

ACKNOWLEDGEMENTS

It is an impossible task to give name to all the forces that have influenced the offering of what is being referred to as *Biodynamic Touch*. The birthing of this offering comes after a long gestation process that has included many moments of lived experience. These influential interactions have taken place in relationship with other humans, plant life, animals, stars, planets, the earth's sun and moon, the mountains and rivers, so on and so forth. The seen and the unseen forces of Nature have been instrumental in enlivening this expression. It is to these forces that I extend my gratitude for the creation of each moment that came before this and all those that ever shall be.

This offering would not be if it were not for all the amazing humans who have taught me a thing or two along the way. Following some semblance of chronological order I begin by making mention of my mother. In her life and her death she revealed to me great secrets about the human experience that are often kept in the shadows of the human heart. She supported me by giving me the opportunity to touch upon the worlds that are beyond the veil, worlds that are often cloaked from our sight. And my father who instilled the belief that my instinct would be a natural guide as I walked this earth. In his death my father also reminded me to trust the bigger nature, that Great Nature that is all-that-is. To trust that I am, we are, a part of this Great Nature and to have faith in the intelligence that is operating at the core of its essence.

Every human being that I cross paths with is a potential teacher. It is because of this that to give name to all teachers that have influenced the creation of this offering would be impossible. That said, there are a few significant key players that have imparted their wisdom and touched the heart deeply along the way. Such key players included Janis Lynne, my Swedish massage instructor who nurtured the blossoming of a young person finding her way through the realms of touch. Janis continued to be my mentor after massage school and planted seeds in my heart when providing hints of direction for my seeking. Her shiatsu course introduced me to the philosophy of East Asian medicine, a practice of medicine that offered a different perspective to what I was witnessing in the practices of Western medicine. The new perspective offered was one that does not separate the mind and body. This perspective of life and health spoke to my desire to honor the whole unit of self as undivided. Janis also told me a story about Reiki that had my heart saying, "What is that? That sounds like what I am looking for." Two years later I would find my Reiki teacher, Eileen Dey Wurst.

Eileen instilled foundational experiences that enlivened the part of self that knows it is somehow connected to more than what is within reach. Eileen showed us that the capacity for healing of oneself is not solely reliant on outside sources but can be accessed from within. She showed us that connecting with this healing resource can also be used in support of the healing of others. We were guided to practice in such a way that aligns the practitioner with the needs of

the recipient. Through the teachings Eileen provided, and the practice of Reiki, I discovered a resource of self care that included reminders of how to live ones life in ways that promotes greater peace, teachings that hinted at the value of living in the present moment and getting out of the way just enough to support what is needed for the greater good of all.

Verla Wade and the Modern Mystery School touched my life and thus influenced this offering by highlighting the power of the mind and the potent potential alive within intentional focus upon the process of creation. The mystery school studies provided opportunity to engage in the practice of self-examination. The contemplative practices supported by ritual offered a gateway into the varied dimensions within the inner and outer worlds.

Another teacher that provided tools for self examination and healing was clairvoyant, teacher and healer, Erin Lassell. My heart reaches out to her with great thanks for the tools that she shared with me. With her permission granted, some of those tools she shared are included in this Biodynamic study and practice. The Self and Energy Awareness teachings she offered that emphasize being centered, grounded and in a neutral state are inherent to the interface we cultivate in the Biodynamic work.

An honorable mention also goes to William Frazier, aka Uncle Bill. With the spirit of the generative heart at the foreground of the community surrounding Uncle Bill's Qigong Club, he guided us into teachings and practices that would support the illuminated body-mind. Core elements of the Qigong practice that Bill teaches, known as Jinjing Gong, have been and continue to be an integral part of the process in the cultivation of the Biodynamic practitioner.

It was byway of Bill that Todd Jackson entered my life. They say, "when a student is ready, the teacher will appear." I had waiting many, many years to meet my craniosacral teacher. Todd Jackson has thus far been that primary teacher for me. He has guided me through the deep waters of the Biodynamic realms and introduced me to a way of working that is heart centered, non-motive based and in relationship with the no-name body. Words can't express the profundity of all that has been received in all the years of study with Todd. The study and practice of Biodynamic Craniosacral and Biodynamic Massage that Todd has shared with me lives within the makeup of my being thus naturally influences all that I additionally have to offer the Biodynamic realms.

These acknowledgments wouldn't be complete without honoring all of the friends, colleagues, students and the many others who have allowed me to participate in the relational exchange of touch. Special thanks to the community of extraordinary humans who have explored the realms of *Quietude* together, each of whom who have taught me a great deal about the biodynamic ways & have influenced the ever evolving perspectives in relationship with Life.

And of course thanks goes to the vast network of humans who have contributed to the field of Health care and to all of the innovative thinkers who continue to support the evolution of the practices that support our tending to life.