



Master Class

STILLNESS TOUCH PRACTICES

To Open Your Heart As An Organ Of Perception

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STILLNESS TOUCH UNION OF BODY & LOVE



This Master Class Emphasizes Specific Ancient Spiritual Practices that Strengthen Your Will
To Realize the Neutral as Your Fundamental Disposition of Stillness Touch:

Whatever arises

Let it be

Leave it as it is

Let go of control amid an open-hearted inner repose in 'don't know.'

Stillness Touch And The Self-Existing Radiance Of Your Heart

You are given powerful ancient practices that strengthen your will so you can center and ground while your heart safely opens your whole body as an organ of perception. You shift from feeling with the hands to a sensing with your whole body that emanates the self-existing radiance of the SA Node. Your *unwavering presence of stillness* can sense and be with whatever arises regardless of the degree of intensity, intimacy, or paradox. You invoke the ferocious-hearted power of *Chinnamasta*, the female deity of our times who transmutes all shadow-energies that recoil *enfleshment*: her Yantra is on the front cover for your meditation.

Your empowered will can maintain neutral presence that is non-efferent, absent enquiry or bypass, amid an effortless inner repose in non-doing. When Stillness Touch is absent enquiry, you cease making meanings of the tides to soothe the ego. Instead, you are simply present with no agenda, and regardless of what arises you repose in neutral amid 'don't know' while the meaning arises by itself. In the Ancient Vedic Tradition, this Stillness Practice is called *Pratyahara*.

Pratyahara is the Fundamental Stillness Touch Practice

Your daily Pratyahara practice is to inhabit your inner body with sensing *presence of stillness* while reposed in the self-existing radiance of your heart. Pratyahara frees the grip that the ego has on your consciousness, which can *descend* and unite with Eros that pulses from your pelvic center. Landing in your pelvic 'seat' of repose attunes you to the sublime *Divine Feminine Wisdom* that *unerringly* guides you to the areas to touch, for how long to dwell on each place, and when to remove your hands. In Stillness Touch, your hands are extensions of your whole-body emanation of sensuous tones that guide your touch. You are present to the silent conversation without words that occurs between your *wisdom of the body*, a recipient's *inner body wisdom*, and the *Wisdom of the Whole*.

When you offer Stillness Touch, instead of feeling with your hands, you sense with your whole body.

You practice this Art of Stillness Touch during your partner session exchanges twice each class day.

Efference Is Opposite To Pratyahara

Efference is not only the primary impediment to the practice of Stillness Touch, it also hinders our evolution in many ways: efference blocks the *descent* of consciousness, prevents Eros from reaching the heart radiance, stops the union of body, consciousness, and love, and aborts our second birth of *enfleshment*.

When the sacred pulse of Pure Breath of Love unites body and love that is *Enfleshment*.

The Hypermasculine Complex

We'll explore the hinderances of the fundamental disposition, and expose the hypermasculine complex that has infected our culture for 10,000 years amid the break-up of the hunter-gatherer period that locked our consciousness in the head center. When our consciousness is stuck in *ascent*, it cannot *descend* into the body to integrate the shadows of our Core Wounds, this empowers the

hypermasculine complex to co-opt our will and 'behaves us.' Today, we see what happens when we let the hypermasculine complex strengthen: it unleashes the Psychotic Core, that metastasizes and becomes a mob psychosis.

Integrating Our Shadows Is An Essential Practice For Our Times

It is crucial to integrate the shadows from our Core Wounds. Otherwise, the increased strength of our shadows drive presence *out* of our inner body sanctum by projecting consciousness *up* into the *ascending* head domain that separates Wholeness into parts by objectification. Then, we enquire into each separated part, such as anatomy or the tides, in order to know. This is the opposite of BE STILL AND KNOW I AM, which are the final practice instructions that the Sutherland's etched on their headstones.

Up and Out Dissociation

Dissociation recoils our three primary Soul Forces *out* of the body and *up* into the *ascending* planes. After our Soul forces separate and fly apart, an inner war ensues in each chakra: *thinking, felt-sense, will* act out the archetypal battle between the feminine (*Ida*) and masculine (*Pingala*) principles that entwine around the midline, neutral central channel (*Shushumna*).

The inner war destroys health by fragmenting our Wholeness on the physical, psychic, subtle, and spiritual dimensions of Being.

Enquiry and Stillness as Bypass

If we habitually *enquire* into the tides to contrive 'spiritual' meanings to comfort the ego in the name of enlightenment, or, we seek refuge in *stillness as bypass* to avoid the intensity of our shadows, we become trapped in the *ascending* planes of consciousness. Stuck in *ascent* devolves our consciousness because it prevents the *descent* that connects us to our feminine field of Eros in the pelvis.

Remaining in *ascent* due to *Enquiry* or *Stillness as Bypass* are recoil strategies that stop Eros from reaching our heart radiance.

Recall, that when consciousness is stuck in *ascent*, it cannot *descend* into the flesh to integrate our shadows, so Eros does not unite with the self-existing radiance that emanates from the heart's SA Node. And there's more:

Enquiry and Stillness as Bypass aborts our second birth into *enfleshment*.

