

## Resources Bodywork

### **Craniosacral Therapy**

*John Upledger, Jon Vredevoogd, Dr. William Sutherland*

Craniosacral Therapy is the most practical, comprehensive textbook in this rapidly growing field of therapy involving the cranial bones, meningeal membranes, cerebrospinal fluids, and whole-body connective tissues. Craniosacral Therapy defines the physiology and anatomy of the craniosacral system, its function in health, and relationship to disease processes.

### **Polarity Therapy**

*Randolph Stone*

Polarity Therapy is a healing science based on living energy fields which acknowledges and includes all dimensions of a human being: physical, mental, emotional, and spiritual. Polarity Therapy is a way of working with the fundamental energies of life, a way of bringing these energies into a state of balance and free flow throughout the entire human energy field.

### **Time Line Therapy and the Basis of Personality**

*Tad James, Wyatt Woodsmall*

The first one is mostly Tad James' work and discusses the notion of 'time line therapy', which are essentially NLP techniques in which a time line is used (the basic idea is to look for past occurrences of a problem that announces itself today, and 'change' one's subjective experience, in order to live one without the problem - for instance, if one has a phobia of mice, go back to the first experience you had of being scared of mice, etc).

### **Body Harmony Unwinding Your Historical Limitations:**

*Don McFarland, Sondra Ray*

This book will fill in a lot of spaces in your bodywork practitioner-ship abilities. He answers a lot of questions that he isn't exactly addressing-but then again- he is, speaking from the Heart and Guts of giving of his Life to you. You be the judge. It just took me a second, and it has made all the difference in my world.

### **Holistic Pulsing**

*Tovi Browning*

Holistic pulsing is a gentle but intensive and body-oriented technique of relaxation, that the osteopath Tovi Browning developed 40 years ago. Rocking and vibrating movements create a wave-like motion through the body - from head to toe. After a few seconds the receiver of the pulse - sinks into a state of comfortable and deep relaxation.

### **Loving Relationships**

*Sondra Ray*

This is an easy to read very enlightening book. It really points out the things in life we so often blame others for when in actuality, it's all of our own doing. It's sensitive and insightful and hits a cord within your heart to motivate you to put your life in order. I thought my own personal life was in great order until I read this book and found there was so much more for me to learn. I've been on a

happiness 'high' for the past two weeks after reading this book and each day, I reread many pages and chapters.

### **Dr Ryke G Hamer's New Medicine**

That there is a connection between the psyche and disease is neither a new discovery, nor is it Dr. Hamer's discovery. To quote Dr. Hamer: 'Through the millennia, humanity has more or less consciously known that all diseases ultimately have a psychic origin and it became a 'scientific' asset firmly anchored in the inheritance of universal knowledge; it is only modern medicine that has turned our animated beings into a bag full of chemical formulas.'