



2007 Double Edition
www.craniosacraltherapy.org

Cranial Wave

The Newsletter of the
Biodynamic Craniosacral Therapy Association of North America

Articles

Plans for the BCTA/NA	3
As I Have Traveled: Learning a Biodynamic Way of Being in Relationship	5
Letter from Franklyn Sills: A New Biodynamic Schools Affiliation	7
A Method for the Study of Craniosacral Therapy	8
Our Teenage Years: Will We Ever Grow Up?	9

Get Involved

The 2008 Conference: Presenters and a Call for Presenters	11
Dear Members	17
Become a Mini-Rose	18
Treasurer	21
Conference Committee	24
Directory of Committees and Board Members	27

Arts & Entertainment

Core Link (<i>poem</i>)	4
Book Review: <i>Craniosacral Therapy and the Energetic Body</i>	14
Stillness and Post-Nasal Drip (<i>poem</i>)	15
Movie Review: The Olive Tree—Refusing to Be Enemies	16
Ignition (<i>poem</i>)	23
Rose (<i>poem</i>)	23

Interviews

Meet the Teacher: An Interview with Roger Gilchrist	12
---	----

Organizational News

New Approved Teachers	8
Your Association's New Board of Directors	10
Reminders	17
Board Member Biographies	18
Clare Bonser, A Dozen Roses for You	18
How Does the Board Get Its Members?	19
News and Notes	21
Your Vote—A New Name	22
Volunteer Coordinator	22

Letters	21
---------------	----

Directory of Committees and Board Members	27
---	----

JOIN THE BOARD!

DO YOU WANT TO

- work biodynamically with a group?
- contribute to the evolving vision for our organization?
- create?
- think?

This is **YOUR** opportunity!



**Leader, follower. Visionary, detail-oriented. Shy, outgoing.
We need all types of people
to make a complete and effective board.**

There is no better time than now to join the board! The board is small—just 3 people currently—friendly, and very committed to making this organization grow.

Your input into the vision for the BCTA will count, and you can make a difference.

Your input is needed. A 3-person board is not viable over the long term. If you wish to see this organization continue, it needs your help! You can join the board or nominate a fellow member, or even someone outside the organization who has an interest.

You don't need to have prior board experience. Commitment, integrity, the ability and willingness to work with groups and to compromise—these are qualities we are looking for.

Remember, the BCTA/NA is a volunteer organization.

**Without your help, the organization cannot survive. —Literally—
We must have at least 2 new board members for the organization to continue.**



Who do you know who would make a great board member?

Is it you?

Is it someone you know?

Elections to the board are held in mid-March. Please nominate yourself or a fellow member by February 14

Contact Sharalee Hoelscher, Nominations Committee Chair, at sharalee_@bellsouth.net, 850-450-8508.

If you are interested in joining the board sooner, please let Sharalee know. We can appoint you sooner!



Up to 6 people may join the 3 members currently on the board.

The *Cranial Wave* is published one to three times a year by the Biodynamic Craniosacral Therapy Association of North America (BCTA/NA).

Contributions, including advertising, articles, illustrations, and photos, are welcome. Please forward all material, with authorization to publish, to the editor, Linda Kurtz, at lindakurtz@netzero.net.

Editing, use, and placement of all material will be at the sole discretion of the *Cranial Wave*. We reserve the right to approve all copy and artwork prior to publication and to insert "advertisement," at the top or bottom of any ad. Copyright infringement is the sole responsibility of contributing advertisers/authors. Reprinting, in whole or in part, is expressly forbidden except with permission of the editor. Cover photo courtesy of pdphoto.org.

2007 Double Edition printed November 2007

Editing, design, and layout by Linda Kurtz, RCST®.

**Thanks to Sarajo Berman, Clare Bonser, Merrill DeVito, Sharalee Hoelscher, Karen Kerns, and Mary Louise Muller, all RCSTs,
for their editorial advice and input.**

Plans for the BCTA/NA

The BCTA has a visionary framework; it is the task of this board to lay a strong foundation to support it.

Linda Kurtz, RCST®, President

Throughout the pages of this issue of the *Cranial Wave*, you will find articles talking about the nuts and bolts of running the Biodynamic Craniosacral Therapy Association and keeping it alive. I urge you to read them. You will learn:

- that without your support of time (or money), this organization will not survive in its current form
- what the organization needs to continue to grow and how you can contribute to its future
- more about organizational dynamics

MONEY AND PEOPLE

Here I want to give you a little background on what has been happening in the BCTA/NA and the board's plans for its near future. As you will learn from reading the article "Our Teenage Years," the new board, which took office at the end of May, inherited a budget—and, therefore, a personnel—crisis. For several years, the association had a surplus of funds because more was being taken in than spent. About three years ago, the board decided to hire an administrative director. It was a great idea in many ways, because things became much more centralized, there was a single person (Clare Bonser) who served as the face of the organization, and the association had an easier time expanding its membership base because there was a paid person to handle the tremendous amount of administrative work. Unfortunately, some of the past boards did not formulate budgets and, unexpectedly (because no one was keeping track), the funds for paying an administrative director ran out. That is our current state. Unless a significant number of you, our fellow members, volunteer to take on various tasks—whether two hours of phone-calling a year, five hours of administrative help every week, or whatever else you might be able to contribute—the organization will not be able to continue.

This could sound like a death knell, but, fortunately, shortly after I was more or less catapulted into the presidency at the end of February 2007 (after then-president Sherry Phillips suddenly resigned), three incredibly talented, experienced, energetic, and optimistic people joined me on the board. The three new board members—Sharalee Hoelscher, Edwin Nothnagel, and Rich Nelson—have brought a wealth of much-needed busi-

ness expertise to the BCTA/NA. Edwin Nothnagel spent 21 as an industrial engineer (someone who, as Edwin puts it, "helps people do their jobs better"). Rich Nelson has extensive background in the corporate service industry and, in addition, spent seven years marketing and promoting an international school of craniosacral therapy. Sharalee Hoelscher spent many years as a legal assistant and was a founding board member of a neighborhood association. These three RCSTs have freely contributed expertise that would cost us dearly had we to pay a consultant to organize the association as a business. Rich Nelson has since left the board, but continues to be instrumental in implementing our reorganization, and we thank him deeply for his service.

CONTRIBUTING AND LEARNING

Together and individually, each of us on the board is contributing many, many hours every day—let alone every week—to the BCTA. It is sometimes fun, often stressful, and frequently productive. Each of us knows that we on the board cannot continue at our current pace for very long. We all have jobs and, of course, don't get paid for this work. We have volunteered and are working so hard because each one of us cares about what this organization represents and wants to see Biodynamic Craniosacral Therapy flourish in the United States and Canada and across the globe. We are optimistic that more and more of the community will join us in doing the sometimes fun, sometimes boring, work of running the organization.

The degree of learning that can occur when you volunteer for a biodynamic organization is astonishing, and this, in and of itself, is a good reason to join us, whether on the board or as a volunteer. It is an invaluable experience to apply biodynamic principles in the real world, with your peers, not in the closed world of the session room where, though this work may be a joint practice, you are nonetheless an authority figure. You learn more about communication skills, about the nitty-gritty of running an organization, about compromise, reactivity, and pacing. And, as Sarajo Berman talks about in her essay "As I Have Traveled" (see p 5), you learn how to work together as a group over email, how to connect with people you have never even met in person and work with them on sometimes difficult issues.

CURRENT PLANS

The number one goal of the current board is to put the association on a very sound organizational and economic footing. This means recruiting volunteers to take over the tasks that were previously done by Clare, coming up with a workable budget, and constructing a set of board operating procedures and policies that will guide the current board and be passed on to future generations. Each board member has taken on various parts of these tasks. Some in the organization have said that past boards overreached, trying to do too much too fast. That is probably true, but out of those strivings has grown the organization we know now. The BCTA has a visionary framework; it is the task of *this* board to lay a strong foundation to support it. Once that is done, the organization can move forward with greater strength and ease.

In general, the board does not, for the near future, plan to revisit policies promulgated by past boards. First of all, without clear operating procedures and policies, things become murky. Channels of communication have often been unclear in this organization, and that has sometimes led to confusion, frustration, dissatisfaction, and anger. The current board is developing operating policies and procedures and is working with the two teacher committees—the Equivalency Committee and the Curriculum and Teacher Review Committee—to develop clear lines of communication and authority and a recordkeeping policy.

Secondly, changes take time to get used to. We want to give policies that have engendered both appreciation and dissatisfaction enough time in place to allow them a chance to work.

Finally, the current three-member board does not have the time or people-power to take on more than this for the next six months. Members who are interested in seeing additional activities (such as brochure development) must take the initiative by approaching the board and saying that they would like to set up a committee to work on a specific issue. We on the board will be more than happy to get the word out to the community. This is your opportunity, if there is something you wish the organization to be working on, to step forward and get the ball rolling.

THE FUTURE OF THE BOARD

Because we have such a committed group of individuals on the board, we have already accomplished a great deal in terms of beginning to lay out an organizational framework based on volunteers and creating operating procedures and recordkeeping systems. While our small size has been beneficial over the last few months, we would like to see one to four additional individuals join the board in the near future. In this way, each board member can be responsible for an area of organizational work. It also provides more ideas, opinions, and creativity. If you are someone who likes to work with groups,

create, plan, organize, and grow on a personal level, I urge you to talk to myself or Sharalee Hoelscher about becoming a member of the board. We can fill you in more on the opportunities that await you. ♦

Core Link

Miles of solitude under my feet
found this haven of serenity.
The Aspen before me
beckons an embrace.

Heart hugging periosteum,
marrow matching sap,
we softly sway.
Toes tap into roots,
entwined as one,
descending to deep earth.

Gravity. Stillness.

Life ascending through branches,
caressing the heavens,
embracing eternity.

Pull of stars
in perfect tension
with core of Earth.

Divine Symbiosis. Pure Peace.

Sharalee Hoelscher

As I Have Traveled: Learning a Biodynamic Way of Being in Relationship

Sarajo Berman, RCST®

As I have traveled the tides and resonant fields of this community, I am constantly awed by the reflection of my beginnings (and perhaps, if I may, many of our beginnings—our very beginnings from conception) and how these beginnings have assisted and, at times, hindered my travels. Yes, my attachment style rears itself. Being an active community member has allowed me to swim in the unknown waters of the relational field and continues to teach me about my tides, resonant fields, and my nervous system's set points. I believe my work with this organization has been the catalyst for strengthening my belief in trusting the health of individuals and the existence in the great health that exists outside of us—call it synchronicity, entanglement, or great intelligence. The following is a portion of my story of how the study and practice of Biodynamic Craniosacral Therapy unfolded in my life and gave me a fuller sense of connectedness and health.

I became a member of the CSTA/NA in 2003 and immediately came into relationship with the board of directors as a student representative. I came with high hopes of building a community sensibility with those of us that were students in the midst of our dives in and out of the tidal flows. As a student, I knew there existed a community outside the 20 participants in my class, but had no way of communicating or coming into relationship with this larger biodynamic community. This was the driving force that landed me on the board of directors. If I was experiencing a desire to connect to the whole of the whole, perhaps there were others that would be interested in doing the same. So there I was, student rep to the board and finding myself in a new world of communicating: email! Whew! Having been a dancer and performing artist most of my life, the absence of human contact was really strange—but alluring. It was similar to the place of unknowing that was driving my exploration of coming into relationship with others as a Biodynamic Craniosacral Therapist. This was actually the first time I realized how different communicating and coming into relationship via email really is. I wondered at times if perhaps it might be similar to womb communication, but then realized it must be in a much different place on the communication continuum because, after all, being in the womb is most likely the clearest connectivity there is in the world!

