

## **Obituary for Dr. Raymond Castellino**

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and Klaus Käppeli-Valaula

Raymond Castellino, DC (retired), RPP, RPE, RCST®, had more than 45 years of experience as a pioneer in the field of Prenatal and Perinatal therapy, using energetic and somatic approaches to facilitate attachment and bonding with babies and adults. His contribution in this field is immeasurable. He passed away on December 13<sup>th</sup>, 2020.

Dr. Castellino developed numerous integrated somatic/psychological approaches for discovering how all beings implicitly remember early pre- and perinatal experiences. He conducted ongoing research on the manifestation of “sequential behavioral patterns” that originate from “sequential imprinting” from ancestral, conception, gestation, and birth experience.

Dr. Castellino co-founded the Building & Enhancing Bonding & Attachment (BEBA) research clinic, the About Connections Parenting Program, and the Womb Surround Process Workshops, as well as many professional trainings. He was honored in 2015 with APPPAH’s Clinical Practice Award for his exceptional work in the advancement of clinical philosophies and practices in birth.

~ Regina Buecher, Antonia Stulz-Koller and Klaus Käppeli-Valaula

We three attended Dr. Castellino’s (Ray’s) training and assisted in his training later. We are currently teaching his work in Europe. Meeting Ray has deeply touched us and changed our lives. With his support and presence, we have grown into the human beings we are meant to be. We found a way to trust ourselves and realize more and more our deepest personal potential. His life’s work will live on through us and through all human beings we meet.

Between 1996 and 1999, Ray taught us in Switzerland. He saw the beauty and competence in each person he met. Through his touch and interaction, he empowered individuals to discover this beauty and competence within themselves. Ray set this wave in motion and named

it “the silent revolution of love.” Whoever integrates Ray’s lifework, lives life with heartfelt love and touches other people in their beauty and competence. Thus, this wave spreads and reaches countless people, who in turn pass on the silent revolution. Thank you, Ray, for your legacy. Your life left a fundamental impact. This impact is living through us.

Ray named his approach of integrating pre- and perinatal patterns the “Somatic Blueprint.” Deep in each human being, there is an original pattern of pure health, wholeness, and deep inner knowing, which existed before our lives were shaped by our experiences. Ray’s lifework is about turning inwards and looking beneath our imprints, to find and settle into our healthy core. This healthy core, the blueprint, is part of each human being.

The individual’s life story is also seen and acknowledged in Ray’s teachings—traumas and imprints from the family system, the ancestral history, conception, pregnancy, birth, and early childhood. Ray taught us to be with the history, but not to identify with it, instead orienting to our inner health. From there, we are able to acknowledge our history with love and care. We can be with it when it shows up. We are learning that we have a choice: “to be *with* it, not to *be* it,” we heard from Ray many times. We learn to act from the healthy blueprint instead of reacting from the trauma imprint.

Besides the orientation to health, there is something else that touched us deeply while studying with Ray: It was his extraordinary way to meet other people. Ray didn’t work with people. He met them and us sensitively, mindfully, gently, affectionately, welcomingly, and most of all authentically—just like a fine, warm caressing of the heart.

In spite of his wealth of experience and knowledge, Ray made sure to meet people from a “place of not knowing.” Thus, each person found the possibility to discover their wisdom inside themselves. Ray taught us to trust the process from the inside out, from the knowing of the body. This supports people to settle deeply and to walk the path of the inner-knowing and the path of integration from the inside out. The facilitator trained in the tradition of Ray is present, mirroring, and skilled at naming what they see, energetically, somatically, and also verbally.

This encounter happens in group settings, either in the family or in a small group of adults. In the tradition of Ray, the facilitator creates a safe environment in which co-regulation and integration can occur, then humbly steps back and holds the safe space. Safety, connection, being present with each other, and with whatever unfolds from the inside out are the nourishing basics.

Ray, we are deeply grateful for the time we were able to spend with you, learn from you, and pass on our experiences to others. Meeting you left deep imprints in our lives. Your life’s work will live on through

us and we will carry on the wave of the silent revolution of love. You left visible footprints in us and in many others. The connection with you will go on beyond this life.

