

FRANKLYN SILLS

CRANIOSACRAL BIODYNAMICS



VOLUME ONE

The Breath of Life, Biodynamics, and Fundamental Skills

Craniosacral Biodynamics The Breath Of Life Biodynamics And Fundamental Skills

Dominique Clothiaux



Craniosacral Biodynamics The Breath Of Life Biodynamics And Fundamental Skills:

Craniosacral Biodynamics, Volume One Franklyn Sills, 2001-08-13 Craniosacral therapy is based on the belief that functions of the human system are maintained and integrated by a biodynamic force known as primary respiration or the breath of life Found in the brain spinal cord and bodily fluids this rhythmic pulse promotes healing and health Written for students and practitioners but accessible to lay readers this text presents the fundamental concepts and techniques of a method that redirects the cerebrospinal fluid to areas of imbalance thus enhancing overall health Volume One covers both the history and conceptual ideas fundamental to Craniosacral Biodynamics as well as the more complex structural and tissue relationships *Foundations in Craniosacral Biodynamics, Volume One* Franklyn Sills, 2012-01-10 Biodynamic Craniosacral Therapy BCST is commonly seen as the spiritual approach to craniosacral therapy CST in fact BCST as taught by Franklyn Sills the pioneer in the field is quite different from conventional CST Biodynamic work is based on the development of perceptual skills where the practitioner learns to become sensitive to subtle respiratory motions called primary respiration and also to the power of spontaneous healing Through the Breath of Life which Sills asserts echoes the Holy Spirit in the Judeo Christian tradition bodhicitta in Buddhism and the Tai Chi in Taoism students of BCST learn to enter a state of presence oriented to the client's inherent ability to heal In *Foundations in Craniosacral Biodynamics* Sills offers students and practitioners an in depth step by step guide to the development of perceptual and clinical skills with specific clinical exercises and explorations to help students and practitioners learn the essentials of a biodynamic approach Individual chapters cover such topics as holism and biodynamics mid tide Long Tide Dynamic Stillness and stillpoint process the motility of tissues and the central nervous system transference and the shadow shamanistic resonances and more **The Breath of Life** Cherionna Menzam-Sills, PhD, 2018-04-17 A unique approach to Biodynamic Craniosacral Therapy a whole body healing therapy focused on working with the forces underlying health and healing Cherionna Menzam Sills draws on her extensive background in pre and perinatal psychology embryology bodywork Continuum Movement and other somatic therapies as well as years of working with her husband Biodynamics pioneer Franklyn Sills to present this accessible introduction to the meditative healing practice of Biodynamic Craniosacral Therapy BCST This book offers a personal journey of embodied inquiry into each element of biodynamic session work using meditative explorations personal descriptions and illustrations to convey the essence of Biodynamics It emphasizes breathing and body awareness exercises that help the practitioner become more attuned to her own body so that she can create an effective relational field with her client An essential guide for new practitioners students and clients as well as a valuable reference for experienced practitioners this book illuminates the path toward the intelligent formative forces of the mysterious presence called the breath of life and its transformative power for health and wholeness **Being and Becoming** Franklyn Sills, 2008-09-23 Being and Becoming is a wide ranging analysis of the nature of being and selfhood The book presents an original integrated paradigm with the aim

of creating a comprehensive overview of the human condition and finding ways to alleviate suffering In essence the book explores the question What does it mean to be Being and Becoming begins with fresh interpretations of the work of Martin Heidegger and Buddhist Taoist and Christian writings as they relate to this question Most of Being and Becoming however is about the nature of self and selfhood as a process of I am this my becoming rather than my being Author Franklyn Sills interweaves concepts from object relations theories psychodynamics pre and perinatal psychology and Buddhist self psychology along with his own rich experience as a Buddhist monk somatic therapist and psychotherapist into his inquiry The works of Fairbairn and Winnicott are discussed in depth as are Winnicott and Stern s insights into the nature of the early holding environment the infant mother relational field and early perceptual dynamics A thoughtful guide for psychologists therapists counselors and other health professionals the book is also ideal for Buddhists and anyone looking for alternative therapy models

