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Somatic
Intelligence The
Art And Practice
Of Embodied
Mindfulness

Awakenin g Somatic Intelligen ce The Art And Practice Of Embodied

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Mindfulne

SS

Intelligence The

Ancient

**alchemy : the
elements**

through the

ages - Inner

alchemy :

elemental

symbols and

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Mindfulness.

***the psyche -
Somatic
alchemy -
Elemental
movement -***

***Embodying the
elements.***

*****Unraveling
Trauma in the
Body, Brain
and Mind—a
Revolution in***

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*Treatment** In
this
culmination of
his life's
work, Peter A.
Levine draws
on his broad
experience as
a clinician, a
student of
comparative
brain*

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***research, a
stress
scientist and
a keen
observer of
the
naturalistic
animal world
to explain the
nature and
transformation
of trauma in***

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***the body,
brain and
psyche. In an
Unspoken Voice
is based on
the idea that
trauma is
neither a
disease nor a
disorder, but
rather an
injury caused***

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***by fright,
helplessness
and loss that
can be healed
by engaging
our innate
capacity to
self-regulate
high states of
arousal and
intense
emotions.***

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*Enriched with
a coherent
theoretical
framework and
compelling
case examples,
the book
elegantly
blends the
latest
findings in
biology,*

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Somatic
**neuroscience
and body-
oriented
psychotherapy
to show that
when we bring
together
animal
instinct and
reason, we can
become more
whole human**

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beings.
Intelligence The
Art And Practice
Of Embodied
Mindfulness

*I've got it
all—a great
job,
relationship,
and
lifestyle—so
why do I feel
so
dissatisfied
and
disconnected?*

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***Why am I not
happier in my
intimate
relationships?
How do I***

***become more po
werful—without
becoming that
jerk everyone
dislikes?***

***Robert
Augustus***

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Mindfulness

**Masters has
helped
thousands of
men address
and work**

**through such
issues. What
he's found is
that the
common
solution to
these dilemmas**

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Somatic

is challenging

yet clear: we

must face our

unresolved

wounds, shame,

and whatever

else is

holding us

back, bringing

“our head,

heart, and

guts into full-

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***blooded
alignment.”
With To Be a
Man, this
acclaimed psych
hotherapist
and
relationship
expert offers
a
groundbreaking
and deeply***

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Intelligence The
Art And Practice
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Mindfulness

***insightful
guide to
masculine
power and
fulfillment.***

***To Be a Man
clarifies
what's needed
to enter a
manhood as
strongly
empowered as***

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Somatic

*it's
vulnerable, as
emotionally
literate as
it's unapologetically
alive—a
manhood at
home with
truly intimate
relationship.
In this book,*

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***readers will
explore: • How
your past may
be dominating
your present •
Shame in its
healthy and
unhealthy
forms, and how
to make wise
use of it •
How***

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Somatic
vulnerability
Intelligence The
can be a
Art And Practice
source of
Of Embodied
strength •
Mindfulness
Emotional
literacy—an
essential
skill for
relational
well-being •
Releasing sex
from the

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***obligation to
make you feel
better • How
to disempower
your inner
critic •
Bringing your
shadow
(whatever
you've
disowned in
yourself) out***

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***of the dark •
Embodying your
natural
heroism and
persisting
regardless of
fear • What
women need
from men •
Understanding
and outgrowing
pornography •***

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***Entering the
heartland of
true masculine
power If
you've read
your share of
popular advice
on
relationships
and being a
man—but
realize on a***

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**gut level that
it's going to
take some
serious inner
work—here's a
great guide to
that most
rewarding of
challenges:
doing what's
needed to
fully embody**

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Somatic
Intelligence The
***your authentic
manhood.***

Art And Practice
Of Embodied
Mindfulness
***Your Body is
Listening. Are
You? Deepen***

***your
spirituality,
heal old
wounds, and
enhance your
emotional and
physical***

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*wellness by
engaging in a
conversation
with your
body. This
innovative,
down-to-earth
guide teaches
you how to
listen to,
understand,
and work with*

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***your body's
innate wisdom
in everyday
living. A
Guide to Body
Wisdom***

***provides step-
by-step
instruction on
how to create
a personalized
self-care***

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***regimen that
works. You'll
learn to quiet
your mind and
live***

***consciously in
your body
through a
variety of
practices,
including
breathwork,***

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Somatic
**mindful
eating,
meditation,
affirmation,
and positive
habit
building.
Featuring
simple
exercises and
techniques, as
well as a Body**

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Somatic Intelligence The Art And Practice Of Embodied Mindfulness
IQ quiz, this valuable book helps you end negative thinking, develop intuition, improve relationships, boost creativity and personal

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***power, and
much more.
Includes a
foreword by
Judith Aston-***

***Linderoth,
creator and
director of
Aston Kinetics
Praise: "While
we have
learned during***

the past few decades the importance of emotions and beliefs in health, the body has too often been neglected, or regarded as a mechanical object that

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***sooner or
later is
doomed to
fail. In A
Guide to Body
Wisdom, Ann
Brode gives
the body its
due by showing
how it can
function as a
source of***

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**wisdom and
strength in
total harmony
with the mind.
Brode's**

**perspective is
long overdue,
offering a
holistic,
balanced view
of what it
means to be**

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***human."—Larry
Dossey, MD,
author of One
Mind "This
book includes
a myriad of
everyday ways
to awaken and
experience the
body's innate
intelligence.
It is full of***

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Somatic
**interesting
facts,
intriguing
exercises, and
useful strategies.**"—Risa
Kaparo, PhD,
somatic psycho
therapist,
creator of
Somatic
Learning, and

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Somatic
author of
Awakening The
Art And Practice
Somatic
Intelligence
The Wild Edge
of Sorrow
On Becoming a
Leadership
Coach
Contemplation,
Transformation
, and

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Liberation
Intelligence The
Somatic
Art And Practice
Meditation for
Of Embodied
Awakening the
Mindfulness
Sacred
Elemental
Movement
A Guide to
True Masculine
Power
Collected
Essays in

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Somatic
**Anthropology,
Psychiatry,
Evolution, and
Epistemology
Somatic
Descent**

“Nature deficit disorder” has become an increasingly challenging problem in our hypermodern

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world. In *Awake in the Wild*, Mark Coleman shows seekers how to remedy this

widespread malady by reconnecting with nature through Buddhism. Each short (two to three pages) chapter includes a concrete nature meditation

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relating to such
topics as Attuning to
the Natural World,
Reflecting the
Rhythms of Nature,
Walking with
Compassion,
Releasing the Inner
Noise, Freeing the
Animal Within,
Coming into the
Peace of Wild
Things, Weathering

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Somatic
Intelligence The
the Storms of Life,
and more.