When we can submerge in the infinite ocean of potency of our heart's self-existing radiance, enfleshment permanently unites body, consciousness, and love. Then, Pure Breath of Love suffuses all our cells and emanates a whole body sacred pulse.

NOTE: The *Grail Journey* Master Class explores the *descent* of consciousness to integrate our shadows due to our Core Wounds.

Again, enquiry uses objectification and efference to break our Wholeness into separated parts, which creates the body-mind split that, in turn, prevents the *descent* of our consciousness, which alienates us from our natural state of bodily union with love.

A deeper shadow emerges when the ego traps our consciousness in the *ascending* head domain and we dissociate out of the body. Dissociation fragments consciousness and flings it in all directions into the empty void of a virtual stillness. The resulting *Stillness as Bypass* recoils our awareness away from its neutral repose *within* the body, which prevents contact with and alienates us from the sensuous ocean of love in our inner pelvic space.

NOTE: We take a deep dive into *Enquiry, Stillness as Bypass, and Teacher Codependence* in the *Bypass* Master Class.

When we repose as the *presence of stillness* within our whole-body sensuous pulse of love without recoil, it gives birth to *Criatura*. The original *Edenic* state of the body, *Criatura* emanates the Radiant Pulse of Pure Breath of Love from every cell. The hypermasculine complex is terrified of *Divine Feminine Wisdom*, so it demonizes Pure Breath of Love, and suppresses *Criatura's* sensuous expressions of Eros. *Criatura* thrives when attention is free to be guided by the *Divine Feminine Will* as Pure Breath of Love that pulses in unison with the heart's SA Node.

When attention is free, our consciousness is not hindered by ego-driven psychosomatic recoils, so Pure Breath of Love can *descend*, suffuse every cell, and emanate the sacred pulse of love.

In Kashmir Shaivism, the sacred pulse of love is called the *Spanda*.

Recoils, due to the ego's subconscious *Subtle Core Terror*, are created by the misperception:

"being with unbearable discomfort, the potency, or love will cause me to repeat the unbearable pain of my Core Erotic Wounds."

Recall that our Core Wounds separated us from love at a tender age.

We encounter our *Subtle Core Terror* amid the uncomfortable release of shock from past trauma, or when the ego recoils our awareness away from the potency of the neutral to avoid contact with our Sacred Pulse of Love.

This is an important discernment: being present in neutral amid discomfort strengthens our will and evolves consciousness.

Being with discomfort does not stop love's sacred pulse from suffusing our wounds that make us Whole again. Neutral presence is our embodied, grounded center that provides body-felt safety and a strength of will so we are able to sense and remain present to intense emotions during the release of electro-charged shock, while every cell in our body is being suffused by Pure Breath of Love.

When our *presence of stillness* senses intensity, intimacy, and paradox it does not re-traumatize us.

The *presence of stillness* is reposed in our inner-body sanctum, so we can be with the intensity of the release of shock, which strengthens our will. It is the fear-based ego that harbors the false belief that being present to intensity traumatizes us. Once we expose these strategies that recoil against the *descent* of consciousness, they can be transmuted by love.

Stillness Touch Is For A New Generation of Practitioners Who Are Dedicated To Evolve Consciousness

Rather than depending on the teacher to carry the potency of the group field, it is each practitioner who dedicates to the cultivation of fierce-hearted, self-compassionate practices that build their strength of will. With your ever-deepening capacities of presence, you can be with 'what is' amid any degree of intensity, intimacy, or paradox. Once you choose *Divine Feminine Wisdom* to evolve your consciousness, you *descend* into your body and begin your *Grail Journey* to realize enfleshment, which is a bodily union with Pure Breath of Love. In enfleshment, you not only realize the Sutherland's final precious teaching, you evolve it:

**BE STILL AND KNOW I AM
BE STILL AND KNOW I AM LOVE**

Testimonials

Stillness Touch Union of Body & Love is a next level realization that truly inspires me with its simplicity and practical application. Your description of the Core Wound and how, oddly enough, we misconstrue that love is the enemy is groundbreaking to me. Your work cuts to the core, it is fascinating, and it rings true immediately to me. Simply sitting with myself and letting the Core Wound *be* produces phenomenal results. Your work cuts through the chaff and gets straight to the Divine Mothership of Love. How you managed to put all this into words on a page will remain a mystery. ~ Certified Stillness Touch Practitioner

Stillness Touch Union of Body & Love is amazing! It is an embodied emanation that vibrates in my body and BECOME the words instantly as I read them. My body is 'seen' by your words and it softens in the acknowledgment. I receive the direct emanation of all the micro-nuanced, layered, textured, multidimensional aspects of realizing cellular consciousness inside my body that extends infinitely beyond my skin. The words you choose vibrate into the cells of my flesh and bridge the transpersonal into a personal experience of all that you mention. Again, thank you for the passion you put into the creation of this *Embodiment Manifesto*. It is truly the best book I've ever read. ~ Giselle Bridger, Co-founder of Lunaria Institute

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