Craniosacral Biodynamics Franklyn Sills,2001 Covering the period c 1200 c 2000 this book provides an innovative investigation of entrepreneurship in a long run historical perspective presenting new insights into the personal characteristics of successful business people and deepening our understanding of the roots of industrialization and economic growth

The TMJ Handbook Cator Shachoy,2024-08-27 Alleviate TMJ pain with a powerful integrative mind body program that draws on yoga mindfulness and craniosacral bodywork and includes more than thirty instructional movements and eleven audio downloads In The TMJ Handbook Cator Shachoy explains the anatomy and physiology of Temporomandibular Joint Dysfunction TMD what we commonly refer to as TMJ She unpacks the physical emotional and energetic reasons why this pain can occur and become so debilitating including injury stress and tension emotional trauma grief and rage hormonal imbalances among other causes She then offers a unique and effective approach to reducing TMJ pain that combines yoga massage meditation and craniosacral therapy The TMJ Handbook delves into A definition and explanation of jaw tension and jaw anatomy Headaches stress and trauma Conscious healing touch and self massage Yoga poses and sequences Shachoy shares inspiring and instructive stories of patients she has treated and empowers us with the knowledge and skills to help ourselves This fully illustrated guide has more than thirty instructional movements and eleven audio downloads

Unwinding Bone Scott Sternthal,2025-10-15 Unwinding Bone is a comprehensive guide to biodynamic skeletal therapy BST a gentle non manipulative approach to treating skeletal tissue Canadian osteopath Scott Sternthal the developer of BST distills science and theory into practical applications for treating nearly every bone in the body

Matrixworks Mukara Meredith,2017-04-26 MatrixWorks is a facilitation model that uses practical application of Buddhism systems thinking holistic leadership and neuroscience to make groups thrive as living systems Our approach is designed to generate a feeling of aliveness in every individual and the whole group so that the collective may become a dynamic body that self organizes in harmony with its environment Weve developed this model to share the theory and practice of whats needed to create groups that work for everyone and we imagine that youre here because you have within

you a sense of what's possible when groups come together to make magic. These tools are needed to understand and transform the complexities of relationships among partners, families, teams, organizations, and groups of any kind. As we decode the mysteries of relational health, we unleash the creative and often hidden potential of groups to experience evolutionary transformation. This book will prepare matrix-inspired leaders to function effectively and nourish life in times of chaos and profound change.

The Prenatal Shadow Cherionna Menzam-Sills, 2025-03-04 Explains how babies remember their experiences from the womb and birth as implicit memory impressions that are held in emotions, images, and the body. Examines scientific evidence of how preverbal memory works and how prenatals are highly responsive to their mother's perceptions. Looks at how to become aware of and acknowledge implicit memory from the womb as well as how to heal and prevent birth trauma. In a world where it is believed that babies lack awareness, somatic pre and perinatal therapist Cherionna Menzam Sills Ph.D. reveals that babies do perceive negative prenatal and birth experiences which can easily become unconscious shadow infiltrating the psyche and affecting personality, relationships, behavior, and perceptions throughout life. Drawing on scientific evidence of how preverbal memory works, the author shows how babies even before birth are exquisitely sensitive with remarkable potential. She explains how babies remember the intensely formative experiences from this primal period as implicit memory and she looks at how prenatals are deeply influenced by their mother's perception of safety or threat, including during labor and birth, which affects their developing nervous systems. Examining the healing and integration of the prenatal shadow, the author presents body awareness exercises, reflection questions, and meditative practices for sensing the little one within and offering them what they need. She also shares stories about how clients were able to express their prenatal emotions, changing their lives with these techniques. By integrating the prenatal and perinatal shadow, hidden just beyond conscious awareness, we can heal our relationships with ourselves and our loved ones as well as reconnect with our original potential.