I hadn't done much email communication prior to being on the board, so my challenge was to learn how to come into relationship with people without in-person contact. *A very different collaborative process from that of creating a performance piece with other artists, I thought. Or is it?* I was also beginning to live differently

with my nervous system in relationship to my fluids. My entire system had begun to slow down and enjoy my dynamic stillness. I wondered: *How might this change assist me with email communication? Would I be able to read an email and understand the intention, tone, and purpose without hearing the voice or seeing the person who created it? Or would I begin to project and transfer things into emails that weren't at all the intention? How does another person really know the intention of another through just their words, when words are not necessarily the whole story of what is being said?* It was at this point that I really began to experience a change in the way I was experiencing and assimilating life, the world. When I would receive an email that stirred a reaction, I would sit with it, track my nervous system, drop into sensation, and wait. Nine times out of ten the potency that had begun to build would begin to slow, and an expression of primary respiration or stillness would permeate in my ventricles, heart, or umbilicus. This shift took me to a clear place from which to re-read the email. The reaction was gone; I could actually hear the words differently and respond with more clarity. I would think to myself, *What a great cranio session!*

At my first Breath of Life Conference, in Boulder, I met with other students who were interested in community and wanted to begin coming into relationship with our biodynamic community as a whole. As we shared our biodynamic experiences with one another, we realized how powerful this practice is. This led us to the question, *How can we, as a subcommunity, hold and encourage world peace?* I suggested we all could invite our community to sit with primary respiration and the intention of peacefulness every first Sunday of the month at 1 p.m. EST. This way we might be able to assist in influencing the resonant field, open up communication about a shared practice, and perhaps influence more than ourselves. We all agreed and began the practice. I received many emails about the experience of sitting with primary respiration. Some mentioned noticing a sense of others being with them, being able to drop into a new place of sensation with more vastness and stillness; another stated how there seemed to be a sense of being held and seen.

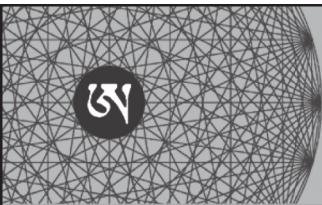
What I want to say here is that if we, the members, are to be in relationship, we must find time to actually sense, hear, see, and be with one another whenever possible, especially once we are out of relationship with our classes, classes that serve as safe containers holding the field. And with that said, I would like to encourage as many of you as possible to find a way to come into relationship with the new board of directors: Linda,

Sharalee, and Edwin. They will need your support and assistance with committee work, short-term projects, or tasks like phone calls during membership renewal. Perhaps you might even become a board member, so that there are more of you sharing in the responsibility of holding a vision of the Association for the next few years as well as doing the work it will take to continue to grow and define who we are and what we do. I believe this to be a very important task that is two-fold. It holds the continuous growth process of defining Biodynamic Craniosacral Therapy; the second part of the task is bringing this information to the public through articles, research, advertisements, etc. These two tasks will take the work of many of us, not just the members of the present board. As a retiring board member, I would like to thank them all for being here and wish them the best as we all continue to grow together. As with particles in quantum physics, once people become entangled, connected, they are always in relationship. And so may we move, connectedly, held by the Breath of Life, stillness, and primary.

This brings me back to community and growth. We are still a very young community, having, as all living things, experienced moments of insecurity, lack of trust, harshness, hurt, withdrawal, and disappointment. We have also experienced joy, love, connectedness, excitement, and the serenity of shared stillness. We will continue to dance this dance as long as we are a growing, shape-shifting, living organism. I sense/think that our community is morphing, experiencing a moment of

change and reshaping similar to embryological growth. Differentiation is occurring and forming new structures, perhaps answering a need—a need that is supportive of health. Our community is an ever-growing embryo filled with trillions upon trillions of informed cells, all having a function and story to be held, told, heard, and seen, if fortunate. I trust that Health will guide us as it has in the past with such changes as becoming a professional association and the institution of supervision. I trust we will find our way with our new board members through this transformative period.

During this year's membership renewal, I heard from several members of their struggle around renewing, wondering whether to stay with this organization or go with the new one. I would ask why anyone must choose between one and the other. I find health being in relationship with both. For in my understanding and experience, the very nature of biodynamics is relationship to the "whole of the whole," which so graciously houses many connected differentiations. I encourage you all to continue the exploration of relationships and new ways of coming into relationship. I would like to thank those of us that have grown and reshaped into the portion of the community that will hear our membership's desires and dreams, manifesting them as much as possible, again with the assistance of the greater whole of the community. Our board of directors has one returning member and two new, fresh folks to hold us all. I will continue to assist in this process and encourage you all to do the same. ♦



Living System's Institute
presents...

www.matrixworks.org

MATRIXWORKS
WORKING WITH GROUPS AS LIVING SYSTEMS

A powerful model that supports a new understanding of group life and dynamics, **MATRIXWORKS** will provide you with tools and experiences that support group functionality and collaborative leadership. In this model we learn how to use the differences and gifts of each person for the betterment of all.

