

**Master Class**  
***Stillness Touch Union of Body & Love***  
with Charles Ridley

This foundational Master class leads to certification in Stillness Touch

**Course Topics:**

- William Sutherland and Rollin Becker, biodynamic pioneers
- Pre-biodynamic, biodynamic, and post-biodynamic practices
- Stillness Touch and the Evolution of Consciousness
- The Neutral and the *Presence of Stillness*
- Functions of the *ascending* and *descending* currents of consciousness
- Dynamic Stillness is the fulcrum for the *descent* of consciousness
- The heart as an organ of perception to realize the body as consciousness
- Efference creates recoils that lead to chronic *bypass*
- Recoil blocks the neutral and prevents realization of Pure Breath of Love
- Stillness Practices to antidote efference
- Pure Breath of Love escorts you on your *Grail Journey to enfleshment*
- Ancient Traditions, self-existing heart radiance, and Stillness Touch
- Mystic-philosophers who influenced Drs. Still, Sutherland, and Becker
- Rollin Becker's connection to Kashmir Shaivism

Required Reading Prior to Class: *Stillness Touch Union of Body & Love*

NOTE: You are provided detailed written take-home Stillness Practices to strengthen the will along with a study guide.