Embryos, Galaxies, and Sentient Beings Richard Grossinger, 2003 Why is the universe conscious? What kindles mind inside matter? Why do fundamentalist sciences and religions never ask these questions? This sequel to *Embryogenesis* deals with the theoretical issues brought up by *Embryogenesis*, including the relationship between thermodynamics, entropy, and the emergence of life; a speculative set of embryogenic principles for all creatures on all planets in the cosmos; an explanation and critique of Intelligent Design; and a proposal for a more dynamic psychospiritual theory of creature development; a series of alternatives to genetic determinism; a discussion of the relationship between consciousness and matter; an interjection of 9/11 which occurred during the writing of this book; and many other topics. Chapters include: What is Life? Evolution, Thermodynamics, and Complexity; Is There a Plan? Creationism, Cultural Relativism, and Paraphysics; Biogenesis and Cosmogenesis; Cells, Genes, and Planets; The Principles of Biological Design; Physical Forces in Nature; The Dynamics of the Biosphere; Deep Time and Space; The Limits of Genetic Determinism; Dimensionless; Epigenetic Landscapes; Topokinesis; Physical Forces in Development; Tissue Motifs; and Body

Plans Coordinating Form The Primordial Field Metabiology and The Molecular Apparatus Meaning and Destiny The Relation of Consciousness to Matter **BRIDGING THE GAP IN HEALTH CARE 2** PAUL TURNER,2011-08-23 **BRIDGING THE GAP IN HEALTH CARE 2 MULTIDIMENSIONAL ASSESSMENT** This book helps to integrate assessment on all levels of being multi dimensionally from an energetic spiritual perspective rather than focusing on integrating assessment from a more mechanical structural perspective A multidimensional model of assessment is discussed which can be scientifically explored and tested using the instruments of self consciousness i e the mind and our inner senses When successfully implemented these ideas should help to consciously bridge the gap between the intellect and intuition It is a useful resource for any practitioner healer who works with energies or anyone simply wishing to develop a deeper understanding of self Testimonials This book brilliantly synthesizes current understandings of what takes place during a healing session It explains lucidly what unconsciously occurs at an energy level during healing and provides a methodology for diagnosis and treatment using the power of the mind Anyone who reads this book and puts into practice Paul s techniques will find their treatments will improve significantly Geoff Charles Remedial Massage Therapist This book gives lots of ideas for treatment as well as linking both the physical with the energetic leading to a more holistic way of treatment Very Informative Bronwyn Butterworth Naturopath Massage Therapist Wisdom in the Body Michael Kern,2011-08-30 Accumulations of life stresses physical injuries emotional and psychological stresses birth traumas and toxicity can become imprinted in the tissues acting like a videotape that is replayed whenever stimulated Biodynamic craniosacral therapy aims to resolve the trapped forces that underlie and drive these trauma based patterns of disease and suffering in body and mind Wisdom in the Body teaches practitioners to develop the finely tuned skills of hands on palpation and perception to sense the body s subtle rhythms and patterns of inertia or congestion with the goal of ending trauma and facilitating the expression of the breath of life A comprehensive introduction to this practice the book draws on the insights of pioneers like Drs W G Sutherland and Franklyn Sills to explain the key principles about the body s natural intention to heal and how this capability can be encouraged A valuable resource for students practitioners and the lay reader the book also includes a foreword by Dr Franklyn Sills

American Book Publishing Record ,2005 Foundations in Craniosacral Biodynamics, Volume Two Franklyn Sills,2012-12-18 Foundations in Craniosacral Biodynamics presents a comprehensive grounding in the clinical skills needed in a biodynamic approach to craniosacral therapy Author Franklyn Sills places particular emphasis on developing what he terms perceptual skills diagnostic skills that enable the practitioner to perceive the subtle sensations and intuitive insights that are the groundwork of most forms of holistic somatic therapy The biodynamic approach has its origins in the clinical exploration of W G Sutherland DO 1873 1954 the founder of osteopathy in the cranial field and forefather of craniosacral therapy In the last ten years of his life his work changed from a biomechanical approach to a fully holistic orientation toward the ordering and enlivening forces present in the human system Sutherland described his experiences of a mysterious