December 13-16, 2007

Chaos, Creativity, Conflict

- Finding Freedom

February 14-17, 2008

Mutual Connection

- Exploring Deep Relatedness and Adult Attachment

March 13-17, 2008

Advanced Practice

- Developing 'Group Genius'

~~~

Classes may be taken individually.  
Each class is \$450.

**Mukara Meredith, MSW, CHT** has 25 years experience teaching, consulting and working with the healing arts.

**For More Information Call**  
**303-440-0148**  
**[www.matrixworks.org](http://www.matrixworks.org)**

## LETTER FROM FRANKLYN SILLS

# A New Biodynamic Schools Affiliation

### FROM THE BOARD

*Some of you have heard about the International Affiliation of Biodynamic Trainings (IABT), an organization founded at the end of 2006 by the Colorado School of Energy Studies (CSES), the Karuna Institute, and The Shea Educational Group and have wondered how it fits in with the BCTA/NA and whether the teachers affiliated with these schools remain members of our organization. John and Anna Chitty, the founders of CSES, and Franklyn Sills of the Karuna Institute, who developed BCST, remain members of the BCTA/NA. As we reported in our last newsletter, Michael Shea has left our organization. The number of schools affiliated with the IABT has increased to six, with the inclusion of another British school and two schools accredited in Switzerland, one of which runs trainings around the world. We on the board welcome the addition of the IABT as an organization that is working to further the principles and practice of Biodynamic Craniosacral Therapy.*

*Because of organizational matters that have required our ongoing and unwavering attention, the board itself has not yet had an opportunity to discuss the new organization with its founders. However, Franklyn Sills wrote a letter to the board earlier in the year outlining his view of the new organization's purpose. He has expanded that letter below and hopes it will clarify any confusions and allay any fears that may have arisen.*

### FROM FRANKLYN

I am writing to you all with the blessing of the board to try and clear up some confusion and hopefully meet needs for clarity and communication that we all have. First of all, there seems to be a rumor going around that I am withdrawing from the Association. This is certainly not true. The Association has my full support. I have deep connections with many members and teachers in the Association, and I remain an active teacher. The new schools affiliation organization, the IABT, is a really separate thing. This is a formative time for this schools-based organization and we are all feeling our way in this. It is important to clarify some points, so please bear with me! The IABT is not a practitioner organization but rather is intended to be an international network of biodynamic schools with the following vision and goals:

1. To create an international identity for the work beyond local organizations. We are orienting to a worldwide image of the work, not to state, country, or local practitioner association conditions. We feel that the schools are best placed to do this and to stay clear of policing issues or

practitioner registration, which are best handled by local associations and state or national law.

2. To create a forum and support network amongst the schools that are a part of it.
3. To encourage a collegiate orientation in the teaching of the work; schools, rather than individual teachers, are affiliated. This is a work in progress.
4. To use a designation of graduate status that is recognizable around the world so that the public has a clear choice to orient to. The BCST designation is not a practitioner registration and is not an alternative to it. Rather, it is a lifelong indication of graduation from a biodynamically oriented training.

To expand on some of these points: First of all, an international identity for biodynamic work does not yet exist and the best way to do this in my mind is via a schools affiliation, as practitioner associations tend to relate to local or national needs, have policing functions over practitioners and their accreditation processes, and are not necessarily biodynamic in orientation. Students who graduate from affiliated trainings would use the initials BCST after their name, which are not registration initials but more like a BA from a university: The idea is that anyone with those initials would be identified as a successful biodynamic graduate no matter where in the world they practice. This is not the case with registration initials (for instance the U.K. Association is not a specifically biodynamic one. In addition, the affiliated schools would be identified as biodynamic in orientation.

**The IABT is not a practitioner organization but rather is intended to be an international network of biodynamic schools.**

Secondly, this would also create a forum and support network amongst the schools, which does not exist yet, and a larger worldwide support network for graduates, who will be able to identify biodynamic advanced courses and supervision more easily. A lively discussion about the nature of the work, rather than about the politics of it, has broken out amongst these schools! All for the good!

Finally it would encourage a collegiate orientation in the teaching of the work, as only schools could apply,

*(Continued on page 20)*

# A Method for the Study of Craniosacral Therapy

Marion Ferry

*Marion Ferry is a Ph.D. candidate in clinical psychology at Santa Barbara Graduate Institute, with a focus in infant mental health. She recently completed her foundation training with Gary Peterson, RCST®. She is currently seeking biodynamically trained therapists with infant clinical experience for inclusion in her research study. If you are interested in participating, please contact her at marion\_ferry@hotmail.com.*

As the field of Biodynamic Craniosacral Therapy becomes better known, some in the field have become interested in scientifically documenting its effects. My own interest is in the therapeutic process that takes place during Biodynamic Craniosacral Therapy with infants, and I am currently conducting my dissertation research on that subject. Before beginning my research project, I, like any other researcher, had to choose the most suitable paradigm to guide my research, learning how various research models inform both theory and practice. The following paragraphs will briefly review two key research methods that influence scientific research in the West and their application to Biodynamic Craniosacral Therapy (BCST).

The theories that have predominantly informed both somatic and psychological therapies (including craniosacral therapy) in the West are couched within the traditional mechanistic paradigm. Within this paradigm, understanding emerges from an objectively oriented, in-depth inquiry into the detailed mechanics of

a particular subject. During this type of inquiry, one attempts to isolate the element that is of primary interest and eradicate any other influence that might interfere, thus permitting a quantitative, statistical analysis. Although this method can be used for researching aspects of BCST, it has been criticized for excluding valuable knowledge that can only be derived from considering the whole of a system.

Fortunately, a second form of inquiry is emerging in western scientific thought that addresses these very concerns. Generally termed *qualitative research*, this movement operates from a very different set of principles about what it means "to know." From this perspective, "understanding" comes from a broad, holistic view of the material in question. This model is very unlike its mechanistic counterpart, which prefers to isolate variables and eliminate subjectivity. Rather, the qualitative model welcomes personal, subjective experience as a valid and integral source of data and includes variables in the context of the whole system.

I believe these aspects of qualitative research align masterfully with the principles of biodynamic philosophy and make it well suited for the study of BCST, and it is this method that I will use in my research. I am currently seeking biodynamically trained therapists with infant clinical experience for inclusion in my research study. If you are interested in participating, please contact me at *marion\_ferry@hotmail.com*. I hope to report on my findings in upcoming newsletters. ♦

---

## New Approved Teacher: Cherionna Menzam



Cherionna Menzam was approved as a Foundation Training teacher in December 2007. She began studying craniosacral therapy in 1991 and started her biodynamic training with Anna and John Chitty in 2000 and did her teacher mentorship with Anna Chitty. She lives in Santa Monica, CA so that she may

intensively pursue her other passion, continuum movement, with its founder, Emilie Conrad. Cherionna incorporates continuum into her BCST sessions and classes to help clients and students experience deep settling, fluidity, and biodynamic principles in their bodies. Cherionna says that she has "an intention to live each moment as if it were a biodynamic session—which, in a sense, it is." ♦

## New Approved Teacher: Shelli Worrall



Shelli Worrall was approved as a Foundation Training teacher in December 2007. She completed her cranial training with Franklyn Sills in Boston in May 1998 and did her teacher mentorship with Anna Chitty. She completed the Castellino Birth and Attachment training in April 2001 and has spent nearly 10 years mentoring students in BCST and prenatal birth and attachment therapy. Shelli has been teaching BCST in Vancouver, British Columbia, the Seattle/Bellingham, Washington area, and Colorado.

Shelli served for four years on the founding board of the BCTA/NA and chaired two Association conferences. She is also a Registered Polarity Practitioner and licensed massage therapist, with 18 years experience in therapeutic bodywork. ♦

# Our Teenage Years: Will We Ever Grow Up?

*Linda Kurtz, RCST®, President*

Our organization is in a pivotal place right now, a place comparable, perhaps, to teenager-hood. We were conceived 10 years ago by a group of biodynamic craniosacral therapists. They had big plans for their little infant, and loved her very much. At the time, they lived like an upper-middle-class family and were able to spend extra money on her, buying her such things as nice clothes (the design of the logo and the *Cranial Wave*) and eventually hiring a nanny (the administrative director). But their savings didn't last, and they had to rely again on their regular employment income (member dues). This money wasn't enough to pull the family through, even though all the adults (the board members) were working as hard as could be. The teenager herself (each member) would have to begin to work. Would she?

A number of different analogies could be used to describe the association's current situation, and I finally settled on this one. In plain terms, these are the facts: Several years ago, the BCTA/NA had a surplus of money, due to a frugally managed budget, an ever-increasing membership, and the fact that most of the work of the organization was done by volunteers—mainly large boards. It was an enormous amount of work, and about three years ago, the board of directors decided to hire an administrative director (AD) to take on the day-to-day tasks of running the organization and to handle membership renewal. Unfortunately, the cost of continuing to employ an administrative director is greater than the amount of money we take in each year, and so we have had to let go of Clare Bonser, our gracious and hardworking AD.

In order for this organization to continue, its members—in other words, a good 30 to 40 people out of an organization of about 300—must step up to the plate and contribute time and skills. If many people step up, tasks can be divided among many. If few people step up, then either those people must be willing to take on a large share of the work *or the organization will fold*. It is as simple—and as difficult—as that.

You might be thinking, *Well, why can't the board take on those tasks?* It's a good question. When I joined the board a year-and-a-half ago, I had no idea of the amount of work involved. I was told to expect to contribute at least 5 hours a week—probably more—but it's hard to believe that there really is that much to do,

especially when you've already got an administrative director. It's kind of like housework, or parenting, or running your own business: You think, "What's the big deal?" But then you begin the task, and suddenly it is so much more. You begin one seemingly *little* task, and it is so much more. In fact, as president of the board, you can sometimes expect to devote 20 or more hours a week to the organization, at least currently.

The administrative director was, essentially, the central processing unit of the organization. Now, many hands must take over those administrative functions, and the role of coordinating them must move to a higher level. We are blessed as an organization to have two

board members with extensive business backgrounds and expertise—Sharalee Hoelscher and Edwin Nothnagel—and one (myself) with experience coordinating grassroots groups. Each one of us on the board has spoken with Clare at length to gain an understanding of the BCTA's administrative tasks. As a group and individually, we have begun developing systems that will allow the association to function fully and well as a volunteer organization that employs occasional paid help.

So why the analogy to teenager-hood? Because we are alive, we are functioning and growing, and we are developing more and more community. I'd thought about an embryonic analogy, but because we do have skills (amongst you, our members) and the capability of autonomy (via each one of you who is able contributing something to our progress), the teenage analogy is more appropriate. *If* we don't have to pull teeth to get the volunteers we need, our organization can make a relatively graceful transition from its current teenage status to the

realm of young adulthood. On the other hand, if, as a teenage organization we do not get the support we need from those with skills and experience (each of you as a member), then the association will either have to change form or die. So, we have moved beyond the embryo stage, but life is still precious and uncertain and needs nurturance.

**To keep the BCTA running, we need groups of people to come together to:**

1. Answer email questions from members and the public on a wide range of topics.
2. Answer phone calls from members and the public.

3. Handle membership renewal by printing and mailing letters and receipts, phone-calling, emailing, and entering data.
4. Lay out the *Cranial Wave*.
5. Serve on the board.

At the base of biodynamic work is relationship. It is only through relationship that any of us can come into being. Some of us have come quite fully into being at this point in our lives; others of us are nearer the beginning. At the teenage stage, making relationship with peers becomes a driving force. Our organization—*your* organization—is at that stage, and it is through the peer relationships that each one of you make with others in this organization by volunteering your time, creativity, and skills that the BCTA will be able to develop into an adult organization. At the same time, the relationships that you enter into in this biodynamic community can impel your own growth to an extraordinary degree. One year on the board has shown me that. Thus, the work you do on behalf of this organization will not only keep this organization alive and help it to thrive and biodynamic work to grow, it can contribute to your personal evolution in amazing ways.

