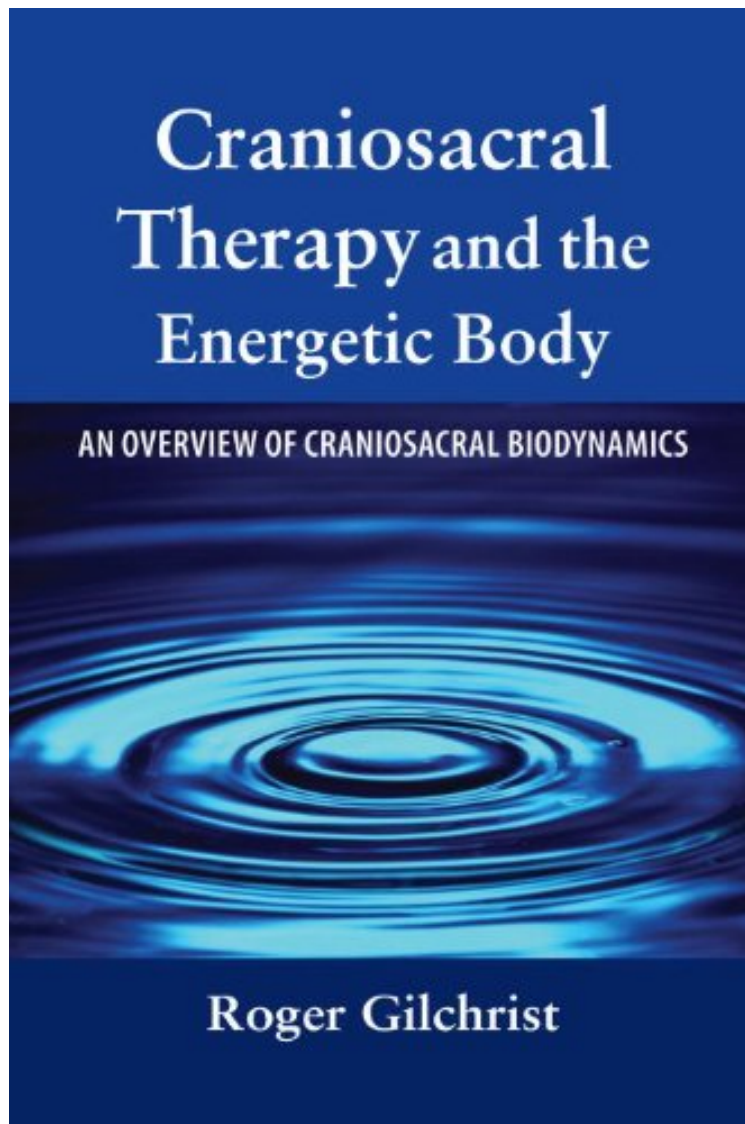


# Craniosacral Therapy and the Energetic Body: An Overview of Craniosacral Biodynamics

*Roger Gilchrist*

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**Roger Gilchrist : Craniosacral Therapy and the Energetic Body: An Overview of Craniosacral Biodynamics** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Craniosacral Therapy and the Energetic Body: An Overview of Craniosacral Biodynamics:

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This useful book discusses craniosacral therapy's history and present situation as well as its spiritual implications and practical contributions in the world of healthcare. Gilchrist demonstrates how the subtle patterns of this practice become a dynamic force in the body, and how this influences overall functioning. What most sets the book apart is Gilchrist's discussion of the relationship of the craniosacral system and biodynamic functions to the human energy system. Though dealing with a complicated topic, the book provides a grounded, progressive approach that is both specific and insightful.

"Roger Gilchrist has done a superb job of compiling craniosacral terminology in a clear, concise way...His many years of clinical practice illuminate this fine book."mdash; Hugh Milne, author of *The Heart of Listening: A Visionary Approach to Craniosacral Work*"I have personally witnessed dramatic improvements accomplished by competent craniosacral therapists. This is a technique which deserves careful consideration."mdash; C. Norman Shealy, MD, PhD, Founding President, American Holistic Medical Association About the Author Roger Gilchrist studied Craniosacral Biodynamics directly with its founder, Franklyn Sills, and assisted Sills with courses in the U.S. He teaches energy medicine and craniosacral therapy internationally and has presented on these topics for the National Institutes of Health. Gilchrist is the founder of Wellness Institute, a continuing education provider in holistic health care.