Art And Practice
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Incorporating
anecdotes from the
author's many
nature retreats,
Buddhist wisdom
and teachings,
important nature
writings by others,
and nature itself, the
book invites readers
to participate in, not

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just observe, nature;
develop a loving
connection with the
earth as a form of
environmental
activism; decrease
urban alienation
through
experiencing nature;
embody nature's
peaceful presence;
and connect with
ancient spiritual

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wisdom through
nature meditations.
As recently as a few
decades ago, most
people would have
described America
as a predominantly
Protestant nation.
Today, we are home
to a colorful mix of
religious faiths and
practices, from a
resurgent Catholic

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Church and a rapidly growing Islam to all forms of Buddhism and many other non-Christian religions. How did this startling transformation take place? A great many factors contributed to this transformation, writes Amanda

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Porterfield in this
engaging look at
religion in
contemporary

America. Religious
activism,
disillusionment with
American culture
stemming from the
Vietnam war, the
influx of Buddhist
ideas, a heightened
consciousness of

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gender, and the
vastly broadened
awareness of non-
Christian religions
arising from the
growth of religious
studies

programs--all have
served to undermine
Protestant
hegemony in the
United States. But
the single most

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important factor,
says Porterfield,
was the very
success of

Protestant ways of
thinking: emphasis
on the individual's
relationship with
God, tension
between spiritual life
and religious
institutions,
egalitarian ideas

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Somatic Intelligence: The Art And Practice Of Embodied Mindfulness
about spiritual life,
and belief in the
practical benefits of
spirituality. Distrust
of religious

institutions, for
instance, helped
fuel a religious
counterculture--the
tendency to define
spiritual truth
against the dangers
or inadequacies of

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the surrounding
culture--and
Protestantism's
pragmatic view of
spirituality played

into the tendency to
see the main
function of religion
as therapeutic. For
anyone interested in
how and why the
American religious
landscape has been

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so dramatically altered in the last forty years, The Transformation of Religion in America offers a coherent and persuasive analysis.

This book focuses on coaching leaders in the context of the organizational systems within

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which they lead,
drawing on the
curriculum of the
Georgetown
University

Leadership
Coaching Certificate
Program, one of the
premier coach
training programs in
the world and the
only one with this
particular focus.

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Yoga Sequencing:
Designing
Transformative
Yoga Classes

presents the
essential principles
and methods for
planning and
sequencing yoga
classes. Addressing
one of the most
popular topics in the
yoga profession,

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this book offers sixty-seven model sequences of yoga poses (asanas) that cover the broad range of yoga student experience, including multiple sequences for beginning, intermediate, and advanced students; yoga for kids, teens,

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women across the
life cycle, and
seniors; classes to
relieve depression
and anxiety; and
sequences for each
of the major chakras
and ayurvedic
constitutions. Each
sequence provides
guidance for
teaching the
different breathing

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Mindfulness
(pranayama) and
meditation
techniques that give
yoga its
transformative
power. Enhanced
with over 2,000
instructional photos
and an elaborate
guide to the
constituent
elements of over
150 yoga asanas,

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the book draws
equally from ancient
yoga philosophy
and contemporary
insights into

functional anatomy,
biomechanics, and
kinesiology. The
nuanced
interrelationships
among asanas
within and between
the seven asana

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families are explored and the anatomy of opening and stabilizing each pose is explained for sequences designed around specific needs and intentions. A comprehensive appendix includes a glossary of yoga-related terms, an

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alphabetical asana
index with thumbnail
photographs of each
asana, a class
planning worksheet,
representative
sequences from
several popular
styles of hatha
yoga, and a list of
resources for further
exploring
sequencing and the

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larger practice of
teaching yoga.
The Arts and the
Creation of Mind
The Food Allergy

Cure

Rituals of Renewal
and the Sacred

Work of Grief

The Practice of Non-
Subtle Energy

Medicine

Lived Religion

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Find Your True
Intelligence The
Purpose
Art And Practice
Handbook of Mind-
Of Embodied
Body Medicine for
Mindfulness
Primary Care

Introduction To
Vedanta

**Emphasizing the
concepts and
technologies of
clinical psychoph
ysiology in**

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**providing an
evidence-based
empirical
approach to
problems of
patients in
primary care
medicine, this
text has a bio-
psychosocial
perspective.
Dancing to Learn:**

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**Cognition,
Intelligence, The
Emotion, and
Art And Practice
Movement**
Of Embodied
explores the
Mindfulness
rationale for
dance as a
medium of
learning to help
engage
educators and
scientists to
explore the

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Mindfulness

**underpinnings of
dance, and
dancers as well
as members of
the general
public who are
curious about
new ways of
comprehending
dance. Among
policy-makers,
teachers, and**

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**parents, there is
a heightened
concern for
successful
pedagogical
strategies. They
want to know
what can work
with learners.
This book
approaches the
subject of**

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Mindfulness

**learning in,
about, and
through dance by
triangulating
knowledge from
the arts and
humanities,
social and
behavioral
sciences, and
cognitive and
neurological**

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**sciences to
challenge
dismissive views
of the cognitive
importance of the
physical dance.
Insights come
from theories and
research findings
in aesthetics,
anthropology,
cognitive**

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**science, dance,
education,
feminist theory,
linguistics,
neuroscience,
phenomenology,
psychology, and
sociology. Using
a single theory
puts blinders on
to other ways of
description and**

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**analysis. Of
course, all
knowledge is
tentative.**

**Experiments
necessarily must
focus on a
narrow topic and
often use a
special demograp
hic—university
students, and we**

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Intelligence The
Art And Practice
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Mindfulness

**don't know the re
presentativeness
of case studies.**

**This book
explores how we
go about creating
the connections
within us that
allow us to
become fully
embodied human
beings in the**

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**world. It provides
some very
personal
memories of
Irmgard**

