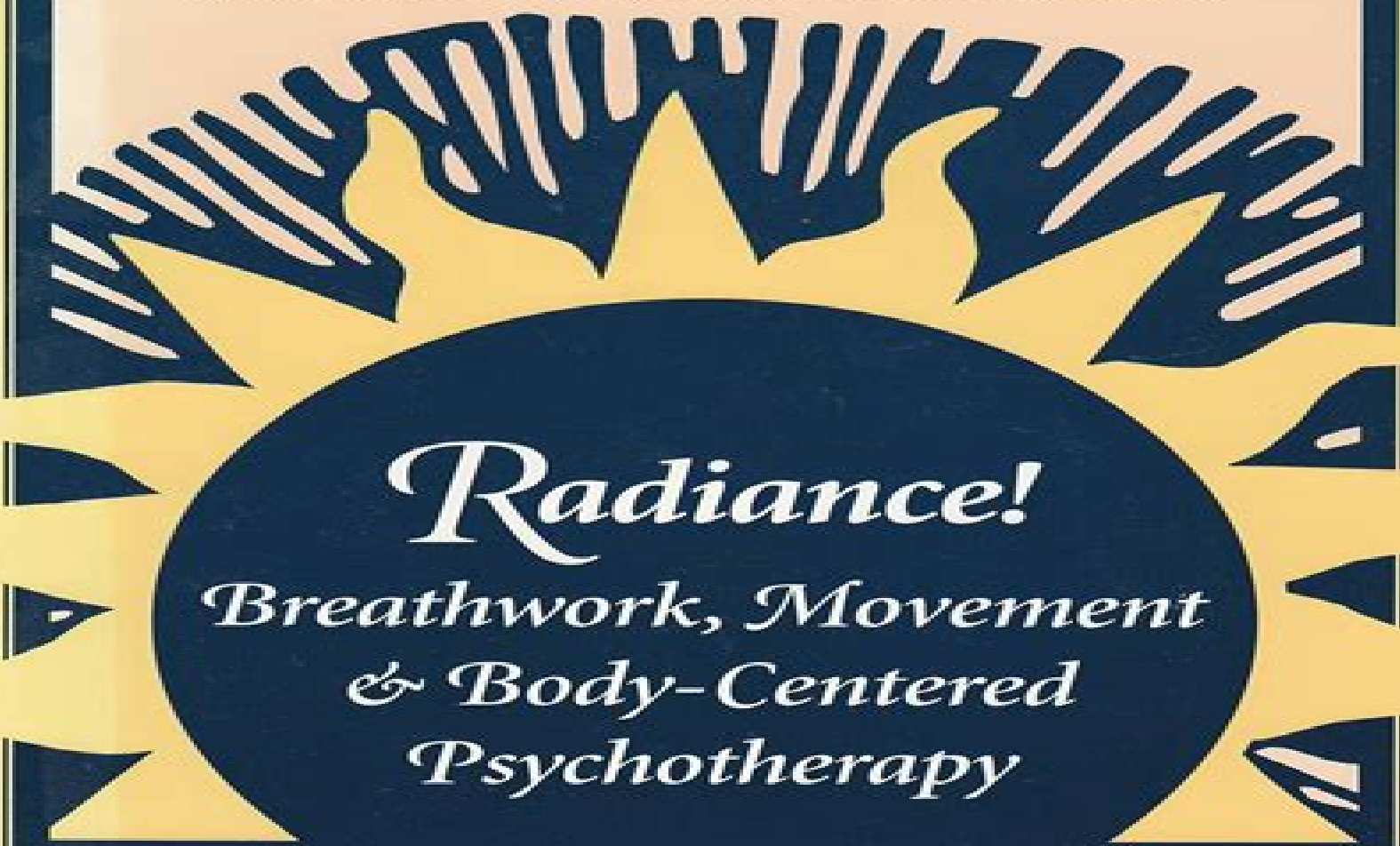


*There is no need to soar heavenward while dragging the body behind
as a burden... Use the body itself as a means of transcendence.*

A stylized sunburst graphic with a large dark blue circle in the center. The circle contains the title text. Radiating from the circle are several dark blue, hand-like shapes with fingers spread, set against a light yellow background. The entire design is enclosed in a dark blue rectangular border.

