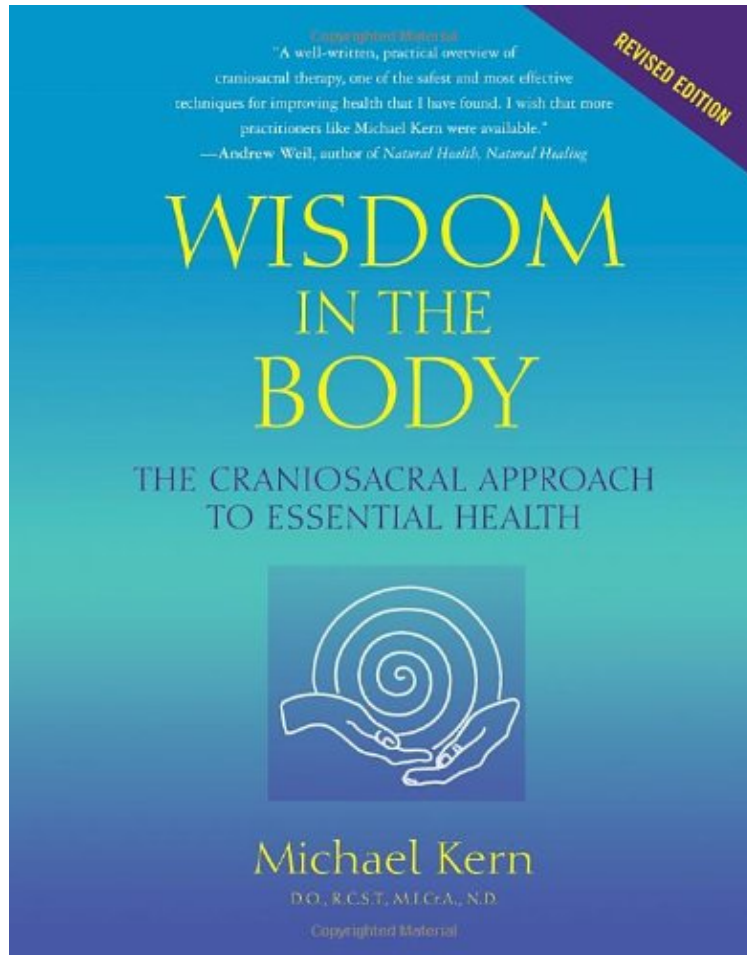


# Wisdom in the Body: The Craniosacral Approach to Essential Health

Michael Kern

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**Michael Kern : Wisdom in the Body: The Craniosacral Approach to Essential Health** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Wisdom in the Body: The Craniosacral Approach to Essential Health:

5 of 5 people found the following review helpful. Best Biodynamic Craniosacral Book in Print By John Hancock I would have to say that this is the best written and understandable book on biodynamic craniosacral therapy. There can be a lot of jargon and new language in this type of work and Michael Kern manages quite well avoiding doing that. He makes work that can be difficult to describe because it is subtle, very approachable and you will finish the book actually really getting what biodynamic craniosacral therapy is all about. No one has written a book so clearly that I know of as of yet. I would highly recommend this book. 0 of 0 people found the following review helpful. I feel like so much effort is spent trying to explain new ... By Shay Johnson I guess it's just me, but I get frustrated with all the jargon

of CST? TCM and Western anatomy have already identified and explained many of these concepts in an easier to understand manner. This book takes too long to explain what most practitioners and bodyworkers already know about life-energy, breath and rhythms of the body. I feel like so much effort is spent trying to explain what CST means by its unique use of words, that you just can't get to the essence of this therapy. Does anyone know of a book that explains the concepts of CST in plain English? I love many of the concepts but I get bored reading all the fluff. 17 of 17 people found the following review helpful. Clear, Accurate for practitioners or receivers  
By D. Weidner  
I'm an LMP taking a Craniosacral Therapy certification and this book is an item on our assigned reading list. I'm only halfway through the book and I'm already very impressed with its clarity in explaining the technique. It explains Craniosacral simply enough for non-bodyworkers to understand without dumbing it down. I highly recommend this book for an introduction into Craniosacral for both potential practitioners as well as potential clients who want to understand the technique.

Accumulations of life stresses—physical injuries, emotional and psychological stresses, birth traumas, and toxicity—can become imprinted in the tissues, acting like a videotape that is replayed whenever stimulated. Biodynamic craniosacral therapy aims to resolve the trapped forces that underlie and drive these trauma-based patterns of disease and suffering in body and mind. *Wisdom in the Body* teaches practitioners to develop the finely tuned skills of hands-on palpation and perception to sense the body's subtle rhythms and patterns of inertia or congestion, with the goal of ending trauma and facilitating the expression of the breath of life. A comprehensive introduction to this practice, the book draws on the insights of pioneers like Drs. W. G. Sutherland and Franklyn Sills to explain the key principles about the body's natural intention to heal and how this capability can be encouraged. A valuable resource for students, practitioners, and the lay reader, the book also includes a foreword by Dr. Franklyn Sills.

"A well-written, practical overview of craniosacral therapy, one of the safest and most effective techniques for improving health that I have found. I wish that more practitioners like Michael Kern were available."—Andrew Weil, author of *Natural Health, Natural Healing*  
"This is an amazing piece of work, deeply intelligent and profoundly inspirational. Michael Kern has delivered the goods. When you finish this book you will either want to become a craniosacral practitioner or rush out and find one. If you are in a body, read this book."—Gabrielle Roth, founder of the Moving Center in New York, and author of *Sweat Your Prayers: Movement as Spiritual Practice* and *Maps to Ecstasy*  
"This book is a plea for a holistic approach to healing, in which we honor all that makes us human—body, mind, spirit. Michael Kern's scholarship is admirable."—Larry Dossey M.D., author of *Reinventing Medicine, Healing Words and Space, Time and Medicine*  
About the Author  
Michael Kern, D.O., R.C.S.T., M.I.Cr.A., N.D., is a craniosacral therapist, osteopath, and naturopath. He is founder and senior tutor of the Craniosacral Therapy Educational Trust in London, senior tutor for the College of Osteopaths, the University of Westminster, and the International Cranial Association. He currently teaches Craniosacral Therapy courses in the U.K., U.S.A., Switzerland, and Italy. Kern lives in London.  
Franklyn Sills, M.A., R.C.S.T. is the author of *Craniosacral Biodynamics*, volumes 1 and 2, and *The Polarity Process*. He is founder of the Karuna Institute in Devon, England.