**Bartenieff and the
development of
her approach to
Fundamentals.**

**A renowned
expert in Chinese
sports medicine**

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**and martial arts
reveals ancient
Eastern secrets
for healing
common injuries,
including
sprains, bruises,
deep cuts, and
much more. For
centuries,
Chinese martial
arts masters**

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**have kept their
highly prized
remedies as
carefully guarded
secrets, calling
such precious
and powerful
knowledge "a
tooth from the
tiger's mouth."
Now, for the first
time, these**

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**deeply effective
methods are
revealed to
Westerners who
want alternative
ways to treat the
acute and
chronic injuries
experienced by
any active
person. While
many books**

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**outline the
popular
teachings of
traditional
Chinese**

**medicine, only
this one offers
step-by-step
instructions for
treating injuries.
Expert
practitioner and**

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**martial artist Tom
Bisio explains the
complete range
of healing
strategies and
provides a
Chinese first-aid
kit to help the
reader fully
recover from
every mishap:
cuts, sprains,**

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**breaks,
dislocations,
bruises, muscle
tears, tendonitis,
and much more.**

**He teaches
readers how to:
Examine and
diagnose injuries
Prepare and
apply herbal
formulas**

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**Assemble a
portable kit for
emergencies
Fully recuperate
with**

**strengthening
exercises and
healing dietary
advice**

**Comprehensive
and easy to
follow, with**

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**drawings to
illustrate both the
treatment
strategies and
the strengthening
exercises, this
unique
guidebook will
give readers
complete access
to the powerful
healing secrets of**

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Mindfulness
the great Chinese
warriors.
Embodying
Skillful Action,
Wisdom, and
Compassion
Mindfulness in
Nature as a Path
of Self-Discovery
Exploring Body-
Mind Centering
A Tooth from the

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Somatic
Tiger's Mouth
Intelligence The
A Holistic
Art And Practice
Approach to
Of Embodied
Coaching
Mindfulness
Excellence

**How to Unlock
the Deepest
Wisdom of the
Body
Designing
Transformative
Yoga Classes**

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Bouncing Back

A guide to the ancient Japanese art of working with concentrated life-force energy, seiki, for self-healing, revitalization, and creativity • Explains how to awaken seiki, guiding you through the stages of seiki development

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Somatic Intelligence The Art And Practice Of Embodied Mindfulness

- Details how to develop your own daily practice for self-healing and renewal as well as providing

exercises to infuse your everyday activities with seiki •

Includes many inspiring stories from the authors ' decades of healing work Seiki jutsu is

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the ancient
Japanese shamanic
art of working with
seiki, concentrated
life-force energy, for
self-healing,
revitalization,
creativity, and
inspiration. Known
in Tantra as
kundalini and to the
Kalahari Bushmen
as n/om, seiki has

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been called
“ activated and
strengthened chi ”
and is often
described as a “ non-

subtle ” energy

because it is

strongly felt when

awakened.

Centering on

spontaneity of

movement to gather

and transmit seiki,

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the practice of seiki jutsu does not require years of training or endless memorization of forms. Once you have received seiki, your daily practice will teach you to activate the flow of this powerful energy to recharge your body, mind, and

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spirit and empower
you to find your
unique destiny.

Renowned seiki
jutsu masters

Bradford and Hillary

Keeney detail the
history and lineage
of seiki jutsu

beginning in 8th-
century Japan and
reveal how this
ancient practice was

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used by the samurai. The authors show how seiki underlies the “flow experience” sought after by artists, musicians, athletes, and performers of all types. They explain how to recognize the awakening of seiki, guiding you

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through the stages
of seiki development
with stories of
healings they have
participated in or
witnessed. They
reveal how to
develop your own
daily practice for self-
healing and renewal
as well as provide
active exercises to
discover your life ' s

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purpose, infuse your everyday activities with seiki, and motivate yourself to create a fulfilling life.

They show that no method of performance, spiritual practice, or philosophy of life can fully awaken unless you are instilled with

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sufficient seiki.

Regarded in Japan
as “the fountain of
youth,” seiki jutsu
provides a way to
bring maximum
vitality into every
aspect of life.

Awakening Somatic
Intelligence
The Art
and Practice of
Embodied
Mindfulness
North

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Atlantic Books
How can we grasp
the complex
religious lives of

Mindfulness

individuals such as
Peter, an ordained
Protestant minister
who has little
attachment to any
church but centers
his highly committed
religious practice on
peace-and-justice

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activism? Or
Hannah, a devout
Jew whose rich
spiritual life revolves
around her women's
spirituality group
and the daily
practice of
meditative dance?
Or Laura, who
identifies as
Catholic but rarely
attends Mass, and

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engages daily in
Buddhist-style
meditation at her
home altar arranged
with symbols of
Mexican American
popular religion?
Diverse religious
practices such as
these have long
baffled scholars,
whose research
often starts with the

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assumption that individuals commit, or refuse to commit, to an entire institutionally framed package of beliefs and practices.

Meredith McGuire points the way forward toward a new way of understanding religion. She argues

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that scholars must
study religion not as
it is defined by
religious

organizations, but
as it is actually lived
in people's everyday
lives. Drawing on
her own extensive
fieldwork, as well as
recent work by
others, McGuire
explores the many,

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seemingly
mundane, ways that
individuals practice
their religions and
develop their
spiritual lives. By
examining the many
eclectic and creative
practices -- of body,
mind, emotion, and
spirit -- that have
been invisible to
researchers, she

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offers a fuller and
more nuanced
understanding of
contemporary
religion.

“ A detailed
operating manual
for healing pain and
awakening
embodied joy ”
through body-
oriented Somatic
Learning practices

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Intelligence The
Art And Practice
Of Embodied
Mindfulness

that incorporate
mindfulness,
breathing, and more
(Rick Hanson,
author of Buddha ' s
Brain) Awakening
Somatic Intelligence
offers a guide to
Somatic Learning,
an innovative body-
oriented approach
that incorporates
mindfulness,

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visualization,
breathing exercises,
postures, and
stretches.

Developed by
author,
psychotherapist,
and award-winning
songwriter and poet
Risa Kaparo, PhD,
Somatic Learning is
based on leading-
edge research

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demonstrating the power of the mind to activate physiological, mental, and emotional healing.

