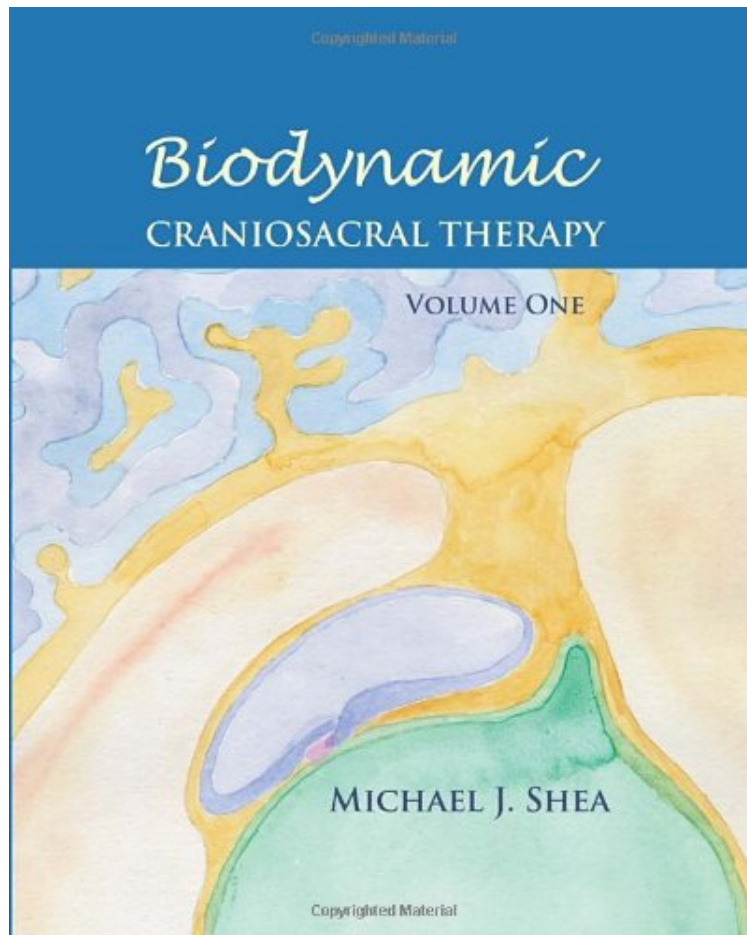


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## Biodynamic Craniosacral Therapy, Volume One

*Michael J. Shea Ph. D.*

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**Michael J. Shea Ph. D. : Biodynamic Craniosacral Therapy, Volume One** before purchasing it in order to gage whether or not it would be worth my time, and all praised Biodynamic Craniosacral Therapy, Volume One:

5 of 5 people found the following review helpful. EnlighteningBy William RasmussenAs a student of Cranial sacral therapy and body/mind therapies this book was right up my alley. In my path to healing the relationship of energy, anatomy, and consciousness has been a subject of intense focus. This book has clarified a lot of unanswered questions and given me food for thought. And it gave me the keys to understanding some of my success in body-mind therapy that had up until reading this book been unexplained. A short review cannot do justice to all that I have learned from reading this book. I highly recommend it.19 of 19 people found the following review helpful. Definitely worth owningBy dadiganI've been involved in alternative health since my early 20's and have read and studied extensively in body and energy work, nutrition, and numerous forms of healing, far too many to mention. I gravitate naturally to energy work and have been very interested in the visionary aspects of cranial therapy ever since reading the books of Milne, Gilchrist, and Sills.Dr. Shea's book easily holds it's own with these forward thinking individuals and helped

open new insights in my thought process regarding the role of embryology, psychology, and mythology as it relates not only to energy work but also to us as human beings. He started me thinking in whole new directions from perspectives I had only touched upon in the past. For me the section on embryology was worth the cost of the book but there was so much more as a bonus. I have not studied cranial osteopathy, or cranial sacral therapy, specifically but have come to many of the same experiences mentioned in these books naturally in my own journey with energy healing. Not having the same terminology as an osteopath some of the material went over my head not because I couldn't understand it but more because I was less interested in trying to learn it. I was able to get the underlying meaning quite easily anyway because of Dr. Shea's writing style. I would highly recommend anyone involved in healing, or therapy, to read this book as there are a ton of insights in it that will help any therapist regardless of modality. Dr. Shea is very engaging, extremely honest about his own past experiences, which I found truly authentic and much appreciated, and he is also an enjoyable writer...important in such a book. Believe me, as I've read many such books that weren't and they can be agonizingly long. I am looking forward to the next volume in the series when it comes out and will be among the first to buy it. Biodynamic Cranial Therapy is one for the book shelf. Hope this helps. 14 of 15 people found the following review helpful. Biodynamics as Embodied Spirituality By Jeff Rockwell This book was a delightful surprise for me. A long-term student of vitalistic chiropractic, biodynamics, poetry, and the Natural World, I was very pleased to see that this book embodied all of that and more. Today, we are witnessing the "waking up" of many people in the West, many of whom teach, hold satsang, and give pointers to the "beyond the Beyond." In this book, Michael Shea doesn't just write about Truth, but teaches ways to perceive and access It, in ways that are simple, profound, even romantic (in the best, biggest sense of the word). Sure, this is another in a stream of (mostly wonderful) books on the "new" field of Craniosacral Biodynamics, and it succeeds on that front. But, more importantly---to me---this text skillfully posits cranial work almost as a metaphor for the spiritual path of the Natural and Naturally Non-Dual World and ushers you towards the means to embody that. And---this is only Volume One of Three!

