



Waves in Deep Still Water: Listening for Mind

Candace Crosby Phd

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No one can say where consciousness resides. Perhaps it is not even a thing to be found but a dynamic process created in moment-to-moment experience within and between each of us. When Christi Forest sustains a severe traumatic brain injury the question of what it means to be conscious and express that consciousness becomes practical, not theoretical. Her parents, sensing an essence of Christi is still with them, receive a sign she wants to live and their family begins an incremental journey of recovery. Candace Crosby joins the treatment team a week after the accident. Along with her skills in empathic listening and therapeutic touch, she brings a lifelong passion to understand the embodiment of consciousness. How do we sense presence of self literally in the tissues of our bodies? What blocks the flow of energy we label as self? How do our relationships with one another expand what each of us is capable of on our own? As Christi, her mother Sue, and Candace work together over a dozen years they discover clues and answers to these questions that go far beyond their training and preconceptions, transforming each of them in the process. Candace Crosby, PhD., with a doctorate in developmental psychology, has been a psychotherapist for twenty-five years and Body Mind Centering™ practitioner for twenty.

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