Kaparo has successfully used her approach with patients suffering from chronic pain, high blood pressure, and mood disorders

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including depression and anxiety.

Recounting her own struggle with chronic pain, Kaparo begins with a moving description of her journey from crippling pain to renewed health and aliveness. Kaparo introduces the concepts and

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Somatic Intelligence: The Art And Practice Of Embodied Mindfulness
characteristics of Somatic Learning, a method that grew out of her personal healing experience.

Incorporating the latest brain research in mindfulness and neuroplasticity, the book presents breathing exercises; postures and stretches for

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Of Embodied
Mindfulness
morning and
bedtime;
instructions for
integrating
mindfulness practice
into one's daily life;
and ways of
deepening the
practice through
touch and caring
interaction with
others. Enhanced
with over 100

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detailed instructional
photos and
illustrations, the
book includes
inspiring case
stories and the
author's own
expressive poetry
that illuminate the
healing power of
this practice.

Yoga Sequencing
A History of

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Christian
Intelligence The
Conversion
Art And Practice
Uncovering Your
Of Embodied
Inner Wisdom and
Mindfulness
Potential for Self-
Healing
Awake in the Wild
A New Solution to
Food Cravings,
Obesity,
Depression,
Headaches,
Arthritis, and

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Fatigue

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Goodness

Awakening Somatic

Intelligence

A Guide to Body

Wisdom

Palmer analyses

Freud's claim

that religion is an

obsessional

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**neurosis,
considers Jung's
rejection of
Freud's theory,
and looks at
Jung's assertion
that it is the
absence of
religion, not its
presence, which
leads to neurosis.
"Advice,
exercises, and**

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**examples to help
readers increase
their clarity,
connection,
competence,
calm, and
courage, from a
clinical therapist,
mindfulness
teacher, and
expert on the
neuroscience of
relationships.**

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Intelligence The
Art And Practice
Of Embodied
Mindfulness

**Applicable to
relationships,
jobs, and
everyday**

**life"--Provided by
publisher.**

**The Art of
Somatic Coaching
introduces the
concepts and
principles of
coaching with
practices that**

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include body awareness, bodywork, and mindfulness for both the coach and the client.

Author and expert coach, Richard Strozzi-Heckler, PhD, explains that in order to achieve truly sustainable

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**changes in
individuals,
teams, and
organizations, it
is necessary to
implement body-
oriented somatic
practices in order
to dissolve
habits, behaviors,
and
interpretations of
the world that**

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Of Embodied
Mindfulness

**are no longer
relevant. He
explains that
these ways of
being are**

**integrated in the
body--at the level
of the
musculature,
organs, and
nervous system.
By implementing
a somatic**

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**approach, these
patterns can be
shifted in order
for
transformation to
occur. Opening
with a discussion
of the roots of
Somatic
Coaching, the
book describes
the emotional
and physical cost**

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**of being
distanced from
our bodies.
Originating from
the rationalistic
idea that the
mind and body
are separate, this
sense of
disconnection
spurred the
emergence of the
field of somatics**

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**that views the
body as not just a
physiological
entity, but as the
center of our
lived experience
in the world. Out
of this
philosophy,
Somatic Coaching
was developed as
a way to cultivate
the self through**

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Of Embodied
Mindfulness

the body.
Methods in this
book include: •

Somatic awarene
ss--becoming
aware of
sensations •

Somatic
opening--includes
bodywork to
release held
patterns in the
body • Somatic p

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Somatic
ractices--meditati
Intelligence The
on, movement,
Art And Practice
and being
Of Embodied
present in
Mindfulness
everyday life The
social context in
which one is
raised, the
supportive,
healing force of
the outdoors and
nature as well as
acknowledgment

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Art And Practice
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**of the spirit are
also woven into
the practice.**

**Through these
practices, a
rhythm of
unfolding occurs
in what Strozzi-
Heckler describes
as an Arc of Tran-
sformation--movi-
ng in stages from
conditioned**

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Somatic
tendencies to a
Intelligence The
new satisfying
Art And Practice
and fulfilling way
Of Embodied
of being that is
Mindfulness
fully embodied.

Contents:

Introduction;

Chapter One: A

Short Distance

but a Big Cost;

Chapter Two:

Coaching;

Chapter Three:

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**Somatics and
Somatic
Coaching;
Chapter Four:**

**The Methodology;
Chapter Five: The
Rhythm of Action;
Chapter Six: The
Somatic Arc of
Transformation**

**We spend all our
lives in the
pursuit of varied**

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Mindfulness

**pleasures, wealth
and fame
expecting these
will give us total
fulfilment. Yet,
each moment of
joy is only that:
momentary,
showing up the
rest of our lives
to be
unsatisfying,
somehow lacking**

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**and incomplete.
On the other
hand, Vedanta,
the body of
knowledge found
at the end of the
Veda, asserts
with breathtaking
boldness that
one's true nature
is completeness
and limitlessness.
Vedanta also**

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**promises that
moksa, liberation
from all forms of
limitations that
seem to bind a
human being, is
possible here and
now. In this lucid,
lively
introduction to
Vedanta, Swami
Dayananda
shows how man's**

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**constant struggle
to overcome
these limitations
through the
ceaseless pursuit
of security and
pleasure are
predestined to
failure for the
simple reason
that they are
misdirected: they
stem from a**

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**failure in
understanding
the real nature of
the fundamental
problem itself. All
effort howsoever
great or
unremitting
being limited, the
result of such
effort is also
bound to be
equally limited,**

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inadequate. The road to freedom from limitation, then, can scarcely lie that way. Indeed, asserts Vedanta, it is only to be found in the correct knowledge of one's true nature as absolute. This

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**vital first step, a
clear
understanding of
man's
fundamental
problem of
ignorance and
error about his
real nature. is
what this book is
all about.
Somatic
Transformations**

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Somatic
**through Dance,
Yoga, and Touch
Art And Practice
Somatic
Psychology
Ancient Ritual
Postures
The
Transformation
of American
Religion : The
Story of a Late-T
wentieth-Century
Awakening**

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Somatic
**An Ocean of Light
In an Unspoken
Voice
Rewiring Your
Brain for
Maximum
Resilience and
Well-Being
The Question**
*A respected
teacher
presents the*