Information on some of the ways you can help is presented below. Please contact Sharalee Hoelscher at [sharalee@bellsouth.net](mailto:sharalee@bellsouth.net), 850-450-8508 for more information or to volunteer. Quite a few of you volunteered via the survey, but not all of you gave us your name or email address, so if you are interested in volunteering, please get in touch with Sharalee.

We are designing a system for fielding email questions (including the drafting of generic replies) and assigning them to volunteers. This will be the second incarnation of the **Email Committee** (it existed before Clare became AD), and one of its former members has

**At the base of biodynamic work  
is relationship. It is only  
through relationship that any of  
us can come into being.**

volunteered to again be a part of it and contribute his knowledge and experience. We would very much like to have a pool of 10 to 15 people to serve on this committee. This will make the workload lighter for all. Your commitment can be for a certain period of time, certain times of the month or year, or for a year or more.

The **Phone Call Committee**, like the Email Committee, will answer questions from members and the public who contact the organization by phone.

**Membership Renewal** is a once-a-year event. We are expecting that next year membership renewal will be an automated process done online much like ordering a book from Amazon. (For those of you who do not have computer access, a volunteer will mail the membership renewal form to you.) This will save us literally days of data entry time and will allow you to print out a receipt immediately. You will send in your supervision log via mail, fax, or a scanned attachment to email. We still will need help with data entry, phone-calling, etc., so please do volunteer. Those of you with a knack for **designing websites or forms** could lend your expertise to the automation of membership renewal and/or to revamping the website.

Those of you who enjoy graphic design and laying out publications might consider laying out the *Cranial Wave*. We also need proofreaders, editors, and people interested in soliciting articles and ads.

If you enjoy working with a group, running an organization, staying in contact with the teachers and members, negotiating tough situations, and setting policy, you can join us on the **Board of Directors**. We would love to have you share your knowledge and skills with us. See page 2 of this issue for more information.

There are many other ways in which you could contribute to our organization. What do *you* enjoy doing? Think about it, and then please get in touch with Sharalee to see where we can use *you*! ♦

---

## Your Association's New Board of Directors

You have a fabulous new board of directors! Your new representatives are Sharalee Hoelscher, of Gulf Breeze, Florida, and Edwin Nothnagel, of Chapel Hill, North Carolina. Linda Kurtz, in Ann Arbor, Michigan, continues in her second year. These dynamic individuals bring a wealth of enthusiasm, optimism, and leadership ability to your organization. Running this organization is similar to running any professional business, and new members Edwin and Sharalee are contributing their much-needed talents honed from years in the business world. Balancing business and biodynamics is challenging and exciting, and we are indeed blessed to have folks willing to take this on.

Each volunteer was elected to serve as:

- President: Linda Kurtz
- Vice President: Sharalee Hoelscher
- Secretary: Edwin Nothnagel

Rich Nelson served as treasurer with this board for a brief time. We were blessed to have his many valuable contributions, especially in organizing the budget and the business structure of your organization. Rich is continuing to work with us on the business structure. Many thanks to Rich for sharing his expertise!

Deepest gratitude is extended to retiring board members Sarajo Berman and Mike Boxhall. Abundant

appreciation also goes to Sherry Phillips, Pat Donohue, and Jon Laking, all of whom left the board earlier this year. Sherry, in particular, contributed hours of time and energy to this organization and agreed to continue on as president of the organization after her term had expired in May 2006, when no one on the board who was eligible felt able to step up to the presidency (directors cannot be elected to the presidency until they have served at least one year on the board).

As nine members make up a full board, the remaining seats are open for **you** to join **us!** Serving on the board is a terrific way to contribute to the shaping of your association. It is a rich way to be in community with people who share a biodynamic approach to thinking, living, working together, and collectively holding and shaping this viable entity we call BCTA/NA. Many

board members find the experience gives them bigger, broader, and deeper ways to apply biodynamic principles in ways they never imagined. Serving on the board can offer a wealth of new like-minded friends as well. The only requirement is a willingness to participate. At least one of the new board members had never considered serving on the board until nominated—so, if you know of someone who might join us, please contact Sharalee Hoescher at 850-450-8508 to nominate them. Nominations should be received by February 14.

Take a moment to better acquaint yourselves with your new board and the talents they bring by reading their bios beginning on page 18.

Congratulations to Edwin and Sharalee. We hope that some of you will be joining them and Linda on the board soon! ♦

---

## The 2008 Conference: Presenters and a Call for Presenters and Workshop Leaders

*Sarajo Berman, RCST®*

Planning for the 2008 Breath of Life Conference, which will take place in Raleigh, North Carolina, is going strong (see “Conference” on page 24). We are issuing an invitation to each one of you—students, RCST®s, and teachers—to present at this conference and thus help support its themes of community and living a biodynamic life. We want to offer the wealth of talent, knowledge, experience, and presence available in our own community. We have already lined up many speakers/presenters from within and without our community (see the last two paragraphs, below).

We especially encourage our non-teaching RCSTs to present at the conference. Presentations might focus on community-oriented topics, or they might be specific to biodynamic craniosacral work. This portion of the conference will hold the space for us all to connect with one another through experiential offerings—from collective storytelling to whatever stirs your creative self. We strongly encourage you to collaborate with a colleague and create an hour to hour-and-a-half segment to share with participants. Discover one another’s talents and enjoy the journey of collaborating, uncovering the stories you all hold, through the creative process. Take this opportunity to manifest that idea you have had on hold! Who knows? You might discover another mystery around living a biodynamic life! For certain you will learn a lot about how you come into relationship, are in relationship, and stay in relationship.

To become an active participant in your growing community, please contact either Sarajo Berman, [sjberman@mindspring.com](mailto:sjberman@mindspring.com), or Mary Louise Muller, [lifeshape@aol.com](mailto:lifeshape@aol.com), with your proposal so we can place you on the schedule. Everyone is welcome to submit.

We will set the schedule on a first-come, first-served basis, so contact us soon. We look forward to hearing from you.

The list of presenters is already growing. **Franklyn Sills**, the developer of Biodynamic Craniosacral Therapy, will travel from England to present on a topic to be announced and to conduct a post-conference workshop.

**Mary Abrams**, who teaches continuum movement, will assist in holding the embodiment portion of the conference, offering dynamic, detailed attention to breath, sensation, emotions, and creative process. She has been exploring movement professionally for over 20 years and is the current president of the International Somatic Movement Education and Therapy Association.

BCTA/NA teachers presenting at the conference are

- **Debra Bochinski** (pre- and perinatal)
- **Roger Gilchrist** (tba)
- **Elizabeth Hammond** (wellspring)
- **Maya Kaya** (tba)
- **Cherionna Menzam** (continuum movement combo)
- **Kathleen Morrow** (lymphatic work and biodynamics)
- **Christopher Muller** (working with the knee)
- **Mary Louise Muller** (tba)
- **Peggy Reynolds-Olsen** (pre- and perinatal)
- **Shelli Worrall** (pre- and perinatal)

Some of these teachers will collaborate and some will present individually. ♦

## MEET THE TEACHER

### *An Interview with Roger Gilchrist*

*Donna Waks, RCST®*

*How did you get involved with Biodynamic Cranio-sacral Therapy?*

Sometimes I feel somewhat unique in this field as I had my beginnings in mainstream health care and that continues to influence my practice. I worked in hospitals and clinics as part of multidisciplinary teams with doctors, nurses, and other health care professionals. I still do consulting with various clinics. My early career was mainly as a medical psychotherapist, and I practiced the complementary approaches on the side, in a small private practice outside my work in those traditional settings. I went exclusively into private practice in 1990, leaving behind my earlier work in mainstream settings.

I have been involved with energy medicine for over 25 years. At first, most of my work in energy medicine was within the context of Polarity Therapy. I currently combine my practice of energy medicine with my experience as a credentialed psychotherapist. I met Franklyn Sills at a conference in 1990, and including craniosacral skills with the rest of my work grew steadily from there. I now practice from a primarily craniosacral perspective, yet the other fields inform the nature of my practice and my understanding of embodied experiences.

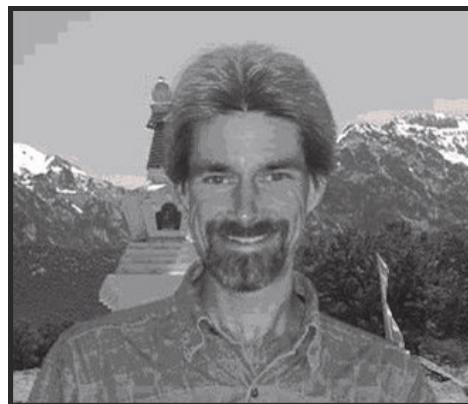
*What kind of BCST trainings are you doing?*

Typically I conduct foundation trainings in Cranio-sacral Biodynamics in Washington, DC and one other location in the USA. Right now, I have one foundation course going in New York. I also have a program going in Australia. There, I am sponsored by a very well organized school, the Natural Health Academy of Australia, and students come in from all areas of the country to study. Most of the students there are very experienced, many having done full trainings in Hugh Milne's approach to craniosacral therapy and some having studied to high levels within the Upledger system. I like working with students with a great deal of previous experience. As we know, as they get deeper into a biodynamic perspective, they discover greater poignancy and specificity in this work.

Beyond the 10-class foundation trainings, there are several advanced courses that I teach occasionally. The main ones are visceral dynamics, a course on nerve facilitation, and one on the spiritual aspects in cranio-sacral therapy. I find each of these topics is important to our overall work. Visceral work rounds out our use of craniosacral therapy to work with dimensions of

health that otherwise are unavailable to us. Helping internal organs reestablish better functioning is a beneficial addition to the rest of our work.

Nerve facilitation is a concept that originated in osteopathic medicine. Being able to track facilitated nerve pathways and help them reset to better homeostasis using skills like stillpoints and states of balanced tension helps resolve conditions that have become ingrained in the living system and that have become self-perpetuating. My background in neuropsychology contributes to my understanding of nerve facilitation.



*I understand that you have written a book. Can you tell us about it?*

The new edition of my book is titled *Craniosacral Therapy and the Energetic Body*. It was originally self-published in 2000 as a smaller book. The new edition is published by North Atlantic Books and has some interesting additions, including sections on the pattern of experience, the relationship of craniosacral therapy to energy medicine, and spiritual dimensions of craniosacral therapy. The main thrust of this book is to present an overview of our work in user-friendly language that keeps it accessible to both practitioners and clients. I also wove in a wealth of research references that substantiate the verity of our work so even the skeptics have something to digest. The whole idea is to present the major themes of our work, to show their relationships physiologically and energetically, and to point to the true depths that are available in the experience of Biodynamic Craniosacral Therapy.

*What are you most passionate about in the work?*

The spiritual domain is most important to me, both in my personal life and in my work. My orientation in psychology is primarily transpersonal, incorporating the importance of the spiritual domain. I think we often touch this realm as we practice Biodynamic Craniosacral Therapy. In fact, the nature of our practice is similar in many respects to some of the universals of spiritual practice that cross cultures and times. Like any practice, aptitude must be cultivated. It is a discipline where we learn

to stabilize our attention. Then there are moments when we recognize we are sitting with the heart of things, just as they are, and there is nothing else to do.

This point about stabilizing our attention is one of the most important elements of our practice. Many of the foundation skills in a biodynamic approach to craniosacral therapy teach the rudiments of this, yet it is a practice that matures the more we cultivate it. As we are able to establish a unified field of attention, the client's system resonates with this and starts to model its contact with a more efficient level of functioning. The research in physics on states of coherence is very suggestive of what may actually be happening here at subatomic levels. This is why our work with ourselves as practitioners is vital to our clinical practice and its effectiveness.

Then to be gentle with ourselves as well, to admit we have our shortcomings, personal challenges, and areas we can work on, is also important. Accepting where we are in the moment, being able to attain a practitioner neutral from that, and then to step into the experience of conscious, facilitative work with another being is all we need to do.

#### *Where do you see the work going?*

Where I see this work going is very exciting in terms of its potential. Really, the sky is the limit! One useful distinction in a biodynamic approach is the concept of different fields of function. Is a process primarily oriented in the tissues, the fluids, or the field of potency? We should be able to discern this as practitioners. In the tissue field, having the felt-sense of what is membranous, what is bony, what is neural, and so on is incredibly helpful. As a practitioner, one of my disciplines is the endeavor to become as accurate as possible in the way I answer these questions.

I received a session from an osteopath overseas that was one of the most profound experiences of my life. He opened the session with the question: "How do you feel about your midline?" And then everything unfolded from there. He held my feet for a long time, and I could feel my body working to orient to his contact and his awareness placed with my system. I could feel the very moment when my body accessed a state of balance in relation to a primary physical lesion—and his hands were nowhere near the area! I was aware of how he tracked this through in terms of classically related fulcrums, and how my whole being was digesting the experience. I am still working on assimilating all that happened in this session a few months ago!

