



RECOMMENDED READING LIST

This reading list invites you to explore the disciplines represented in the Visionary Craniosacral Work program, including the subjects listed below. Taking the time to read a few texts deeply, pondering their meaning and considering their relevance for one's own life, is more valuable than reading many texts more superficially. You are encouraged to read closely the books that most inspire your interest, and those that uncover knowledge in each of the disciplines, especially those which are unfamiliar to you.

This list is yours to guide you.

Anatomy

Stanley Kelleman, Emotional Anatomy

Center Press, 1985

Kenneth A.R. Kennedy and M. Yasar Iscan, Reconstruction of Life from the Skeleton

Alan R. Liss Inc. 1989

Schuenke, Atlas of Anatomy, General Anatomy and Musculoskeletal System

Publisher Thieme, 2006

ISBN for Europa, 3-13-142081-2

Schuenke, Atlas of Anatomy: Head and Neuroanatomy

George Thieme Verlag, 2007

Yoshinobu Ide, Katsuhiko Nakazawa, and K. Kamimura, The Anatomical Atlas of the Temporomandibular Joint

Quintessence Publishing Co, 1991

ISBN 4-87417-362-4C3047

Marc Pick, Cranial Sutures, Analysis, Morphology, and Manipulative Strategies

Eastland Press, 1999

Geoffrey Sperber, Craniofacial Development
BC Decker, 2001

Archetypes

Angeles Arrien, The Tarot Handbook

Angeles Arrien, The Four-Fold Way

J. S. Bolen, Goddesses in Everywoman

New York: Perennial, 2006

Joseph Campbell, Hero with a Thousand Faces

Princeton, NJ: University Press, 1972

Harris and Thompson, The Hero's Journey: A guide to literature and life

Napa, CA: Harris Communications.

C.G. Jung, Four Archetypes: Mother/Rebirth/Spirit/Trickster

Princeton University Press, 1992

Robert L. Moore and Douglas Gillette, King, Lover, Warrior, Magician

Harper San Francisco, 1991

Carol Pearson, The Hero Within

Carol Pearson, Awakening the Heroes Within

Robin Robertson, Jungian Archetypes: Jung, Godel, and the History of Archetypes

Craniosacral Work

Alain Gehan, Atlas of Manipulative Technique for Cranium and Face

Rollin Becker, Life in Motion

Stillness Press, 1997

Rollin Becker, The Stillness of Life

Stillness Press, 2000

Alain Gehin, Atlas of Manipulative Techniques for the Cranium and Face

Eastland Press

Harold I. Magoun, Osteopathy in the Cranial Field

Cranial Academy, 1st Edition 1976

Hugh Milne, The Heart of Listening, North Atlantic Books

Available from MII in California as a 2-volume softcover

ISBN 1-55643-279-8 and 1-66643-280-1

or a 1-volume hardback

ISBN 1-55643-278-X

Nicette Sergueef, Die Kraniosakrale Osteopathie bei Kinderin

Kötzting/Bayer. Wald, Verlag für Osteopathie, 1995

Jane E. Carreiro, An Osteopathic Approach To Children

London: Elsevier Science Limited, 2003.

Richard Feely, Clinical Cranial Osteopathy

Cranial Academy, 1975

Robert Gilchrist, Craniosacral Therapy and the Energetic Body

North Atlantic Books, 2006

Torsten Liem, Cranial Osteopathy, Principles and Practice

Elsevier, 2000

Franklyn Sills, Craniosacral Biodynamics
(Includes chapters with useful summaries on the Polyvagal Theory)

Andrew Taylor Still, Osteopathy, Research and Practice
Eastland Press, 1992

William G. Sutherland, The Cranial Bowl
(Sutherland's original work)

William G. Sutherland, Collected Writings of William Garner Sutherland
Sutherland Teaching Foundation, 1967

William Sutherland, Teachings in the Science of Osteopathy
Sutherland Teaching Foundation, 1990

Dreams

R.J. Johnson, Inner Work: Using Dreams and Active Imagination for Personal Growth

San Francisco: Harper, 1989

Carl Gustav Jung, Memories, dreams, reflections (Aniela Jaffé, Ed.)