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*core and
essential
wisdom of
Tibet and
shows us the
possibilities
of
"enlightenment
in this
present life"
through the
meditative*

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*practice of
Pure
Awareness.
Perhaps the
most precious
teaching Tibet
has to offer
the modern
world is the
practice of
meditation.*

Reginald Ray

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*presents the
essence of
this tradition
through the
somatic
practice of
Pure
Awareness—a
unique kind of
meditation
that is
thoroughly*

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*grounded in
the body and
in ordinary
experience.
This*

*fundamentally
transformative
practice
offers the
possibility of
enlightenment
in this*

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present life and invites us into the immensely powerful journey that Tibetan tantric spirituality has to offer. Includes a link to a free

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Mindfulness
download of
audio
meditations.
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Somatic

Intelligence:
The Art and
Practice of
Embodied Mindf
ulness—Transfo
rm Pain,
Stress,

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*Trauma, and
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Art And Practice
Of Embodied
Mindfulness
Learning, an
innovative
body-oriented
approach that
incorporates
mindfulness,
visualization,
breathing*

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Somatic
Intelligence The
Art And Practice
Of Embodied
Mindfulness

*exercises,
postures, and
stretches.*

*Developed by
author, psycho
therapist, and
award-winning
songwriter and
poet Risa
Kaparo, PhD,
Somatic
Learning is*

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Mindfulness

*based on
leading-edge
research
demonstrating
the power of
the mind to
activate
physiological,
mental, and
emotional
healing.*

Kaparo has

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*successfully
used her
approach with
patients
suffering from
chronic pain,
high blood
pressure, and
mood disorders
including
depression and
anxiety.*

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Somatic

*Recounting her
own struggle*

with chronic

pain, Kaparo

begins with a

moving

description of

her journey

from crippling

pain to

renewed health

and aliveness.

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Somatic Intelligence: The Art And Practice Of Embodied Mindfulness
Kaparo introduces the concepts and characteristics of Somatic Learning, a method that grew out of her personal healing experience.

Incorporating

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Intelligence The
Art And Practice
Of Embodied
Mindfulness

*the latest
brain research
in mindfulness
and neuroplast
icity, the
book presents
breathing
exercises;
postures and
stretches for
morning and
bedtime;*

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Somatic
Intelligence The
Art And Practice
Of Embodied
Mindfulness
*instructions
for
integrating
mindfulness
practice into
one's daily
life; and ways
of deepening
the practice
through touch
and caring
interaction*

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*with others.
Enhanced with
over 100
detailed
instructional
photos and
illustrations,
the book
includes
inspiring case
stories and
the author's*

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Somatic

own expressive

Intelligence The

poetry that

Art And Practice

illuminate the

Of Embodied

Mindfulness

of this

practice.

For people

drawn to a

life of

contemplation,

the dawning of

luminous

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Of Embodied
Mindfulness
awareness in a
mind full of
clutter is
deeply
liberating. In
the third of
his best-
selling books
on Christian
contemplative
life, Martin
Laird turns

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Art And Practice
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Mindfulness

*his attention
to those who
are well
settled in
their*

*contemplative
practice. An
Ocean of Light
speaks both to
those just
entering the
contemplative*

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*path and to
those with a
maturing
practice of
contemplation.
Gradually, the
practice of
contemplation
lifts the
soul, freeing
it from the
blockages that*

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*introduce
confusion into
our identity
and thus
confusion
about the
mystery we
call God. In
the course of
a lifetime of
inner
silencing, the*

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*flower of
awareness
emerges: a
living
realization
that we have
never been
separate from
God or from
the rest of
humanity while
we each fully*

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*become what
each of us is
created to be.*

*In
contemplation
we become so
silent before
God that the
"before" drops
away. Those
whose lives
have led them*

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*deeply into
the silent
land realize
this, but not
in the way
that we
realize that
the square
root of 144 is
12. Laird
draws from a
wide and*

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*diverse range
of
writers-- from
St. Augustine,
Evagrius
Ponticus, and
St. Teresa of
Avila to David
Foster
Wallace,
Flannery
O' Connor,*

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Virginia
Woolf, and
Franz
Wright-- to
ground his
insight in an
ancient
practice and
give it a
voice in
contemporary
language. With

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Somatic

his
characteristic
lyricism and
gentleness,
Laird guides
readers
through new
challenges of
contemplative
life, such as
making
ourselves the

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*focus of our
own
contemplative
project;*

*dealing with
old pain;
transforming
the isolation
of loneliness
and depression
into a
liberating*

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*solidarity
with all who
suffer; and
the danger of
using a
spiritual
practice as a
strategy to
acquire and
control.*

*Ask yourself
the right*

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*questions—and
find the
answers to
your happiness
The Question
brings
together the
best of what
is thought and
known from the
world of self-
help. The*

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*author shows
readers what
can build a
path toward
greater well-
being and
believes that
the quality of
your life
depends on the
quality of the
questions you*

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*ask yourself.
The book
combines a mix
of practical
and emotional
content; it
follows the
highs and lows
of real-life
experience to
help inspire
readers,*

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*giving them
practical
information to
help them
discover their
true purpose
in life, and
the confidence
to pursue it.
The Question
explores:
Greatness,*

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*success,
fulfilment,
and passion*
*The Three
Pillars to*

succeed
Building The
Best You
Resilience,
Revolution and
Re-invention
You cannot go

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*through life
being
passive—you
must find your
answer to The
Question. That
is, how can
you realize
your life's
purpose? Find
out inside
this book. . .*

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Somatic
*and inside
yourself!*
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Art And Practice
Simple
Of Embodied
Practices to
Mindfulness
Promote
Wellbeing
Embodied
Inquiry
Somatic
Practices for
Presence,
Empowerment,

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Somatic
*and Waking Up
Intelligence The
in This Life
Art And Practice
Moving
Of Embodied
Consciously
Mindfulness
The Brain's
Cognition,
Emotion, and
Movement
Bodyfulness
Steps to an
Ecology of
Mind*

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Somatic Intelligence
Exploring Body-
Mind Centering
The Art And Practice
features 35
essays on Body-
Mind Centering
(BMC), an
experiential
practice based
on the
application of
anatomical,
physiological,
psychophysical,
and

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Intelligence: The
developmental
principles.
Using the work
of BMC founder
Bonnie
Bainbridge Cohen
as a
springboard, the
book showcases
diverse
situations—from
medical illness
to blocked
creativity—in

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which this discipline is applied with transformative results.

