***
Rate or Motility	Variable rate: 7-14 cycles per minute Expands for approximately 4-6 seconds recedes for approximately 4-6 seconds.	Steady rate: 2 ½ cycles per minute Expands for 12 seconds, recedes for 12 seconds.	Invariable rate: 1 minute 40 second cycle Expands for 50 seconds, recedes for 50 seconds.	No rate No tides BE STILL AND KNOW I AM End of the biodynamic tidal map. I AM implodes into the cells, *Pure Breath of Love* arises to begin a non-tidal post biodynamic journey into love. BE STILL AND KNOW I AM LOVE	*Pure Breath of Love* is a paradoxical state of consciousness. It combines no rate, any rate, and all rates that express as a single whole-body Pulse that is in tandem with the pulse of SA Node. The Pulse emanates Love as an alchemical mix specific to each client's needs: depending on that need, at any given time, one can sense a particular rate in each enfoldment as well as no rate of Dynamic Stillness. This is not understandable … it simply is a characteristic of the *Pure Breath of Love* as it suffuses the client.

Level of human consciousness	Vision-logic (Body mind split unites as bodymind)	Psychic (bodymind-Soul)	Subtle (Self)	Causal (Pure Spirit)	Beyond 'non-dual.' (Pure Love) All aspects of a spectral consciousness are present, ranging from infinite to an utterly embodied suffusion of *Pure Breath of Love* into the inner space of each cell, all of which is just ordinary. A sense of Wholeness with no time, no space, no distance, no story, no unfolding. Reality is simply *what is* in now.

	Cranial Wave	***Fluid Tide***	***Long Tide***	***Dynamic Stillness***	***Pure Breath of Love***
Character of each level	The presence of cranial wave (CW) depicts the normal functioning in modern life, (indigenous people have no cranial wave). The CW disappears after a recipient deeply relaxes and when whole-body stillness arises. CW rate varies, based on the client's status—whether they are stressed, ill, injured, traumatized, etc. The CW is a defensive reactivity to the stress of life. Like a vinyl record, the CW is a hologram of the recipient's inertial patterns as discerned by a practitioner who chooses to read the record of their past.	The presence of primary respiration (PR) in the fluid tide appears when a recipient relaxes into a whole-body stillness. PR is sensed as a Whole *inner-body breathing*. PR reunites the recipient's bodymind, connects them to the midline, resynchronizes the body's inertial motion by transmuting it to the healthy motion of Wholeness. A practitioner is a supportive neutral witness to inherent healing that has its own timing, sequence and order. Practitioner is aware of PR, fluid drive, and motion present amid the *presence of stillness*.	The presence of primary respiration in the long tide appears if a recipient sufficiently reconnects to their bodymind, Soul, and the midline, which re-balances and is available to a global suffusion of the potency of long tide. Inertial patterns are transmuted into fractals in long tide en-mass, system-wide on many levels at once. A recipient encounters the Self—as Archetype. Exalted deities dwell here by which a recipient feels *seen, met,* and *held* by a *Radiant Presence* that beholds them in unconditional love.	The presence of stillness only. Infinite stillness enters the room from outside while also suffusing every cell in both the recipient and practitioner. Healing occurs behind the curtain amid a cloud of unknowing, yet there is a certainty that healing has occurred on a very deep level. A sense of Wholeness is permanently instilled in the consciousness, which unites with *the All* by which no perceptible separation exists any longer on all levels. BE STILL AND KNOW I AM	Pure Breath of Love is sealed in Dynamic Stillness, which contains all enfoldments of consciousness. One senses a *super-substance* that unifies matter, and expresses a blazing, liquid motion that represents all the elements and all levels of consciousness at the same time. This whole-body pulsing *presence of stillness* possesses intensity, intimacy, and paradox that specifically combine *both/and/neither/all/none/infinite/infinitesimal* … again, this paradoxical state is not rational. BE STILL AND KNOW I AM LOVE