



Michael Kern: Finding Your Neutral: Accessing Embodied Presence for Health and Healing



Discover how the embodied state of neutrality allows us to let go and cultivate more availability and openness. Michael Kern is a Biodynamic Craniosacral Therapist and Naturopath and is a leading international exponent of the biodynamic approach offering courses all over the world. His book 'Wisdom in The Body' has been translated to 10 languages.

TOP EMBODIMENT TIP: Slow down.

Biodynamic Craniosacral Therapy (BCST):

- A light touch therapy that works with **subtle rhythmic movements that are expressed within the body**.
- BCST is guided by the principle of **expression without restriction**. If we hold patterns of **stress or contraction within the body** it can affect the expression of those rhythmic movements and is the **primary precursor to disease and pathology**.

Defining Neutrality: A state of embodied presence and availability

- Two therapeutic principles:
 1. **Health is an active imperative**
 2. **Availability for health is key**

What is Health?: When we are out of balance, we can trust the deep wisdom in the body that knows exactly how to heal

- The body has an ever present urge to seek the best possible balance **and our self-healing capacities are far greater than we may imagine**.
- "*The Bio Energy of Wellness*" is the most powerful force in the universe. The body is constantly in a state of repair and maintenance as informed by embryology; the forces that created the universe have created us. **What enables us to heal is dependent upon our ability to synchronize to these wider forces**.

Allowing Health-Giving Forces to Flow:

- **Healing happens through relationship:** through touch, resolving something within ourselves, relationship to a teacher or therapist, and to the natural world around us. **Become comfortable with not knowing and surrendering to whatever wants to happen without an agenda**.

Finding Neutral: Involves coming back into relationship and out of disconnection.

- We must stay unconditionally present and allow a deeper intelligence to manifest within us.

Resources

- ❖ **Books:** [Wisdom in The Body](#)
- ❖ **Website:** www.cranio.co.uk



Michael Kern





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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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