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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 cranial work - biomechanical, functional, and

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biodynamic - as defined by cranial osteopathy. He explains the requirements and pitfalls of each model, and how to discern the differences and similarities between them.

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Charles Ridley. 4.47

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Stillness Touch is a post-biodynamic practice after
Dynamic Stillness

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emanates the
template of
Wholeness as ...

“Studying with
Charles as he
teaches biodynamic
cranial work has
taken my work to a
new level. Charles
has challenged me
to extend my skills
and relax my ‘ I ’ ll fix
it ’ attitude that I

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have carried for so long.

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Professional training

in craniosacral

biodynamics

(BCST) in New York

City lead by

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Shannon Dailey,
Clara Favale,
Christina Morrow
and Franklyn Sills.

Biodynamic

Craniosacral

Therapy BCST is an
approach to the
practice of

Craniosacral

Therapy that

acknowledges the

deepest foundations

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of healing in the
human system.

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Craniosacral. It is a healing art that works with the subtle energies that create and maintain

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health in the human system. While not a manipulative

therapy, it has its

roots in osteopathy

and has evolved to

include influences

from advances in

Neuroscience,

Human

Development, Pre

and Perinatal

Psychology, and

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Trauma Resolution.

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with a refined

version of

biodynamic

craniosacral work is

nonmedical and

nonmechanical.

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The biodynamics we teach is an evolutionary model, not a treatment model. “Treatment happens” on multiple levels at the same time as part of an evolutionary

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impulse or intelligence. Cranial enfoldments are understood as non-separate expressions of an evolving and embodied conscious Whole.

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similarities between
them.

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CranioSacral

Therapy, more so

with Biodynamic

CranioSacral is a

meditative practice.

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There is a receiver and a giver which together create a dance, a kind of meditation in a dynamic relationship. The giver, sitting in a stillness, witnessing life manifesting in a person the giver is holding space for and expressing the

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“Breath of Life”.

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What is Biodynamic
Craniosacral
Therapy. This video
by Steve Haines is a
good introduction to
Biodynamic

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Craniosacral
Therapy . . . Subtle
movements in the
body ' s fluid and
tissue fields are
being listened for
and the natural
movement towards
stillness is seen as
deeply healing.

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These series of classes offer an overview and an experiential immersion into the history, theory and practice of biodynamic cranial work. This approach (BCT) was

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developed by
Charles Ridley in
alignment with Dr
William Sutherland's
(the originator of
Cranial Osteopathy)
later explorations
into what he came
to call the Breath of
Life.

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Charles Ridley,

Founder of Dynamic

Stillness School.

Author of

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Consciousness. ww

w.dynamicstillness.c

om. WRITING:.

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STILLNESS book
available here.

Charles' blogpost,
The Death of

Biodynamics,
discussed in the
audio interview
below.. Blogpost
von Charles auf
Deutsch: The Death
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Charles Ridley,

North Atlantic

Books: 2006

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[How craniosacral therapy can undo trauma](#)

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fundamental types
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osteopathy.

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Craniosacral
Biodynamics is the
leading edge of
evolution in

Craniosacral
therapy. BCST is a
healing art that
works with the
subtle energies that
create and maintain
health in the human
system. While not a
manipulative

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therapy, it has its roots in osteopathy and has evolved to include influences from advances in Neuroscience, Human Development, Pre and Perinatal Psychology, and Trauma Resolution.

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7, 2017 . . Although I
rest upon the
shoulders of these
three cranial
pioneers (Drs.
Sutherland, Becker
and Jealous), the
biodynamics I teach

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is different in many ways. I propose that the five known cranial enfoldments (Cranial Wave, Fluid Tide, Long Tide, Dynamic Stillness, and Pure Breath of Life) are aspects of human consciousness; therefore, biodynamic cranial

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The Biodynamic

Craniosacral

Therapy practitioner

is trained to sense

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different levels of stillness and is able to palpate the expression of the system as the treatment evolves according to its own ordering principal. It is a subtle and gentle experience to the human experience. This hands-on therapy is

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non-invasive and
non-manipulative.

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that is nonmedical

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medical, non-doing
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approach to touch
that is free of mecha
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overlay. Giorgia

Milne has been a

principal teacher

with the school

offering classes

internationally since

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