Radiance!

*Breathwork, Movement
& Body-Centered
Psychotherapy*

Gay & Kathlyn Hendricks

*authors of Centering and the Art of Intimacy, Learning to Love Yourself
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Radiance Breathwork Movement And Bodycentered Psychotherapy

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Radiance! Gay Hendricks, Kathlyn Hendricks, 1991 **Getting in Touch** Christine Caldwell, 1997-11-01 Covering such techniques as Hakomi Dreambodywork and The Moving Cycle the founders of body centered psychotherapy explain how they developed their methods what happens during a therapy session and who can best benefit from them Original Tour IP

Getting Our Bodies Back Christine Caldwell, 1996-04-02 A habitual movement as common as nail biting or toe tapping can be the key to pulling out addictive behavior by its roots These unconscious movement tags indicate the places where our bodies have become split off from our psyches When brought to consciousness and confronted they will often tell us very plainly where our psychological suffering originated showing us where to begin reconnecting body and soul Christine Caldwell a pioneer in the field of somatic psychology has created an original model for working with body wisdom called the Moving Cycle She describes how this form of therapy has worked effectively in her own practice and she provides practical techniques to show how we can learn to listen to what our bodies are telling us confront addictive habits and learn to celebrate our inherent wisdom and elegance **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 prenatate 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 *Yoga Journal* ,1991-11 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *Alternative Healthcare* Jack Raso,2013-12-05 Raso examines the philosophical underpinnings of alternative medicine as well as hands on healing Qigong and faith healing He shows that whatever the specific philosophy the common denominator is a rejection of the scientific approach of modern medicine in favor of a belief in paranormal forces that influence the well being of mind and body The final section is a firsthand account of Raso s many revealing visits to various alternative healthcare practitioners The book concludes with an encyclopedic glossary of alternative healthcare terminology **Heal the Body, Heal the Mind** Susanne Babbel,2018-09-01 Traumatic events can leave mental and physical scars but these scars don t have to define you Heal the Body Heal the Mind takes trauma survivors on a supportive and healing journey toward well being By practicing the somatic exercises and mind body interventions in this compassionate guide you ll learn to move past difficult experiences restore relationships and cultivate spiritual awareness When trauma occurs the logical mind is hijacked and physiology takes over in an effort to protect you This leaves an imprint your body wants to ensure that nothing like that will ever happen again Being reminded of a traumatic event can trigger these automatic responses leaving you feeling paralyzed or unable to take action This book will help you understand why and how unresolved trauma can infiltrate all aspects of your life including your mind and body even when you re not aware of its influence With Heal the Body Heal the Mind as a gentle guide you ll learn about different types of trauma find helpful assessments and discover how traumatic experiences even childhood and incidental traumas can affect all aspects of your life your relationship choices the roles you play in them your sense of pleasure and desire and how you approach your career spirituality and interactions with others Using the combination of mind body interventions cognitive behavioral theories research case studies and exercises woven into each chapter of this warm hearted relatable book you ll begin to address the unresolved trauma held in your body and advance your healing process So if you re ready to move beyond the trauma that s been holding you back in your relationships at work and in your spiritual practice this guide will show you how **The Breathwork Experience** Kylea Taylor,1994 [Our Inner Ocean](#) LeCain W. Smith,2014-08-12 This book describes ancient

and new holistic modalities of practitioner applied bodywork and revitalizing self care practices that illuminate our human potential and awaken our ability to attain and maintain perfect health and well being *At the Speed of Life* Gay Hendricks, Kathlyn Hendricks, 1994-06 Through more than twenty years of helping people get in touch with their feelings and reawaken their lives renowned psychotherapists Gay and Kathlyn Hendricks have developed a new approach that is as revolutionary as the work of Carl Rogers Fritz Perls or Abraham Maslow a generation ago The Hendricks method of Bodymind Integration offers a powerful alternative to traditional talk therapies a faster more far reaching route to personal change

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The Peculiar "self" Jim N. Loble, 1995 Contemporary Authors New Revision Series Tracey Watson, 2005-04 A biographical and bibliographical guide to current writers in all fields including poetry fiction and nonfiction journalism drama television and movies Information is provided by the authors themselves or drawn from published interviews feature stories book reviews and other materials provided by the authors publishers

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