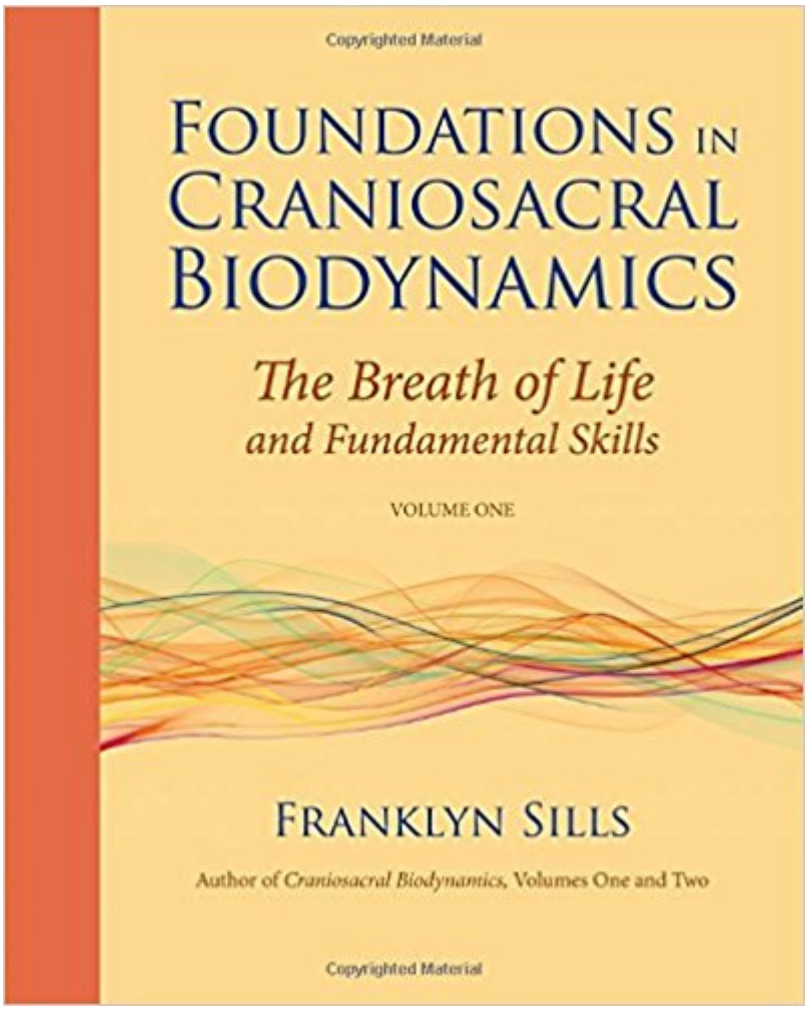
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Foundations In Craniosacral Biodynamics, Volume One: The Breath Of Life And Fundamental Skills



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Synopsis

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 clientÃ¢â ¬â„¢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.

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Customer Reviews

Ã¢â ¬Å“Foundations in Craniosacral Biodynamics: The Breath of Life and Fundamental Skills V. One provides a fine somatic approach to well-being and biodynamic craniosacral therapy, known for its gentleness and effectiveness in treating traumas and imbalances. It depends on the practitioner's ability to enter a state of presence oriented to the client's capacity to heal, so training involves learning not just anatomy and physiology, but psychology skills. This comes from a therapist who

offers students and practitioners a step-by-step guide to mastering the skills key to a biodynamic approach, and presents further developments in the field since the publication of his first textbook Craniosacral Biodynamics. Any interested in exercises and training in this area will find this a fine, specific guide to its therapeutic process.Ã¢â ¬Â• Ã¢â ¬â •Midwest Book Review

Franklyn Sills is the co-director of the Karuna Institute, a retreat and teaching center that offers trainings in Biodynamic Craniosacral Therapy as well as a master's degree in Core Process Psychotherapy. The author of four books published by North Atlantic Books, he lives in Devon, UK. Cherionna Menzam, PhD, contributed a chapter to Foundations in Craniosacral Biodynamics. She lives in Santa Monica, CA.

I am new to the work of Craniosacral Therapy. I'm in the beginnings of a training program, doing some required reading, and this is one of the books.Franklyn Sills is in love with what he does, there is no question about that. He writes with lucidity and sheer reverence for the forces of Life and how they unfold within is. At times his writing is quite moving and can actually take your breath away.I believe he wrote this book with the intention to simplify and consolidate many of the concepts within Craniosacral Biodynamics and the Osteopathic work of people like Will Sutherland and Rollin Becker, and while that intention does come forth, it isn't executed all that well. This book ends up feeling much like an old textbook that needs lots of revision by someone other than the author yet with his supervision.I say that because the concepts brought forth by Sills, some of them difficult to comprehend from the beginning, are cluttered and made more obtuse by his writing. Some of the content feels as if Sills thought of 20 different ways to say the same thing and simply listed them all sequentially. I think the book would be much shorter if those '20 ways' were simplified into one or two.Also, much of the terminology in this field could stand to be simplified, there are too many words used for the same thing or very similar concepts, and that isn't by any means Sill's fault or doing alone, but it certainly shines through in the text, creating further confusion.I would still suggest buying this book, as it creates a depth of discussion that few others in Craniosacral do, but I would also suggest picking up Michael Kern's 'Wisdom in the Body'. It explains the same concepts in a much simpler way, appealing more to the layman and explicating with out being obtuse or excessively flowery with language.

The book is a great intro to the Breath of Life...Read it today!! Your life will never be the same thereafter...

badly written and uninspiring book, please read Michael Kern’s Wisdom in the Body instead

Clears so many concepts. A must read for both biodynamic craniosacraltherapy students and graduates alike.

A deep and detailed journey into Biodynamic Cranialsacral Therapy. A foundational text for anyone interested in this magnificent field of work.

I love this book and the way Franklyn Sills expresses the osteopathetic and craniosacral principles with holographic theory and trauma skills. He very effectively interweaves models and principles associated with the Breath of Life and new models of working with shock and trauma. The emphasis on the fluids and fluid tides brings a balance to the more structurally oriented craniosacral texts. I am a psychotherapist and find the principles articulated in this book extremely helpful in working with shock and trauma as well as accessing more vibrant health and creativity.

Wonderful book. Deep.

This book has a lot of information, but is not written very well. It is hard to follow and terms are interchanged making it very confusing to read. I think the author makes the work a lot more complex than it actually is. It is " text booky", and many things are said over again but with different jargon making it confusing and irritating to read.

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