Biodynamic Craniosacral Therapy, Volume One presents craniosacral therapy as a compassionate healing art that can be used by psychologists, midwives, chiropractors, and massage and physical therapists. Author Michael Shea explains how the fluids of the body hold stress and offers practical, extremely gentle touch exercises that help practitioners heal physical, spiritual, and emotional conditions in both infants and adults. He also presents a unique perspective on depth psychology and embryology; the defining differences between biodynamic craniosacral therapy and other forms of cranial therapy.

Upon receiving this volume from Michael Shea, a real sense of expectancy and excitement arose as I looked at the chapter headings. I was not disappointed. Shea brings us not only to the heart of the biodynamic approach but to its archetypal and spiritual roots. He covers so much territory here that a good slow read and reread is not only required but essential to allow the sweep of the material to enter. —Franklyn Sills, author of Craniosacral Biodynamics, Volumes One and Two

Michael Shea could arguably be called the most powerful and clear voice innovating the field of biodynamic craniosacral therapy. His approach reaches a depth of healing and accesses inner resources uncommon in the field of alternative therapies. —Carol A. Agneessens, MS, RCST, certified advanced Rolfer and author of The Fabric of Wholeness: Biological Intelligence and Relational Gravity

Biodynamic Craniosacral Therapy articulately and poetically reveals the deep intelligence that underlies patterns of suffering and disease in the human system. With a profound comprehension of embryology, and drawing inspiration from both science and the spiritual traditions, this book clearly unfolds an understanding of the primary forces that organize our form and function. —Michael Kern, course director of the Craniosacral Therapy Educational Trust in London and author of Wisdom in the Body: The Craniosacral Approach to Essential Health

As the title implies, this book offers a dynamic approach to human physiology, in which anatomy is experienced as an intelligently evolving metabolic field, with the inherent, ever-present potential for change. It will stimulate the biodynamic therapy field as a provocative, insightful call to a much wider scope than has previously been articulated, and it deserves a wide audience and close reading among educators, students, and practitioners. —Anna Chitty, biodynamic craniosacral therapist and co-owner of Colorado School of Energy Studies

Dr. Shea presents a magnificent synthesis of craniosacral therapy, developmental biology, embryology, neurosciences, meditation practices, and depth psychology. Practitioners will find ample guidelines for how to deepen their therapeutic practice while the layperson will find ways of making sense of the marvelous effects we experience from this work in addition to clues for how to turn to it in one's spiritual and psychic journey. —Don Hanlon Johnson, PhD, author Everyday Hopes, Utopian Dreams and professor of Somatics at The California Institute of Integral Studies

Michael Shear's book is full of pearls for practitioners working with infants, children, and adults. Drawn from his decades as a mastery-level practitioner and trainer, this book reads as a rich tapestry of leading-edge information, knowledge, and practitioner wisdom. —Wendy Anne McCarty, PhD, RN, author of Welcoming Consciousness: Supporting Wholeness from the Beginning of Life

An Integrated Model of Early

DevelopmentAbout the AuthorMichael Shea, PhD, has studied the Cranial Concept for thirty years and taught somatic psychology, myofascial release, visceral manipulation and craniosacral therapy at numerous massage schools and educational centers throughout North America and Europe for nearly three decades. His career focus has been on treating infants and children with neurological problems and developmental delays. Over the past twenty-five years he has presented his pediatric craniosacral therapy programs at children's hospitals, universities, and pediatric clinics in North America. Dr. Shea was one of the first certified Full Instructors of CranioSacral Therapy in 1986 by the Upledger Institute before co-founding the International Affiliation of Biodynamic Trainings (IABT). He has been a licensed massage therapist in the state of Florida, where he lives, since 1976.