



Stillness: Biodynamic Cranial Practice and the Evolution of Consciousness, Charles Ridley, North Atlantic Books, 2006, 1556435924, 9781556435928, 241 pages. 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..

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Energy medicine the scientific basis, James L. Oschman, 2000, Medical, 275 pages. There is a growing interest, worldwide, in the field of mind-body medicine and the effect the natural "energy forces" within the body play in the maintenance of normal health ....

Think Or Sink The One Choice that Changes Everything (Large Print 16pt), Gina Mollicone-Long, 2010, Self-Help, 298 pages. The instinctive response to any crisis or challenge is a predictable, hard-wired physiological reaction; the fight-or-flight response. The problem isn't the response itself ....

Craniosacral Therapy for Babies and Small Children , Etienne Peirsman, Neeto Peirsman, 2006, Family & Relationships, 99 pages. This unique first book shows, through pictures and step-by-step instructions, how to give a baby or small child a full craniosacral treatment. The authors approach babies as ....

The Healing Power Of Hado , Toyoko Matsuzaki, Apr 28, 2005, Health & Fitness, 160 pages. In The Healing Power of Hado, Toyoko Matsuzaki shows how the subtle yet powerful life-force energy called hado has the potential to produce remarkable results in your life and ....

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Taking Control of TMJ Your Total Wellness Program for Recovering from Tempromandibular Joint Pain, Whiplash, Fibromyalgia, and Related Disorders, Robert O. Uppgaard, 1999, , 200 pages. Discusses TMJ disorders and offers information on seeking dental and medical assistance while suggesting special exercises and relaxation techniques that may provide relief.

Expanded Orgasm Soar to Ecstasy at Your Lover's Every Touch, Patricia Taylor, Nov 1, 2001, Self-Help, 284 pages. A concise, detailed, how-to book on giving and receiving expanded orgasms. In tasteful and clear language, this book will teach the reader how to create and practice this full ....

The Secret Teachings of Plants The Intelligence of the Heart in the Direct Perception of Nature, Stephen Harrod Buhner, Oct 27, 2004, Health & Fitness, 336 pages. Advocates the use of an intuitive cognition in order to discover plants' medicinal and nutritional purposes, including discussions of the scientific model's limits and how ....

Rhythm and Touch The Fundamentals of Craniosacral Therapy, Anthony P. Arnold, 2009, Health & Fitness, 255 pages. With its low-impact, nurturing approach to working with the spine, the skull, the diaphragm, and the fascia to release pain in the body, Craniosacral Therapy has become an ....

Measuring the Immeasurable The Scientific Case for Spirituality, Daniel Goleman, 2008, Body, Mind & Spirit, 552 pages. Collects essays on meditation, the power of prayer, optimism, thankfulness, neurophenomenology, and alpha brain waves, all written from the perspective that science and ....