New York: Vintage Books, 1965

Sigmund Freud, Interpretation of Dreams

New York: Avon, 1989

Healing

Larry Dossey, Healing Words: the Power of Prayer & the Practice of Medicine
Harper Collins, 1993

Daniel Goleman, Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions and Health
Shambala, 2003

Meditation

Charlotte Beck, Everyday Zen, Love and Work
HarperSan Francisco, 1989

Shunryu Suzuki, Zen Mind, Beginner's Mind, Informal talks on Zen Meditation
Weatherhill, 1970

Shunryu Suzuki, Not Always So
HarperCollins Books, 2002

Trauma

Peter A. Levine: Waking the Tiger. Healing Trauma
Good introduction to understanding and dealing with trauma.

Peter A. Levine: It Won't Hurt Forever
Especially for working with children, advising parents, 1st aid things

Babette Rothschild: The Body Remembers

Judith Herman MD: Trauma and Recovery:
Useful complementary to Peter Levine

Robert C. Scaer: The Body Bears the Burden:
Also among the general basic recommendations. (not so easy to read for me)

Prof. Dr. Stephen Porges (on which, among others, Peter Levine's approach is based) as well as chapters on birth trauma and healing it.

General Subjects

David Abram, The Spell of the Sensuous

Vintage Books, 1996

Judith Anodea, Eastern Body, Western Mind

2004

Angeles Arrien, The Four-Fold Way

HarperSan Francisco, 1993

Jean Shinoda Bolen, Archetypes that Shape Men's Lives

New York: Quill, 1990

Joseph Campbell, Myths to Live By

New York: Viking Penguin, 1972

Paulo Coelho, The Alchemist

Harper Collins, 1993

Bonnie Bainbridge Cohen, Sensing, Feeling and Action

Contact Editions (Northampton MA), 1993

Aelred C. Fonder, The Dental Distress Synndrome

Medical Dental Arts, 1994

Viola M. Frymann, The Collected Papers of Viola M. Frymann

Edwards Brothers (Michigan), 1998

Karlfried Graf Von Durkheim, Hara, The Vital Center of Man
George Allen and Unwin, 1985

Robert Fulford, Touch of Life
Pocket Books, 1996

Stan Grof, Holotropic Mind

Sandra Ingerman, Soul Retrieval

Edward T. Hall, The Dance of Life: The Other Dimension of Time
Anchor, 1989

John Heider, The Tao Of Leadership
Humanics, 1985

Don Hanlon Johnson, The Protean Body
Harper and Row, 1977

Neil Douglas-Klotz, The Sufi Book of Life
Penguin Compass, 1985

Alexander Lowen, The Betrayal of the Body
Collier, 1967

Kiiko Matsumoto and Stephen Birch, Hara Diagnosis: Reflections on the Sea
Paradigm Publications, 1988

Arnold Mindell, Working on Yourself Alone
Arkana, 1990

Arnold Mindell, City Shadows: Psychological Interventions in Psychiatry
Routledge, 1988

Arnold Mindell, Dreambody
1982

Arnold Mindell, The Shaman's Body
Harper San Francisco, 1993

R. Segal, Jung on mythology
Princeton, NJ: Princeton University Press, 1998

Anthony Storr, The Essential Jung
Princeton, NJ, University Press, 1983

Oliver Sacks, Migraine
University of California Press, 1992

Lee Sannella, Kundalini Experience: Psychosis or Transcendence
Integral Publishing, 1992

Frances E. Vaughan, Awakening Intuition
Anchor Press, 1979

Alberto Viloldo and Stanley Krippner, Healing States
Fireside, 1987

Alan Watts, Tao: The Watercourse Way
Pantheon Books, 1975

Carol Trowbridge, Andrew Taylor Still
Thomas Jefferson University Press, 1991

Peter Ralston, Cheng Hsin: The Principles of Effortless Power

North Atlantic Books, 1989

Larry Dossey, Recovering the Soul, A Scientific and Spiritual Search

Bantam Books, 1989

Caroline Myss, Anatomy of the Spirit, The Seven Stages of Power and Healing

Crown, 1996

John Conger, Jung and Reich: The Body as Shadow

North Atlantic Books, 1988

Ken Wilber, Sex, Ecology, Spirituality: The Spirit of Evolution

Shambhala, 1995

Sources for books

Amazon.com

Cranial Academy (www.cranialacademy.com, 00-1-317-594-0411)

The Esalen Bookstore (www.esalen.org, 00-1-831-667-3000)

Milne Institute Inc (www.milneinstitute.com, 00-1-831- 667- 2323)

Sutherland Cranial Teaching Foundation (www.sctf.com , 00-1-817-926-7705)