Overall, this field is tantalizingly rich with what can be discovered about the process of life, patterns of experience, conditional reality, and the potential for freedom from conditions. These phenomena are at the same time physical and spiritual, and they whisper to us hints of how we may attain more integrated states of being. In the end, it is all a practice, and that is where we will learn what we need to know.

#### *What has been one of your most interesting experiences in Craniosacral Biodynamics?*

I was teaching in Russia recently to a group of osteopaths. In Russia, osteopaths must be MDs first, and then they choose to specialize in osteopathy. Two very interesting things happened during my time there. I participated in some research measuring quantum bioenergetic correlates of craniosacral functioning. Preliminary results show much greater amplitude (wave strength) as I paid attention to the mid-tide, in contrast to other practitioners in the study who tracked the CRI. The functions in the patient/subject (wired with electrodes along major acupuncture meridians) corresponded exactly with the dialog I provided acknowledging physiological states (e.g., tide changes, stillpoints, etc.). I was also wired, and the results show a high degree of resonant phenomena between patient and practitioner.

The other experience I shall always remember was more humbling. My sponsor there and I were having lunch the day after the classes concluded, and he said something that I think speaks right to the heart of the Craniosacral Biodynamics. I had asked him to comment on what he personally got out of attending the course. After pausing for consideration, he responded: "As osteopaths, we hear so much about looking for the Health within our work. It is always emphasized to look for the Health. But nobody had taught me how to do that before. I am grateful I now have contact with the Health within living function!" ♦

Roger Gilchrist, MA, RPP, RCST® can be reached at 970-565-8801, [www.WellnessInstitute.net](http://www.WellnessInstitute.net), or [insightmedicine@yahoo.com](mailto:insightmedicine@yahoo.com).

### **Liability Insurance for Members**

The BCTA/NA has established a relationship with Associated Bodywork and Massage Professionals (ABMP) in order to provide our members with an easy and reasonably priced method of acquiring liability insurance. Membership with ABMP at the Professional Level, for which our U.S. resident graduate members qualify, costs \$199 per annum, with a \$50 discount for BCTA/NA members. So for \$149 p.a., among other benefits you will be covered for liability at the rate of \$2,000,000 per incident as well as have the option of being listed on their nationwide network of bodyworkers. Unfortunately this offer is not available to our out-of-U.S. members.

Currently this listing will be under the heading *CranioSacral Therapy*, the only option at this time. However, once 50 of our members are registered as ABMP members, they will add a *Biodynamic Craniosacral Therapy* listing. For further information, please visit their website at [www.abmp.com](http://www.abmp.com) or phone them at 800-458-2267.

## BOOK REVIEW

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

by Roger Gilchrist. 211 pages, paperback, 2006 North Atlantic Books

Sharon Porter, RCST®, SEP, RPP

Roger Gilchrist is a psychotherapist, a respected BCTA instructor, and an experienced teacher of energy medicine. *Craniosacral Therapy and the Energetic Body: An Overview of Craniosacral Biodynamics* is an expanded and greatly improved revision of his 2000 book of the same name. Gilchrist has added four new chapters, including one on the interface between our biodynamic approach and the rest of the human energy system (including chakras and the elements that emerge from them, nadis, acupuncture meridians, and the energetics of organ motility). Another new chapter is on the spiritual dimensions of Biodynamic Craniosacral Therapy. His writing is crisp, fresh, mature, and accessible. He has added new photos with better labeling of the anatomical parts referred to in the text. Gilchrist references scientific research (including studies by the National Institutes of Health and MRIs confirming cranial motion) that gives scientific credence to the underlying foundations of BCST and should thus help skeptical lay readers be more confident of the efficacy of our work.

The basic biodynamic model is clearly laid out in the first 16 chapters. Gilchrist includes a discussion of sensations and felt sense that grounds the work in experience. In carefully chosen language, he lists “specific conditions [that] have shown themselves to be clinically responsive to craniosacral therapy,” such as fibromyalgia, chronic fatigue syndrome, anxiety disorders, and other conditions that are perpetuated by nervous system cycling. He also explains that, with biodynamic cranial work, “chiropractic adjustments hold longer . . . , the effects of massage therapy go deeper, physical therapy leads to quicker improvements. . . , structural patterns and the body’s functions improve more easily. . . , [and] the counseling process becomes far more efficient. . . [because] engaging potency as the body’s own healing intelligence actualizes the healing forces from within. . . . Craniosacral therapy can be utilized with most presenting conditions

that our clients bring . . . once therapists have honed their therapeutic skill” (pp 122–123). This section is an excellent resource for potential clients, students, and referral sources and a guide to appropriate language around the clinical benefits of craniosacral work. I appreciate how Gilchrist uses bridging language to make the book user-friendly for those familiar with other cranial styles while drawing them toward the biodynamic approach.

Chapter 15, “The Patterns of Experience,” discusses connective tissue strains, such as whiplash, that commonly have an emotional charge coupled to the physical injury. Gilchrist gives lively, real-world examples followed by longer case studies, including one elucidating how trauma resulting from a complex birth pattern played out in symptoms that presented later in life.

I am particularly enthusiastic about the last 33 pages, “The Human Energy System and Craniosacral Therapy” and “Spiritual Dimensions of Craniosacral Therapy,” because I feel that a clear and grounded discussion of these has been somewhat lacking in the modern biodynamic literature I have read. I will therefore highlight a few pieces that fascinated me.

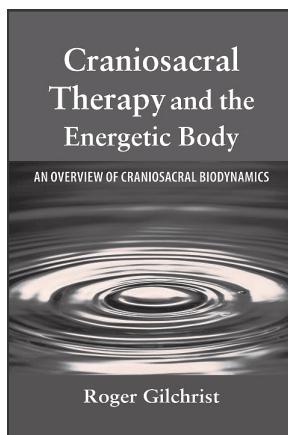
I have never felt comfortable with statements that neatly identify acupuncture with only one particular tide—it just seemed too simplistic to fit my observations.

On page 173, Gilchrist shares an anecdote from an acupuncturist “who has made an interesting observation that when he places needles primarily in the regular meridians, the tidal fluctuation seems to express the cranial rhythmic impulse; and when he places needles in the extraordinary vessels the system seems to orient to the middle tide.” Yes! Would other acupuncturists who do biodynamic work like to join this discussion? Is the long tide involved as well?

Gilchrist’s discussion of chakras and ignition was so inspiring that I put the book down to do some really effective work on the spin of my third ventricle, which is the location of ajna chakra and the central fulcrum for primary energy. Many of these energy connections have been underappreciated in most biodynamic writings to date, and I could feel a settling in my body as some of my other favorite energy modalities were recognized in their right relationship with the cranial system.

I appreciated all the links the author made between the energetic and fluid midlines of the cranial system and those of other energy systems, such as the central energy channel of ayurvedic and Chinese medicine. The *tan tiens* tai chi teachers refer to, along the midline in the head, the heart, and the torso just below the umbilicus, are “fulcrums of potency.” I loved the discussion of the long-term symptoms of umbilical shock, to which I would add its negative effect on relationships.

Gilchrist is not above a poetic turn of phrase. “Ignition of the heart center” is “a bridge to the spiritual



dimension of our being,” “a portal into the core,” where we can connect with “the fire of love arising.”

*Nadis* are extensions of the chakras, subtle energy channels that deliver potency to all areas of the body. Some of them share pathways with acupuncture meridians, and their central channel (in the midline) is the main conduit for the Breath of Life. This discussion is important because there has been some attempt to place bio-dynamic work outside the context of energy therapies / energy work, when it is in fact a layer of the energy system and the primary organizer for all energy systems, due in large part to its strong midline phenomena and the level of Intelligence it carries.

Gilchrist terms the three principles of energy movement *stillness, action* (i.e., potency), and *inertia*. His writing on the physics of inertia is particularly helpful to those who see inertia as lacking motion. *Inertia* is “a strong and active energetic process running to maintain a pattern. . . . It is spiritually related to attachment.” So, when we are attached, we cling to our way of seeing or doing something, creating an active inertial fulcrum that, when cranially resolved, allows attitudinal and behavioral change.

After a cranially relevant tour of the six lower chakras, Gilchrist addresses the seventh chakra, located just above the head. It gives us the experience of “Immediate Presence” and is one of the ways that cranial work opens us to “encounters with the sacred . . . that have a pragmatic and positive impact on day-to-day living.” Here Gilchrist makes a delicate and appreciated distinction between BCST and spirituality. I have to paraphrase to avoid quoting several pages, but it seems to me that for him BCST is not so much a spiritual practice as it is a practice that *overlaps* with basic spiritual experiences that are a part of meditative and religious traditions.

I highly recommend this book for practitioners, clients, potential clients, and those who need to know how to refer their patients to us. You may want to order copies by the box. ♦

*Sharon Porter is a BCTA/NA instructor and energy medicine trainer currently teaching Somatic Trauma Resolution. Her web site is HealthWaveInstitute.com.*

## Stillness & Post-Nasal Drip

My practice is sitting  
with an intention of stillness . . .  
Sometimes it comes easily.  
Other times, not so much.  
Today, not so much.

I know that stillness  
comes from within.

Post-nasal drip  
also comes from within.  
Mucus—ever-forming,  
flowing freely from various  
sinus cavities  
inevitably vexing me.

Drop by drop onto  
the back of my throat  
which will eventually need clearing.  
The mucus swallowed and/or  
coughed up—either way  
thwarting my quest for stillness.

Undeterred the mucus slides on  
to join too much coffee  
and a protein shake  
in a stomach that grinds and twists,  
sloshing and pushing,  
separating solids from fluids,  
nutrition from waste.  
The drama of destruction and re-creation  
right in my digestive track.

I have heard that stillness  
is not the absence of movement  
just as silence is not  
the absence of sound.  
Though we sometimes manage to avoid  
the sounds that reach our limited ears,  
this is not silence.  
All the while subsonic, ultrasonic  
and yet to be determined  
incarnations of sound flow  
against, through, and around.  
Silence then, also comes from within.

So here I sit,  
precariously perched  
on a little blue planet  
that hurtles through space  
at 187,000 miles per hour . . .

Meanwhile . . .  
Mucus slimes its own way,  
Pee flows its amber way,  
Poo, its smeary brown way,  
And I notice . . .  
that I am still.

*R. Nelson*

## MOVIE REVIEW

# The Olive Tree: Refusing to Be Enemies

*Lisa Gayle, RCST®*

Joining the Primarywave, sitting with primary respiration and the intention of peacefulness every second Sunday of the month, has been looked at as a way to strengthen our biodynamic community and perhaps encourage a shift toward world peace. RCST® Aida Khalidi McGugan, a descendant of one of Jerusalem's oldest Palestinian families, is engaged in a more specific way of working for peace. She has been part of a group of twelve women, six Palestinian, six Jewish, who have been meeting in each other's homes in Ann Arbor, Michigan since August 2002. They committed to learn to hear each voice in the group, and their journey is taking them across the divide of their ancestral communities.

Collectively they are known as *Zeitouna*, Arabic for *olive tree*. Their mission is to embody and promote the peaceful and just coexistence of the Arab and Jewish peoples through connection, trust, empathy, and actions focused on supporting a sustainable future for Palestine and Israel. They have listened to each other's pain and joy, often finding a mirror in themselves, moving with difficult feelings and finding times of compassion. *Zeitouna* is the subject of a new documentary, *Refusing to Be Enemies*. The movie works very hard to break down stereotypes and show members of *Zeitouna* as individuals who, in spite of their pain, are committed enough to finding common ground that they can hear the pain of the other.

Aida, who was raised in both the U.S. and the Middle East, says, "In *Zeitouna* we've shown each other that Palestinians and Jews share the deep psychic wounds of being violently separated from the places we love, the essence of our memories and identities. We all dream of safety, a place that no one can snatch away from us. By helping each other develop dialogue skills, we have increased our capacity to understand, to forgive, to heal and to generate practical compassion. Together we are becoming true olive branches, offerings of peace and reconciliation to break the cycle of violence." Her *Zeitouna* sisters include Palestinian women forced to leave the Middle East, an American-born woman of Lebanese and Syrian ancestry, a child survivor of the Holocaust, the daughter of a child survivor, and American-born Jewish women. All of these women, many of whom went through quite distressing trauma, are fully functional, vibrant women. Our colleague Aida, for instance, recently completed her RCST training, is currently studying Alexander Technique, rides horses, and majored in art history.

Watching the movie, one gets the sense of how difficult is the work of honest, vulnerable listening, of find-

ing the internal balance between having compassion for oneself while at the same time being able to really hear a person whom one may at first have seen only as "other." Underlying this work is the importance of the container: meeting regularly while sharing meals, staying as present as possible while moving slowly through the fulcrums of fear, and holding each individual's experience. Because the film's producer, Laurie White, is both a member of *Zeitouna* and a trusted documentarian



*Photo: Dan White*  
The members of *Zeitouna*. Aida McGugan is in the middle of the back row.

(she produced Michael Moore's *Roger and Me*), the safety and intimacy of the container stayed intact during filming and certainly contributed to the film's intimate and authentic feel. White is also a psychotherapist with a long history of working on issues of violence and abuse.

While being committed to personal transformation through sharing personal narratives, reading articles and books together, and traveling as a group to Israel and Palestine, *Zeitouna* has also become more outwardly active. It has helped start sister groups, presented at conferences, and participated in peace marches, seminars, and panel discussions. Its members are committed to the expansion of political discourse through activities grounded in the principles of dialogue. The world premiere of *Refusing to Be Enemies* was held to a sold-out crowd of 2000 in Ann Arbor, Michigan on March 18, 2007. There are plans for showings at conferences and film festivals as well as for a DVD. You can learn more at [www.zeitouna.org](http://www.zeitouna.org). ♦