presence the Breath of Life from which ordering forces and healing intentions arose His work then shifted from biomechanics to biodynamics from analysis and motion testing to an appreciation of the unfolding of the inherent treatment plan Sutherland encouraged practitioners to use no outside force whatsoever but to allow the inherent ordering forces which he called potency to make the decisions and do the work Franklyn Sills pioneered the biodynamic approach to craniosacral therapy outside the osteopathic profession This approach has now spread around the world in various forms Sills wrote the early books in this field and this new book now brings the text up to date Foundations in Craniosacral Therapy Volume Two expands on the work described in the previous volume starting with an overview of a biodynamic approach to craniosacral therapy which emphasizes the suspensory nature of the human system Here we review and deepen our understanding of the three bodies the physical fluid and tidal bodies We also review and expand upon the suspensory nature of the holistic shift the physical body suspended in the fluid body in turn suspended in the tidal body within the context of the inherent treatment plan The following chapters of the book orient to our earliest life experiences the embryonic period and the pre and perinatal experience with chapters devoted to birth birth dynamics and craniosacral approaches oriented both to birth trauma and to the tissue patterns it generates Here we orient to the prenat and birthing infant as a sentient being having and responding to life experience Further chapters orient to the primal notochord midline and the tissue structures that form around it We explore the dynamics of the pelvis vertebral axis cranial base face and hard palate Volume Two finishes with four important chapters on the neurophysiology of stress and trauma and related craniosacral and verbal skills All chapters include appropriate biodynamic approaches to traumatization and CNS activation Subject Guide to Books in Print ,2001

Stillness Charles Ridley,2006-12-19 Charles Ridley is known for having refined a version of biodynamic craniosacral work that is nonmedical and nonmechanical In Stillness he clarifies the three fundamental types of this work biomechanical functional and biodynamic He explains the requirements and pitfalls of each model and how to discern the differences and similarities between them He guides the practitioner experientially to explore what he is describing and offers exercises drawn from his own practice to help therapists access directly the whole felt body sense that connects each individual with the Breath of Life **Cranial Intelligence** Ged Sumner,Steve Haines,2010 This new and important textbook demystifies the biodynamic approach to craniosacral therapy and shows how and why it can be so effective at bringing about a natural realignment towards optimal health The authors describe how to respond appropriately to each client s system and how to support deep felt and lasting change in patients *The Fluid Dynamics of Craniosacral Therapy* Dominique Clothiaux,2024 Dominique Clothiaux s book *The Fluid Dynamics of Craniosacral Therapy* presents a unique understanding of the Fluid Dynamics within the Craniosacral System We go beyond more mechanical approaches in craniosacral therapy by emphasizing the energy dynamics and processes that organize body functions The foundations of biodynamic craniosacral philosophy will be described as well as an integration of craniosacral techniques and anatomy for reawakening the healing

potential within us all This effective approach of understanding the living physiology and its application into practice encourages healing when there are challenges to health and happiness such as injury pain illness or trauma The Health and Breath of Life is profoundly connected to the cranium spine pelvis and nervous system tissues through our intricate facial system which is explained in detail This approach takes you into the heart of the therapeutic process and how to return the body to a greater relationship to the inherent health Come explore an integration of the body's healing potential through the Craniosacral System It has been shown to provide relief for many modern stress related illnesses chronic pain syndromes headaches immune system disorders physical and emotional trauma Dominique defines the Fluid Dynamics of Craniosacral Therapy while explain basic anatomy and physiology as it pertains to the nervous system basic neurobiology while explaining basic to intermediate listening and palpating skills *Biodynamic craniosacral therapy* Michael J. Shea, 2002

Biodynamic Craniosacral Therapy, Volume Four Michael J. Shea, Ph.D., 2012-04-17 Interest in craniosacral therapy has exploded in recent years not surprising given its gentle effective approach to working on the spine and the skull and its cranial sutures diaphragms and fascias The treatment focuses on the 92 percent of the human body composed of living water rather than the eight percent that most therapies address Building on the previous books which explored underlying principles differentiating the components of the practice and combining theory and practice this volume illustrates the evolution of craniosacral therapy over the past 30 years More than 50 hand positions are presented in detailed photographs many with multiple views each of which can be used immediately and effectively Additional chapters focus on the correct use and boundaries of the therapist's hands a precise sequence to follow when practicing biodynamically and working with the therapist's perception of the therapeutic process Written for practitioners in the fields of massage mental health complementary and alternative medicine and chiropractics this book like the others in the series is equally useful read on its own or in sequence

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