Exploring Body-Mind Centering is divided into three sections, preceded by an introduction framing BMC as a pathway to becoming aware

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Somatic Intelligence The
of relationships that exist
throughout the body and mind
and using that awareness to
act. The first section lays the
groundwork for this process,
with real-life experiences and
exercises that encourage

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Art and Practice

Section two
contains
valuable case
stories
describing the
experiences of
BMC students and
practitioners as
they work with
clients. Section
three shows how

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BMC can be integrated with other disciplines and practices that include the arts, medicine, and yoga. The book concludes with a biography of Cohen, a profile of the School for Body-Mind Centering,

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and a history of
BMC.
Food Allergies
are one of the
most common
chronic medical
conditions. Dr.
Ellen Cutler, a
chiropractor and
naturopath, has
spent ten years
studying enzyme
therapy and
nutrition and

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their relationship to allergies, asthma, immune disorders, and chronic diseases. Using methods derived from many disciplines -- including chiropractic, Eastern medicine,

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Mindfulness
immunology,
environmental
medicine, and
Western
physiology and
physics -- Dr.
Cutler has found
a way to combat
allergies at
their root: the
immune response.
Her system of
techniques,

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called BioSET?,
combines muscle
testing,
detoxification,
enzyme and diet
therapy, and
chiropractic
manipulation to
desensitize
people
permanently to
every kind of
allergy, not
only those

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caused by foods.
To understand
how Dr. Cutler's
techniques work,
it's helpful to
think of the
body as an
electromagnetic
organism in
which energy
flows along
invisible
pathways called
meridians, or

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channels.
Essentially, an
allergic Practice
response is
caused when
these pathways
are blocked by
the immune
response to an
allergen. Dr.
Cutler's
techniques
actually unblock
these pathways,

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Somatic Intelligence The
Art of Primitive
Or Embodied
Mindfulness
thus stopping
the body's
violent immune
response. The
Food Allergy
Cure teaches you
how to test
yourself to
determine the
allergies you
have and gives
you simple
techniques you
can perform on

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yourself or your children to begin to lead an allergy-free life. In addition, there are helpful lists of foods and enzymes to correct digestive disorders such as lactose intolerance,

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chronic
heartburn,
irritable bowel
syndrome, and
constipation.

Dr. Cutler also
recommends foods
that support the
immune system's
functioning and
work to
alleviate such
disorders as
hypothyroidism,

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hyperthyroidism,
fibromyalgia,
colitis, herpes,
and candida.

This blending of Eastern and Western medicine is so easy to implement and will be hailed as a new paradigm of twenty-first-century medicine. For

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Mindfulness

the ninety
million people
who experience
food allergies
and haven't
found relief in
the usual
approaches, The
Food Allergy
Cure offers a
revolutionary
program that
allows sufferers
to identify and

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Mindfulness
alleviate
specific food
sensitivities
immediately! *

Learn quick and
easy methods to
identify your
allergies. *

Discover how to
detoxify your
body. * Find the
most effective
means of
eliminating food

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sensitivities. *
Take a self-
diagnostic
questionnaire to
determine which
specific enzymes
will contribute
to your optimum
health.

The work of the
mature person is
to carry grief
in one hand and
gratitude in the

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other and be stretched large by them. Noted psychotherapist Francis Weller provides an essential guide for navigating the deep waters of sorrow and loss in this lyrical yet practical handbook for

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mastering the
art of grieving.
Describing how
Western patterns
of amnesia and
anesthesia
affect our
capacity to cope
with personal
and collective
sorrows, Weller
reveals the new
vitality we may
encounter when

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we welcome,
rather than
fear, the pain
of loss. Through
moving personal
stories, poetry,
and insightful
reflections he
leads us into
the central
energy of
sorrow, and to
the profound
healing and

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heightened
communion with
each other and
our planet that
reside alongside
it. The Wild
Edge of Sorrow
explains that
grief has always
been communal
and illustrates
how we need the
healing touch of
others, an

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atmosphere of compassion, and the comfort of ritual in order to fully metabolize our grief. Weller describes how we often hide our pain from the world, wrapping it in a secret mantle of shame. This causes

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sorrow to linger unexpressed in our bodies, weighing us down and pulling us into the territory of depression and death. We have come to fear grief and feel too alone to face an encounter with

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Art And Practice

the powerful
energies of
sorrow. Those

Of Embodied
Mindfulness

who work with
people in grief,
who have

experienced the
loss of a loved
one, who mourn
the ongoing
destruction of
our planet, or
who suffer the
accumulated

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traumas of a
lifetime will
appreciate the
discussion of
obstacles to
successful grief
work such as
privatized pain,
lack of communal
rituals, a
pervasive
feeling of fear,
and a culturally
restrictive

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range of emotion. Weller highlights the intimate bond between grief and gratitude, sorrow and intimacy. In addition to showing us that the greatest gifts are often hidden in the things we avoid,

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he offers
powerful tools
and rituals and
a list of
resources to
help us

transform grief
into a force
that allows us
to live and love
more fully.

Conversion has
played a central
role in the

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of Embodied
Mindfulness
history of
Christianity. In
this first in-
depth and wide-
ranging
narrative
history, David
Kling examines
the dynamic of
turning to the
Christian faith
by individuals,
families, and
people groups.

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Global in reach,
the narrative
progresses from
early Christian
beginnings in
the Roman world
to

Christianity's
expansion into
Europe, the
Americas, China,
India, and
Africa.

Conversion is

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often associated
with a
particular
strand of modern
Christianity
(evangelical)
and a particular
type of
experience
(sudden,
overwhelming).
However, when
examined over
two millennia,

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it emerges as a phenomenon far more complex than any one-dimensional profile would suggest. No single, unitary paradigm defines conversion and no easily explicable process accounts for why people

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convert to
Christianity.
Rather, a
multiplicity of
factors-
historical,
personal,
social,
geographical,
theological,
psychological,
and cultural-
shape the
converting

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Art Practice
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process. A
History of
Christian
Conversion not
only narrates
the conversions
of select
individuals and
peoples, it also
engages current
theories and
models to
explain
conversion, and

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Somatic
examines
Intelligence The
recurring themes
in the Practice
of Embodied
Mindfulness
conversion
process: divine
presence, gender
and the body,
agency and
motivation,
testimony and
memory, group-
and self-
identity,
"authentic" and

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Somatic
"nominal"
Intelligence, The
conversion, and
And Practice
modes of
Of Embodied
communication.
Mindfulness
Accessible to
scholars,
students, and
those with a
general interest
in conversion,
Kling's book is
the most
satisfying and
comprehensive

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Mindfulness

account of
conversion in
Christian
history to date;
this major work
will become a
standard must-
read in
conversion
studies.