*Lisa Gayle, RCST® has a private practice in Ann Arbor, MI. She teaches a workshop called "Nurturing an Open-Hearted Adoption" at a local adoption agency and works on deepening connections between parents and children as well as individual healing with teens and adults.*

# Dear Members

Edwin Nothnagel, RCST®, Secretary

*The manner in which a structure shapes itself and holds its subcomponents together in three-dimensional space defines the way the structure as a whole will behave.*

Donald E. Ingber, "The Architecture of Life," *Scientific American*, Jan. 1998

I am Edwin Nothnagel, and I am one of two new directors for the BCTA/NA. I volunteered to run for this position and normally would have had to have been elected rather than appointed. There were five to seven vacancies on the board to fill (we can have up to nine directors on the board), and because only three people out of approximately 370 members volunteered to run, no election was necessary. At that point, there were six current directors, with four of the directors' terms expiring May 31, 2007. With the resignation of one of the two continuing directors at the end of April, our organization is left with a board of three. Our bylaws state: "The Board shall consist of not less than 3 nor more than 9 Directors." So we are in compliance with the bylaws but are operating at a disadvantage. The disadvantage is not the amount of effort and caring that the directors are devoting for the benefit of the organization and its members. The disadvantage is that there is more work for a professional organization of 370 that needs doing than four people can accomplish. A large majority of that work was being done by Clare Bonser in her paid capacity as administrator of BCTA/NA. Clare performed excellently and served our organization above and beyond what the position was paid. Due to a small and shrinking budget, the association can no longer fund the administrator position—yet the workload remains.

If the current state of affairs remains, what does that mean to you as a member?

1. You may have to wait days or weeks to receive a response to your e-mail.
2. There may be a delay in updating practitioner listings on the website.
3. Publication of the *Cranial Wave* may be delayed because the editor and layout designer is also the association's president.
4. BCTA/NA could cease to exist because there is too much work and not enough hands volunteering to take it on.

None of this has to occur. Your board is working hard and smart to enhance our organization and the benefits to our members. We need your help. This is a member-driven, voluntary professional organization. You received a survey with your renewal that listed some of the areas in which we need help, and about 10 percent of you volunteered your time and energy in some capacity. Many of you did not, however, give us your contact in-

formation, so please contact our volunteer coordinator, Sharalee Hoelscher, at 850-450-8508 or write to [admin@craniosacraltherapy.org](mailto:admin@craniosacraltherapy.org) if you have any time to give.

There are some areas in which immediate help is needed. These have to do with the tasks that the administrative director used to perform and include:

- answering emails and phone calls from members and from the public
- updating the website
- recordkeeping
- budgeting and bookkeeping
- data entry

There are numerous other areas in which you could serve your organization, including marketing the organization, laying out the newsletter, updating forms, writing articles, and revamping the website.

Get involved and volunteer now! ♦

## REMINDERS

### Name of the Association

The name of the organization is now the *Biodynamic Craniosacral Therapy Association of North America*. Please update your website and written materials.

### Acronym, Logo, and RCST® Certificates

The acronym is now *BCTA/NA*. Note that there is no longer an *S* in the acronym: *B-C-T-A / N-A*.

The logo has been revised to reflect the name change. If you would like a digital copy of the new logo, please email [admin@craniosacraltherapy.org](mailto:admin@craniosacraltherapy.org).

For an RCST® certificate that reflects our new name, please email [sberman@mindspring.com](mailto:sberman@mindspring.com). Allow four to six weeks for processing.

### Spelling and Trademark Reminder

The trademark symbol ® serves to distinguish us in the marketplace as highly trained biodynamic practitioners. It indicates that the mark has been awarded to the user and is protected by copyright law. It is *required* to be used with the RCST designation; thus, RCST®. The approved name and spelling of the modality is *Biodynamic Craniosacral Therapy*.

The ® need appear with RCST only once in an article and once on a web page, even if RCST appears more often. See the Fall 2006 *Cranial Wave*, p 5 for more information.

### Testimonials

Please see the Fall 2006 *Cranial Wave*, p 2 or the Ethics Code for permissible types.

# BOARD MEMBER BIOGRAPHIES



## Linda Kurtz President

I have been practicing massage and craniosacral therapy for the past 12 years. I graduated from the Chittys' foundation course in 2003 and received my RCST® in 2004. I am excited to be a part of the BCTA/NA board because I love

working as part of a group of people with a common goal, especially when the work of the group is personally and culturally transformative. I believe that biodynamic CST, as it has been and is being formulated, offers hope to the world and tools by which each and every one of our clients can begin to change their lives for the better. I would like to help our work spread and deepen.

My background is initially in anthropology and archaeology, which I studied as an undergraduate and graduate student. Like BCST, these disciplines ask one to be nonjudgmental, see the whole, and use the details in service to understanding larger dynamics.

I have co-led a number of consensus-based groups, and, prior to entering the bodywork field, worked as a proofreader and copyeditor at a continuing legal education institute. I have begun studying polarity therapy and have a near-daily vipassana meditation practice.

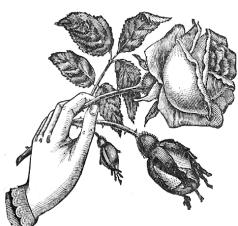
I am pleased to offer my skills, dedication, and interest in service to our association. ♦

---

## Clare Bonser, A Dozen Roses for You

For over two years, Clare Bonser, RCST®, served as our administrative director. Prior to that, she served on the board. Clare's dedication to the BCTA has been amazing. Now, even though her position has been eliminated due to a diminished budget, she continues to labor on finishing up membership renewal and organizing her many files to pass on to the board and to our new volunteers. She has generously offered to help the new board as a consultant and a fount of organizational history.

Many of you have had contact with Clare over the years as she helped you with one BCTA-related thing or another. Ever gracious, ever dedicated, and deeply committed to the integrity of the Biodynamic Craniosacral Therapy Association, she will be sorely missed as our organization's face. Thank you, Clare, for your labors and your love! ♦



## Edwin Nothnagel III Secretary

My name is Edwin James Nothnagel III, or Edwin for short. And I am a work in progress. I have done many things in my life, all of which have helped me to arrive at this moment. Happy child, sulking teenager, numb college student, overly stressed corporate engineer, husband, father, animal lover, farm owner, volunteer, massage therapist, craniosacral therapist, and more to come.

Through it all I have always wanted to help and to volunteer. The BCTA/NA board is in need of volunteers and I gladly offer my services.

In my previous life as an industrial engineer, one of the tools I used was process improvement. I was also a meeting facilitator for a couple of years and had success helping diverse groups work together and achieve their goals.

I have volunteered in my engineering professional society, neighborhood road maintenance association, PTA, in the classroom with elementary school children, and even did a stint as a pediatric cuddler at a local children's hospital. I look forward to working with the board and serving the members of BCTA/NA. ♦

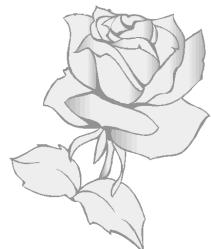
---

## Become a Mini-Rose

Many of you know the crucial role that Clare Bonser played in our Biodynamic Craniosacral Therapy Association. Now it is your opportunity to reciprocate. There are three of us on the board now, and we are both directors of the BCTA and administrators. Even with Clare continuing to help, the amount of work is way more than is do-able by the three of us.

Won't you help by donating even a few hours of your time in whatever capacity you see fit? I have really enjoyed returning phone calls to the organization, answering questions both from members and the public. It is a great way to connect with others and to talk about cranial work.

Organizing files, laying out documents, following up, mailing, budgeting, bookkeeping, phone-calling, emailing, proofreading, editing, website updating and restructuring—these are just some of the things you could do. Contact Sharalee at [sharalee\\_@bellsouth.net](mailto:sharalee_@bellsouth.net). ♦



## BOARD MEMBER BIOGRAPHIES, *continued*



### Sharalee Hoelscher Vice President

My bodywork career began in 1992 when I became a licensed massage therapist. I worked in medical clinics and resorts and maintained a full-time practice for nine years while living in Arizona.

During that time, I began receiving sessions in Biodynamic Craniosacral Therapy. As I came into alignment with myself, I learned to listen to my heart. In 2001 I moved to northwest Florida, where my whole being feels at home. Here I continue to practice massage and have taught at the local massage school. Following a compelling desire to offer the best available in bodywork, I commuted to California for my foundation training, where I studied with Carol Agneessens, graduating in November 2006 and becoming an RCST®. I am currently growing a lovely Biodynamic Craniosacral Therapy practice in two nearby cities on Florida's northern Gulf coast.

My board experience also began while living in Arizona. There I organized a culturally diverse neighborhood into a viable neighborhood association. Together we worked with the city planning and zoning departments, other neighborhood associations, developers, and area businesses to preserve and improve our community. During my four years on the board, I edited the newsletter, served as secretary and vice president, and held the office of president for two terms. I learned a lot about finding solutions that allow everyone to feel heard, respected and honored.

In addition to board experience, I also have a background in the legal and business worlds. In my former life in hell (before beginning my bodywork career), I worked as a legal assistant and also worked for various small and large businesses. I learned a lot about why biodynamic work is so needed today. ♦

#### Join the Primarywave

*We would like to invite you to join the Primarywave. Members of the BCTA/NA sit with Primary Respiration and the intention of peacefulness, 1:00–1:30 p.m. EST, every second Sunday of the month, as a way to strengthen our biodynamic community and perhaps encourage a shift toward world peace.*

*We encourage you to share your experiences during Primarywave with the community. Emails may be sent to [sjberman@mindspring.com](mailto:sjberman@mindspring.com) (Sarajo Berman) with "Primarywave" in the subject line.*

## How Does the Board Get Its Members?

*Linda Kurtz, RCST®, President*

Some people have expressed the view that the board seems to be a mysterious entity on which new members suddenly appear, and some have said that they see it as a clique. Here is how a person comes to sit on the board.

Toward the end of each year, the association sends out a call for nominations to the board. The call appears in the *Cranial Wave* and is sent out via a mass email to all members. Last year, we also enclosed a flyer with the *Cranial Wave*. The Nominations Committee chair also calls people to try to recruit members.

The members currently on the board were recruited at the last conference (Linda), by personal contact (Edwin), and via a teacher's nomination of a former student (Sharalee). Individuals may nominate themselves for the board or they may be nominated by someone else. Under our bylaws, teachers may not sit on the board. The reasoning behind this is that there is a conflict of interest, since the board also regulates teacher conduct. The teachers are represented on the board by three teacher

**Elections to the board are held  
only when the number  
of people running is greater  
than the number of open seats.**

liaisons. The liaisons contribute to board discussion and debate but do not have a vote. During my tenure on the board, I have found the contributions of the teacher liaisons to be immensely helpful and the liaisons a joy to work with. The current teacher liaisons are Mary Louise Muller, Peggy Reynolds-Olsen, and Jan Pemberton.

Elections to the board are held only when the number of people running for the board is greater than the number of open seats. This last happened about three years ago, when seven people were running for five open seats. So when it seems that a new board mysteriously appears, it is simply that not enough people have opted to run for the board.

As you know from other articles in this newsletter, we are actively recruiting additional board members. If you are interested in joining the board or you know of a potential candidate, please contact our nominations chair, Sharalee Hoelscher, at [sharalee@bellsouth.net](mailto:sharalee@bellsouth.net) or 850-450-8508. Please don't feel intimidated about becoming a board member. While experience on a board or other organization is helpful, if you are dedicated to the organization and want to work biodynamically as part of a group, we would very much like you to join us. The ad on page 2 and the article "Your Association's New Board of Directors" on page 10 will give you some more information on the character and structure of the board. ♦

*(Continued from page 7)*

not individual teachers. In this way, trainings affiliated with the IABT would be co-taught, rather than led exclusively (or mainly) by a single teacher. This is a work in progress in some of the member schools, but that is the intent. I have not taught on my own at Karuna since 1992. All courses are co-taught by a staff of teachers and assistants. We have a mentoring process in place whereby assistants can work their way up to senior tutor status. A fair number of Karuna teachers have gone through this process and have even started their own schools.

The IABT is a voluntary organization with no policing powers over trainings or practitioners, does not register practitioners in any way, and will not undercut the need for practitioner associations or individual practitioner registration via state or national means, which has a very different brief. I will definitely maintain my teacher status in the North American Association, support it, and will also keep on being accredited as a training by the U.K. Association. (One requirement of the IABT is that trainings are accredited in appropriate ways dependent on their location in the world; this is again a work in progress for some schools.)

Affiliation of new schools was opened up at the end of April. Check out the current status of the website and its content at [www.biodynamic-craniosacral.org](http://www.biodynamic-craniosacral.org). The website is also a work in progress.