The Wakeful Body
Writing, Living
and Being
through the Body

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Healing
Body, Mind and
Practice
Meaning
Of Embodied
Total Body
Mindfulness
Integration
Through
Bartenieff
Fundamentals
The Practice of
Pure Awareness
Making
Connections
Awakening Voice

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through Somatic
Intelligence The
Practice
"Embodied Inquiry
is offered to all
who want to
deepen the
connection to
their bodies. Here
is the inspiration
to see your body
as a place of
inquiry, learning,

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*understanding
and perceiving.
Listening to the
sensual knowing
and aliveness
within the body
can inform our
personal and
professional lives
and reveal the
connections
between living,*

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*being, and
creating. Snowber
writes this book in
poetic and
visceral language
as a love letter
from the body
wooing readers to
inhabit their own
skins and
celebrate the
beautiful and*

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*paradoxical place
where limitations
and joy dwell
together.*

*Touching on the
vastness of our
body's call to us,
Embodied Inquiry
explores solitude,
paradox,
inspiration,
lament, waking up*

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*to the sensuous,
ecology, listening,
and writing from
the body. This is
not a manual, but
a book to
accompany you in
befriending the
body and let your
own gestures,
stories and bodily
ways of being lead*

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Somatic Intelligence: The Art And Practice Of Embodied Mindfulness
you to listen to
your own rhythm.
Whether an artist
or educator,
researcher or
administrator,
performer or poet,
seeker or
scientist, you will
find this book as a
companion to
sustain a vibrant

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life and co-create a better world. "A beautiful, creative and highly original book. Written with passion and wisdom, this book makes significant contributions to arts-based research, artistic research practice,

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Mindfulness
embodiment, and
living artful,
intentional and
connected lives. A
stunning
achievement.” -
Patricia Leavy,
Ph.D., author of
Method Meets Art
and editor of the
Social Fictions
series “Snowber

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*Somatic
Intelligence: The
Art And Practice
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*offers wisdom for
learning to live
exotically,
erotically,
emotionally, and
ecstatically.*

*Reading Embodied
Inquiry is like
walking on a
wilderness trail, in
sunlight-infused
rain, learning to*

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embrace the possibilities of vitality and vulnerability, joy and grief, love and loss.” – Carl

Leggo, Ph.D., poet & professor, University of British Columbia

“Weaving prose and poetry,

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Snowber awakens our sensual and embodied self at the very roots of living. This deeply personal work will move educators, researchers, artists, and those for whom lived experience is core to their creative

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*processs." -
Daniel
Deslauriers, Ph.D.,
Professor,
Transformative
Studies Doctorate
Program, CIIS" /div
It would be
impossible for
most of us to
spend a day
without coming*

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*into direct or
indirect contact
with dozens of
people family,
friends, people in
the street, at the
office, on
television, in our
fantasies and
fears. Our
relationships with
others are the*

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*most changeable,
infuriating,
pleasurable and
mystifying
elements in our
lives. Personality
types, based on
the ancient
system of the
Enneagram, will
help you to enjoy
more satisfying*

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and fulfilling relationships in all areas of your life by introducing you to the nine basic personality types inherent in human nature. This knowledge will help you better understand how others think and

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why they behave as they do, as well as increasing your awareness of your own individual personality.

Written by the leading world authority on the Enneagram, it offers a framework for

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*understanding
ourselves and
those around us,
as well as a
wealth of practical
insights for
anyone interested
in psychology,
counselling,
teaching, social
work, journalism
and personal*

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management.
*Learning in and
through the visual
arts can develop
complex and
subtle aspects of
the mind. Reviews
in: Journal of
aesthetic
education.
38(2004)4(Winter.
71-98), available*

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M05-194.

In 1979, Dr.

*Bernie S. Siegel, a
successful*

*surgeon, took a
class from*

Elisabeth Kübler-

*Ross that focused
on crayon drawing*

for healing,

especially with

patients facing life-

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*threatening
disease. Siegel
incorporated into
his practice these
techniques —
many of which
were laughed at
by others in the
medical
community. But
his Exceptional
Cancer Patients*

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*“carefrontation”
protocol facilitated
healings, often
deemed
miraculous, and
attracted
attention. “Dr.
Bernie”
discovered and
shared the fact
that while patients
might need*

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*antibiotics,
surgery, radiation,
and
chemotherapy,
their bodies also
want to heal. He
found that this
innate propensity
could be aided by
unconventional
practices,
including drawing.*

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Why? Drawing produces symbols often representing the subconscious. Siegel shows how to interpret drawings to help with everything from understanding why we are sick to making treatment

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decisions and communicating with loved ones. All those facing ill health, and those caring for them, personally and professionally, will welcome the hands-on, patient-proven practices offered here.

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The Enneagram
Intelligence *The*
The Power of
Art And Practice
Breathwork
Of Embodied
Mindfulness
An Anthology of
Experience and
Method
To Be a Man
Seiki Jutsu
Somatic
Mindfulness as a
Path to Freedom
Oracle Cards for

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*Ritual, Healing,
Intelligence The
Divination,
Art And Practice
Metamorphosis
Of Embodied
and Spirit
Mindfulness
Journeys*

*The Story of a Late
Twentieth-
Century
Awakening*

A somatic
counselor offers
tools for developing

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a deeper, more awakened relationship with your body through sensation, breath, and movement As a foundation for a contemplative life, the body can both literally and metaphorically help us wake up. Breathing, sensing, and moving—the

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ways we know our
body—carry
tremendous
contemplative
potential, and yet,
we so often move
through our days
unaware of or in
conflict with our
physical selves. In
Bodyfulness,
renowned somatic
counselor Christine
Caldwell offers a

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practical guide for
living an embodied
contemplative life,
embracing whatever
body we are in.