As some of you may know, in the early days I was against the concept of accrediting teachers rather than schools. I wrote to the then board suggesting that it would give individual teachers too much power (as you would need one teacher to have a training), discourage cooperative and collegiate development of trainings and the internal mentoring of teachers, and also create a potential for splitting in the field. I still strongly believe this and again highly recommend that, as in the UK and other countries, the Association gradually change over to the accreditation of schools rather than teachers. Ideally, the Association would not decide who should teach, but what forms of teaching organizations are sound enough and clear enough to carry out the teaching of the work. This might include the administration, finances, complaint procedures, mentoring processes, mediation processes, the testing of student competency procedures, curriculum, etc.

I also know that there have been some confusing emails sent to mailing lists, and I have written to all schools asking all to be careful of the language used to prevent further confusion. In the end, I hope for a worldwide identity for the work and a network of like-minded schools that are free to explore the work and their curriculum in creative ways. Hopefully, their graduates, along with those of accredited teachers, might also eventually be eligible for registration

through the BCTA of North America. This may take a lot of negotiation, but it may be an excellent option.

Hope this letter finds you all well.

*Franklyn*

*Since we sent our Franklyn's letter via email to all of our members, we have received a number of emails from members with further questions. We are printing them here, with Franklyn's and the board's responses.*

### **Member questions about advanced studies within the new biodynamic schools affiliation**

This is confusing to me. There is to be a practitioner referral feature in this new organization, made up of the graduates of the affiliated member schools. My training came obviously before the founding of this organization, and with a teacher/school that is not today to my current knowledge affiliated. Under D.C. law, I can practice and charge for Biodynamic Craniosacral Therapy sessions. This is wonderful. I have worked very hard to bring this work to the public, and I am practicing it within both a clinic and a spa context. I am under supervision and follow all of the RCST® standards, etc. However, theoretically now within the scope of the practice internationally, am I eligible for advanced studies if I wish within the new organization's schools, or would I have to enroll all over again and start from square one to achieve their BCST first? How does this place those of us who already have completed BCTA/NA-approved 700-hour trainings in relation to advanced studies and international dialogue for development and then practice of the work?

*Ginger Ingalls, RCST®*

### **Franklyn's response**

Each school is free to offer its advanced courses to anyone who has graduated from anywhere. Karuna advanced courses are open to any craniosacral therapist no matter where they graduated. I will bring this up as a matter wider school's issue, but the intention is to let all schools determine their own policies.

The website will eventually have a listing of graduates, but it is not a practitioner referral service per se. Each graduate has to register in their own country as per what is appropriate for them.

### **Member question about BCST and RCST®**

Who can use BCST and who can use RCST® after their name?

### **Response from the board**

Anyone who has graduated from an IABT training can use the initials BCST after their name if they so choose. Currently, some of the IABT-affiliated trainings, like the Chittys', are also approved by the BCTA/NA. Someone who graduated from an IABT training that is approved as a Foundation Training by the BCTA/NA could use both sets of initials. ♦

## NEWS AND NOTES

### BCTA/NA Incorporates as a 501(c)(3) Nonprofit

On October 17, the IRS granted the BCTA/NA 501 (c)(3) status, a nonprofit category that allows individuals and corporations to write off on their taxes any donations they make to the organization. We hope that our nonprofit status will encourage donations to the association by both members and the public. This nonprofit status is not easily gained and took a great deal of time-consuming work on the part of the current and past boards and our corporation attorney, Richard Glassman.

Additional benefits of 501(c)(3) status are exemption from payment of federal and some state taxes and discounts on work done by some businesses. Sarajo Berman, past vice president, is planning to coordinate work around soliciting donations from the public.

As a 501(c)(3) corporation, we must keep very careful financial records, as it is the IRS who looks over our shoulder. For more information, see the articles below.

### Pro Bono Work—Lawyers and CPAs

The BCTA must engage a bookkeeper and certified public accountant (CPA) in order to comply with IRS accounting requirements for 501(c)(3) corporations. We would also like to find a lawyer to handle routine legal matters that come up around being a nonprofit. These professionals can be located anywhere in the U.S. Some professionals will do work for nonprofits on a reduced-fee or pro bono basis, which would be especially attractive, as their services are expensive. Because we are now a 501(c)(3) corporation, any professional who donates their services to the BCTA may write them off on their taxes.

We need your help in finding these people. If you would like to volunteer to try to find one or all of these professionals (the web is an excellent way to begin this search) or have a recommendation, please contact Linda Kurtz at [lindakurtz@netzero.net](mailto:lindakurtz@netzero.net), 734-904-0546.

A number of our members have contributed to the organization by trading services in whole or in part with professionals like those mentioned above. Please consider doing this.

### Budget Mania

Are you good with numbers? Does balancing your checkbook relax you? The BCTA desperately needs a volunteer to keep track of our income and expenditures, as well as someone to plan a budget. We on the board have no expertise in this area. If you would be interested in taking on or helping with either of these tasks, please contact [sharalee\\_@bellsouth.net](mailto:sharalee_@bellsouth.net), 850-450-8508.

### Treasurer

If you are thinking of volunteering to work on our finances, why not become the BCTA's treasurer? While

the treasurer has traditionally been a member of the board, s/he does not have to be. In fact, all officer positions, except that of president, may be filled by persons who are not directors. Please contact Sharalee Hoelscher at [sharalee\\_@bellsouth.net](mailto:sharalee_@bellsouth.net), 850-450-8508.

### Survey

About 120 people returned the survey sent out with the membership renewal forms. We would very much like to receive surveys from those of you who have not returned one. We have not yet had time to tabulate the results, but a few general things can be gleaned from them:

- Most people returning the survey read the majority of the *Cranial Wave*, and a large majority read all the articles.
- The most frequently cited reason for attending the biennial conference is to connect with the BCST community.
- Many people use the website, and most find it easily navigable for their purposes.
- Some people have had a few or many referrals from the website; others have had none.

Many of you volunteered your time to the organization but did not leave any contact info. Please contact Sharalee Hoelscher at [sharalee\\_@bellsouth.net](mailto:sharalee_@bellsouth.net) or 850-450-8508 so we can add you to our list. ♦

## LETTERS

### Being an RCST® can pay off!

Being an RCST® pays off!

Being a Registered Craniosacral Therapist has many benefits for me professionally, emotionally, physically, and spiritually. In addition to these benefits, I have discovered that being an RCST® has financial benefits.

In the nine months since I have been an RCST®, I have had four new clients and a couple of general inquiries, which is a way to increase awareness of this exciting modality. My contact information is entered onto our website once I am registered; as a result, I have earned \$1000 over and above my initial "investment." So, if you are wondering if you want to be on the website or not and the other benefits of being registered aren't quite doing it for you, then perhaps the financial benefit will help you make a decision. Up until now, I have relied on word of mouth only, but now I see that becoming an RCST® has been an important marketing strategy.

*Karen Goodfellow, RCST®  
Burnaby, B.C.*

# Your Vote—A New Name

*And yes, it is really looooong . . .*

You are now a member of the *Biodynamic* Cranio-sacral Therapy Association of North America (BCTA/NA). Yes, the new name was approved by member vote! In January, the association sent an email to all members asking them to vote yea or nay on the new name. Both the board and the teachers felt that the name change was needed to reflect our orientation and distinguish us from other forms of craniosacral therapy. About half the membership voted, with 162 votes in favor and 22 against. There were some wry comments about the new name:

- Yes of course. What's an additional five syllables tacked on to a name as long as the one we already have?
- YES, although it is really loooong.

And some more serious ones, including:

- Thanks for asking. I believe the name change DOES help differentiate Franklyn's original concept for CST from the other brands. I vote YES on the new name.
- BCST is more meaningful.
- Too many words . . . too confusing . . . let's get craniosacral therapy more in the mainstream and then break it down more specifically.

Some of you have wondered whether the initials following our name will change from RCST® to BCST. They won't, mainly because RCST is already a registered trademark and it takes a great deal of time, effort, and proof to obtain such a mark (*see Fall 2006 Wave*, p 5).

Please note that the acronym is BCTA/NA. We took out the "S" when we added the "B" so that it wouldn't be an even bigger mouthful! Please update your website and written materials to reflect the name change.

The lovely logo you are familiar with has been revised to reflect the new name of our organization. We would like to thank Susan Blue for her time and effort in getting the logo change made. As you can see, the design is the same as before, with the word *Biodynamic* added. If you would like a copy of the new logo to put on your advertising materials, please contact [admin@craniosacraltherapy.org](mailto:admin@craniosacraltherapy.org), and one will be sent to you via email. If you wish to have a new RCST® certificate that reflects the name change, you can easily exchange your old certificate for a new one. Contact [sjberman@mindspring.com](mailto:sjberman@mindspring.com).

As you will learn from reading this newsletter, the association no longer has an administrative director. We on the board are in the process of forming an email committee (comprised of members and teacher-members) that will, among other things, answer email requests for the logo. If you are interested in being on this committee or in finding out more about it, please see page 10 of this newsletter and/or email or call Sharalee Hoelscher at [sharalee@bellsouth.net](mailto:sharalee@bellsouth.net), 850-450-8508.

Our new name and logo will better reflect who we are and what we do. Thanks to all of you for making your voice heard! ♦

## Volunteer Coordinator

Our volunteer coordinator, Sharalee Hoelscher, has had a lot of experience working with volunteer groups, having served on the board of a neighborhood association that she founded in Phoenix, and is excited to be contacting our members who have volunteered their time to the association.

Like all of us on the board, this very personable, intelligent, warm, and gracious woman is committed to creating an organization that works *biodynamically*, and she has a great deal of skill in this area. If you are thinking about volunteering but are hesitant, do give her a call. She will talk with you about what volunteer options might work best for you—whether you have two hours or one hundred.

We truly do need you help. Without it, we cannot continue to offer the one-on-one attention that Clare gave to each member inquiry, nor can we continue to help the BCTA/NA deepen into a more truly biodynamic way of being. BCST is beginning to be recognized as a modality different from other types of CST, and it would be a shame to let escape the opportunity to increase public awareness of our organization and the biodynamic way of working with the entirety of the human organism. This organization, which is *your* organization, cannot do it without more of you getting involved.

As the preachers say, "Look deep into your hearts." Our next line, unlike that of the televangelists who encourage you to reach deep into your pocketbook, is: "Volunteer! Call or email Sharalee to volunteer your time to the organization that helps *you* help the human heart be at peace."

Your Volunteer Coordinator is standing by and can be reached at [sharalee@bellsouth.net](mailto:sharalee@bellsouth.net), 850-450-8508. ♦

## Write for the Wave!

We are seeking submissions for the next issue of the *Cranial Wave*. I hope that you will contribute to our next issue. Articles, poems, book reviews, questions, and accounts of your experiences are all welcome. So are drawings and photographs.

Share your thoughts and questions about Biodynamic Craniosacral Therapy with your fellow members. We are especially seeking essays on supervision experiences and on how you present BCST to the public. Please send your contributions to the editor, Linda Kurtz, at [lindakurtz@netzero.net](mailto:lindakurtz@netzero.net) by March 1, 2008.

## Ignition

Again . . . .  
For the very first time ever  
A warm vibration ripples out

I am sinking . . . .  
Sinking below the earth into an unknown dance  
A dance of unknowing  
Deeper and deeper  
Weightless and yet so heavy  
I am unable to move any portion of my body.  
My lungs . . . taking . . . feeling . . . emptying air  
My eyelids opening and closing  
Settling over floating irises

I feel rather like the flow of a body of water  
My belly rides a wave  
An arching wave so large my head rears back  
in slow motion  
My lips are being pulled apart  
I can almost taste the thick sweetness of the air  
One quick involuntary jerk  
The entire center of my body . . . .  
trillions of molecules pull  
Apart . . . . together

I am heavy  
Dropping fast  
Seconds, minutes passing . . . a lifetime  
Still I am unable to lift a finger  
I can see myself  
Liquefying, disintegrating into formlessness  
I am entering another world  
A world where the rules are different  
A world of no rules  
A world of apparent calm  
Calmly familiar, mysteriously comforting  
moving . . . stillness  
Ghost sensations of the past  
Leaving the outside world in a fog just out of reach  
Yet, its sounds and energy remain clear  
and pronounced  
Fear . . . . curiosity . . . . anticipation

A warm vibration ripples in  
  
Something telling me . . .  
I am still alive  
And in this world I know and love  
I dance a dance of unknowing.

*Sarajo Berman*

## Rose

Timeless time  
Stilled  
A gaze of dense love passing  
Offering the tone for the day  
A rite of passage felt by all  
For love, will, determination, courage,  
These were the midline holding the dance  
together  
The axis for coming into life  
Leaving death to itself  
Sweet bird-like offerings of soft lips  
Calm the breathing  
Opening space filled with vitalization  
Supported with gentle sips of fluids  
for moistening  
Ebbs and flows alternately lapped  
the edges of the room  
Returning to wait for a new direction of flow

Timeless time  
Stilled

The moment arrived  
Agreement  
Readiness  
Balance  
An answer to a mystery beamed brighter  
than the spotlight  
Crowning of a fairy for all to see  
Singing of an angel filled the room with delight  
Breath stopped momentarily  
Expanding inhale rejoicing permeating space  
Sighs, tears, laughter

Rose  
Timeless time  
Stillness

Days now opened and holding opportunities  
Change  
Growth  
Coming into relationship  
Unknown sensing filling the space  
between them  
All surrounded by a dynamic  
A stillness in motion  
Gentle quivers make way for openness  
Unlimited possibilities  
Oh, the joy of connecting  
Nesting, rejoining what we know to be  
Time.  
Never to be the same again.

*(Rose was birthed June 18, 2007, 6:58 a.m.)*

*Sarajo Berman*

# Conference Committee

## *The Conference Committee*

Being together with like-minded people can feel like coming home. And, that's exactly how we're beginning to feel about the 2008 Breath of Life conference! We want to create the opportunity for us to come together, renew, and learn.

Our committee has grown from a dedicated group of five members, to eleven sub-committees, and a growing list of member volunteers. We could not have come this far without many hours of hard work from committee members Sarajo Berman, Mary Louise Muller, Rich Nelson, Edwin Nothnagel and Carol Verner. The volunteer efforts of Sherry Phillips and Lorna Richman have also been invaluable.

From the very beginning we've held the intention of providing a conference that would embrace biodynamic living and help build community within our organization. We also wanted to have fun! With this in mind, we sent the community our letter of intent along with a call for volunteers. A survey was also included to gain community input and establish a framework for the conference. Your comments and suggestions were informative and helpful. Thank you!

We were excited about bringing in Dr. Bruce Lipton as a guest speaker. However, as a small organization with a comparably small budget, we found that the only way that we could afford him was to sponsor a major public fundraising event along with the conference. It eventually became apparent that we do not have the financial or volunteer resources to manage such an undertaking at this time. In keeping with the theme of building community we are soliciting most of our speakers from our community. This invitation is extended to everyone. See "The 2008 Conference" on page 11 of this issue for more information and a list of community members who have already committed to presenting.

Speaking of invitations... YOU are cordially invited to join any of the volunteer teams, as there are many to ways to contribute. Your time, talents, and ideas are welcome in any of the following areas:

- **TECHIES:** We have planned exciting and seamless audio/visual effects during the conference. Unfortunately it's possible that we don't have six left-brained individuals in the entire organization... So even if you can fake it, please help!
- **LOGISTICS:** There is a lot of set-up, break-down, and running around involved with running a conference. Not to mention coordinating who and what belongs where and when. We are seeking a team of folks, preferably with control issues to help take this on. Those of you, who were ever hall monitors, crossing guards, or school patrols, may as well step forward now!
- **HOSPITALITY:** There are several areas of need here; gift bags, decorations and signs, and a wel-

coming committee who is responsible for, um... welcoming. They are also responsible for apologizing for the logistics team. Only the comfortably co-dependent need apply!

- **ENTERTAINMENT:** We are planning a "Cranial Cabaret" which includes the talents of our community in the form of poetry, music, dance, or other performance arts. This team would be best filled by desperate attention-seeking types, who are at their best when competing for attention with others like them!
- **PHOTOGRAPHY:** Explore your inner paparazzi! Yes, we need a team of digital photographers to gather incriminating photos since we believe we can raise funds through member blackmail!
- **MARTYR RECRUITMENT:** While the control freaks, co-dependent enablers, and attention-seeking basket cases receive all the attention at the conference, we need martyr types willing to take on the more long-term, less visible, and thankless responsibilities such as conference promotion, solicitation of vendors, sponsors, and general groveling as needed. This is a hard sell but it's your job, not ours!

These and other exiting, glamorous volunteer opportunities cannot be missed! Contact Edwin Nothnagel at [edwinnothnagel@embarqmail.com](mailto:edwinnothnagel@embarqmail.com). With your help, the 2008 Conference will be the best yet! ♦

---

## A Birth in the Community



Dara Knerr Colacchio, RCST® writes: *I have given birth to a beautiful daughter! Ani Tsering Colacchio was born at home on May 17th, in San Anselmo, California. Her father, Michael, and her two brothers, Dominic and Ben, were all present. They were an incredible team during her beautiful birth. We are all very happy in Love. What a treasure she is!*

*Merrill Devito, Ray Castellino, and Scott Engler, all RCSTs, gave us perinatal and birth support. It has been wonderful to have such a skilled community of friends around us — Thank You All!*

*I will return to my private practice seeing babies and moms in the San Francisco Bay area soon—for now we are enjoying baby moon time! ♦*

# CLASSIFIEDS

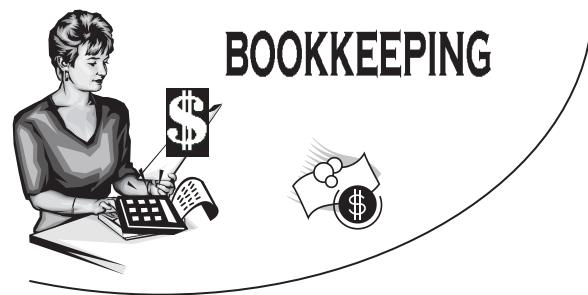
**Part-time positions open!  
Apply now!**

**Apply Your Talents . . . Increase Your Skill Set . . . Meet New Friends!**

We are looking for people with skills in the following areas  
or simply a desire to learn and contribute:



**WEBSITE  
DESIGN**



**BOOKKEEPING**



**MARKETING**



**WEBSITE MAINTENANCE  
COMPUTER SKILLS**



**NEWSLETTER  
LAYOUT**

Join our team today!  
Call 850-450-8508 and  
ask for Sharalee.

**BUDGETING**



**BCTA/NA  
building community**



Email sharalee\_@bellsouth.net

## Our Thanks

In addition to our members who serve on committees or the board, the BCTA/NA would like to thank several members and nonmembers for work they did on behalf of the association:

- Susan Blue, RCST® for updating our 2007 renewal forms and supervision logs and putting them into Microsoft Publisher;
- Richard Glassman, attorney at Catron, Catron and Pottow, PLC, Santa Fe, NM, for waiving part of his fee for the work he did incorporating the BCTA/NA;
- Midge Murphy, attorney in Eugene, OR, for her pro bono advice on legal matters. ♦

## Member Meeting

The biennial member meeting scheduled for May of this year was not held due to a low response rate. Normally, the member meeting is held during the conference, but because there is a three-year gap between the 2005 and 2008 conferences, the biennial meeting was scheduled for this year. The next member meeting will take place at the 2008 conference. ♦

### Advertising

Please submit all advertisements to [lindakurtz@netzero.net](mailto:lindakurtz@netzero.net). Ad specifications may be found at [www.craniosacraltherapy.org](http://www.craniosacraltherapy.org) under the tab *Newsletter*. Ads for the next edition should be submitted no later than April 1, 2008.

### Web Listing

The BCTA/NA is now listed on Therapyworld.com, an international website for mind, body, and spirit therapies. Therapyworld.com helps clients find practitioners by offering a worldwide pool of therapeutic choices for them to explore. Our BCTA/NA organizational listing is free. Any member of BCTA/NA who wishes to advertise on their site may do so for half the regular cost of membership.

The BCTA/NA can post articles and other information on the website, so if you have an idea for things that might be useful to post, please contact Linda Kurtz at [lindakurtz@netzero.net](mailto:lindakurtz@netzero.net). We are also looking for someone to upload information about BCST to their site. Again, contact Linda Kurtz if you are interested.

### Disclaimer

The information contained in this newsletter is provided only as general information and is not intended to represent that Biodynamic Craniosacral Therapy is used to diagnose, cure, treat, or prevent any disease or psychological disorder. Biodynamic Craniosacral Therapy is not a substitute for medical or psychological treatment. Any stories, testimonials, or other information contained herein do not constitute a warranty, guarantee, or prediction regarding the outcome of an individual using Biodynamic Craniosacral Therapy for any particular issue. While all documents are posted in good faith, the accuracy, validity, effectiveness, completeness, or usefulness of any information herein, as with any publication, cannot be guaranteed. BCTA/NA accepts no responsibility or liability for the use or misuse of the information provided herein. BCTA/NA strongly advises that you seek professional advice as appropriate before making any healthcare decision.

## Welcome to Our Community

Since the Fall 2006 newsletter, we have 29 new RCSTs. Congratulations to all on completing the Foundation Training and receiving your RCST® designation. We also welcome two new graduates who have completed the Foundation Training.

### New RCSTs

Brisa Anderson  
Beverly, MA

Victoria Behrends  
Encinitas, CA

Susan Bloye  
Ann Arbor, MI

Veruschka Boespflug  
Montreal, QC

Lisa Carmichael  
Agoura Hills, CA

Laura Craig  
Victoria, BC

Susan Denison  
Louisville, CO

Holly Dudley  
East Otto, NY

Monique Esposito  
Boulder, CO

Chris Fox  
Fairview, NC

Josephine Gagnon  
Scotts Valley, CA

Alison Greene-Barton  
Ojai, CA

Holly Lynn Greif  
New York, NY

Deborah Henry  
Kirtland, OH

Sharalee Hoelscher  
Gulf Breeze, FL

Jaymie Homan  
Los Angeles, CA

Suzi Hunter-McEwan  
San Antonio, TX

Dana Keeler  
New York, NY

Dorothy Luboski  
Euclid, OH

### New RCSTs, cont.

Carla Kramer  
Wickliffe, OH

Marti Mariette  
Santa Cruz, CA

Ken Martin  
Nelson, BC

Kelly McCann  
Chicago, IL

Marty Morgenrath  
Big Sur, CA

Nurit Nardi  
Highland, NY

Karen Ouse  
Aptos, CA

Lisa Piediscalzi  
Aptos, CA

Elizabeth Poole  
Brooklyn, NY

Adelheid Vandana-  
Pramhas  
Pittsfield, MA

Vileena Purpuri  
Ben Lomond, CA

Susan Shakespear  
Fallbrook, CA

Fred Snowden  
Shaker Heights, OH

Mark Trione  
Nelson, BC

Deborah R. Wilding  
Huntington, VT

Elizabeth B. Wilding  
Huntington, VT

### New Graduates

Marion Ferry  
Santa Cruz, CA

Rita Rosengren  
Santa Barbara, CA

# DIRECTORY FOR THE BCTA/NA

## BOARD OF DIRECTORS

Linda Kurtz, President  
[lindakurtz@netzero.net](mailto:lindakurtz@netzero.net), 734-769-4241

Sharalee Hoelscher, Vice President  
[sharalee\\_@bellsouth.net](mailto:sharalee_@bellsouth.net), 850-450-8508

Edwin Nothnagel, Secretary  
[edwinnothnagel@embarqmail.com](mailto:edwinnothnagel@embarqmail.com)

## ADMINISTRATIVE OFFICE

*This office is no longer staffed by an administrative director. Email will be handled by the Email Committee (it is currently handled by Edwin). Phone calls will be handled by the Phone Call Committee (they are currently answered by Linda). Email or call for fax number.*

**Email:** [admin@craniosacraltherapy.org](mailto:admin@craniosacraltherapy.org)

**Phone:** 734-904-0546

**Mailing address:** BCTA/NA, c/o Edwin  
Nothnagel, 150 Cross Creek Court, Chapel  
Hill, NC 27517

## VOLUNTEER COORDINATOR

Sharalee Hoelscher  
[sharalee\\_@bellsouth.net](mailto:sharalee_@bellsouth.net), 850-450-8508

## TEACHER COMMITTEES

*These committees are comprised of teachers and deal with issues involving teachers and curricula. A board member usually sits on the CTRC and EQ. Board members have not yet been appointed to these two committees.*

### Curriculum & Teacher Review Committee (CTRC) Chair

Mary Louise Muller  
[lifeshape@aol.com](mailto:lifeshape@aol.com)

#### Members

Kristina Endo  
Elizabeth Hammond  
Maya Kaya  
Jan Pemberton  
Peggy Reynolds-Olsen

### Equivalencies Committee (EQ) Chair

Peggy Reynolds-Olsen  
[peggy@peggyolsen.com](mailto:peggy@peggyolsen.com)

#### Members

Debra Bochinski  
Kristina Endo  
Mij Ferrett  
Kathleen Morrow

## COMMITTEES & CHAIRS

*These committees generally have at least one board member on them, but should be constituted mainly of members. As you can see, most committees need members. While the Conference Committee currently has five members, new members would be welcomed with open arms, as there is much to do.*

### Conference Committee Chair

Edwin Nothnagel  
[edwinnothnagel@embarqmail.com](mailto:edwinnothnagel@embarqmail.com)

#### Members

Sarajo Berman  
Mary Louise Muller  
Rich Nelson  
Carol Verner

### Education Committee Chairs

Sharalee Hoelscher  
[sharalee\\_@bellsouth.net](mailto:sharalee_@bellsouth.net)  
Linda Kurtz  
[lindakurtz@netzero.net](mailto:lindakurtz@netzero.net)

### Email & Phone Call Committee Chair

Linda Kurtz  
[lindakurtz@netzero.net](mailto:lindakurtz@netzero.net)

### Ethics Committee Chair

Linda Kurtz  
[lindakurtz@netzero.net](mailto:lindakurtz@netzero.net)

### Membership Renewal Committee Chair

Edwin Nothnagel  
[edwinnothnagel@embarqmail.com](mailto:edwinnothnagel@embarqmail.com)

### Newsletter Committee Chair

Linda Kurtz  
[lindakurtz@netzero.net](mailto:lindakurtz@netzero.net)

### Nominations Committee Chair

Sharalee Hoelscher  
[sharalee\\_@bellsouth.net](mailto:sharalee_@bellsouth.net)

### PR/Marketing Committee Chair

Open

### RCST® Committee Chair

Sarajo Berman  
[sberman@mindspring.com](mailto:sberman@mindspring.com)

### Research Committee Chair

Open

# IMPORTANT NEWS

**Due to budgetary constraints, the Biodynamic Craniosacral Therapy Association no longer has an administrative director. Currently, the board has taken over the responsibilities that used to belong the administrative director, Clare Bonser.**

Please continue to use the administrative phone number (which is now 734-904-0546) and email address for all non-urgent communications that in the past you would have directed to Clare. A volunteer group to answer these emails will be up and running soon and will be able to answer many of your questions and route the others to the appropriate person, committee, or board.

Edwin Nothnagel, board secretary, is answering emails.

Linda Kurtz, board president, is returning phone calls.

Please note that the association's email address remains the same. The phone number has changed to 734-904-0546.

On page 27 of this newsletter, you will find a directory listing contact information for the association, the board, and all committees.

In this newsletter, you will find information about how the BCTA/NA is reorganizing its operations and how you can help. **The volunteer help of at least 10% of the membership (about 35 people) is necessary for the organization to continue its operations. Without the help of at least that many people, the organization will have to close its doors.** About 15 people have already offered their time, so the potential for the BCTA to continue and to grow is high, but it does require another 20 volunteers.

If you are able to help the organization with special or routine administrative tasks, other tasks, or are interested in serving on the board, please call or email our Volunteer Coordinator, Sharalee Hoelscher, at 850-450-8508, [sharalee\\_@bellsouth.net](mailto:sharalee_@bellsouth.net).

## IN THIS ISSUE

Plans for the BCTA/NA ..... 3

Letter from Franklyn Sills ..... 7

Stillness and Post-Nasal Drip ..... 15

As I Have Traveled: Learning a Biodynamic Way of Being in Relationship ..... 5