Each chapter offers
insights and
practices that help
us recover our lost
physical wisdom—to
integrate our bodies
with mindfulness, to
deal with emotions,
and to develop

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attuned
Intelligence The
relationships. The
Bodyfulness Practice
Of Embodied
reclaim a body-
Mindfulness
centered
contemplative life
and challenges us to
harness our
potential to effect
social and personal
transformation in
this body now.
This book brings

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attention to the
interface of
psychotherapy and
psychological
theory with the
somatic practices of
bodywork and
movement therapy.
To offer a client
only psychotherapy,
or only bodywork
may subtly or
directly reinforce
the body-mind split

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from which so many of us suffer; in some cases this will be a reinforcement of a dilemma central to the client's problems. Hartley views body psychotherapy and transpersonal psychotherapy as building bridges between the once separated

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processes of
psyche, soma, and
spirit. Today the
emerging field of
somatic psychology
is also contributing
to the expanded
field of psychology
a subtle
differentiation of
bodymind process,
developed through
almost a century
and a half of

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research and
practice in somatic
therapy and
education.

Originally trained as
a dancer, movement
therapist and
bodywork
practitioner,
Hartley continues
to use movement
and somatic
process as an
important

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foundation for her
own work. Training
in Dance Movement
Therapy, the
transpersonal
psychotherapy of
Psychosynthesis,
and Process-
Oriented
Psychology have
further deepened
Hartley's
awareness of the
relationships

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between psyche,
soma and spirit, and
the need to respond
to all levels of
experience in
therapeutic work.
Drawing on a
multitude of
breathing practices
from different
healing and spiritual
traditions, The
Power of
Breathwork

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includes 25 simple exercises that can be practiced alone or with a partner to facilitate proper immune function and enhance connection, creativity, joy, intuition, or to reduce depression, anxiety, trauma, tension, physical pain, and more.

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Knowing how to breathe and how to use your breath purposefully has been proven to reduce negative mental and physical issues and actually heal the body and mind. A regular home breathwork practice is an affordable and easy way for you to

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engage in self-
healing practices
that can have a
profound impact on
your overall health.

Author,
practitioner, and
grief worker
Jennifer Patterson
begins by
explaining what
breathwork is, why
you should try it,
and how it can be

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used to heal the
bodymind. Then,
you'll learn what
happens in your
physical body,

energetic body, and
emotional body as
you practice it.

Before you start the
exercises, find
useful tips on
building an altar,
using scent,
visualizations and

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grounding, and
somatic writing
prompts to help
support your
practice. After
achieving
collaboration and
deeper trust with
your body through
practices such as a
nurturing body scan
and learning to
catch and shift out
of breath-holding

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patterns, return to
yourself with these
solo breath
patterns: 4-7-8

Breath, Energizing
Breath, Box Breath,
Pursed Lip Breath,
Lion's Breath,
Diaphragm Breath,
Alternate Nostril
Breath, Skull
Shining Breath,
Ocean Breath, and
Multi-Part Fast-

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Paced Breath. With a partner, use breath to work with witnessing and being witnessed, giving and receiving touch, and navigating conflict. Through these practices, you can breathe into a deeper relationship with another. For more focused

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breathwork
practice, you will
also find exercises
that work with
themes such as
creativity, easing
perfection
narratives, inviting
laughter and joy,
cutting energetic
ties to harmful
dynamics, plus
dedicated practices
for welcoming the

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new day and then,
when it is done,
releasing the day
and inviting sleep.

The Power of Breathwork

provides you with
simple and
approachable ways
to intentionally and
effectively breathe
to bring healing and
joy.

Gregory Bateson

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was a philosopher, anthropologist, photographer, naturalist, and poet, as well as the husband and collaborator of Margaret Mead.

This classic anthology of his major work includes a new Foreword by his daughter, Mary Katherine Bateson.

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Movement
Education
The Art and
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Coaching
How to Treat Your

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Powerful Healing
Art And Practice
Secrets of the
Great Chinese
Warrior

What Your Mind
Needs to Know
About Your Body
Writing and the
Body in Motion
Freud and Jung on
Religion

□ Based upon the
author's lifetime

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practices as a
dancer, poet and
teacher, this
innovative approach
to developing body
awareness focuses
on achieving self-
discovery and well-
being through
movement,
mindfulness and
writing. Written from
a holistic (rather
than dualistic) view

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Mindfulness
of the mind-body
duality, discussion
and exercises draw
on dance,
psychology,
neuroscience and
meditation to guide
personal exploration
and creative
expression.

The popularity of
yoga and Zen
meditation has
heightened

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awareness of somatic practices. Individuals develop the conscious embodiment central to somatics work via movement and dance, or through touch from a skilled teacher or therapist often called a somatic bodyworker. Methods of touch and movement foster

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generative processes
of consciousness in
order to create a
fluid interconnection
between sensation,
thought, movement,
and expression. In
Moving Consciously ,
Sondra Fraleigh
gathers essays that
probe ideas
surrounding
embodied knowledge
and the conscious

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embodiment of
movement and
dance. Using a
variety of
perspectives on
movement and dance
somatics, Fraleigh
and other
contributors draw on
scholarship and
personal practice to
participate in a
multifaceted
investigation of a

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Health Benefits of

experiencing one's

inner world through

sensory awareness

and movement

integration. A

stimulating addition

to a burgeoning field,

Moving Consciously

incorporates

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concepts from East and West into a timely look at life-changing, intertwined practices that involve dance, movement, performance studies, and education.

Contributors:

Richard Biehl, Robert Bingham, Hillel Braude, Alison East, Sondra Fraleigh,

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Ruth Way.
Spirituality &
Practice "Best Books
of 2021" Award
Winner A highly
practical and
approachable guide
to somatic
meditation with easy
practices for

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accessing the body's
inherent
mindfulness, from an
expert in somatic
meditation. Tap into
the wisdom of the
body with down-to-
earth practices like
"Surrendering to the
Breath" and
"Befriending
Feelings" that allow
the body to become
the source of

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mindfulness. Willa Blythe Baker introduces meditation practice as the cultivation of a way of being, rather than a way of doing. It is a way of being that is self-aware, self-compassionate, and embodied. This way of being is not limited to practice on the cushion or on the

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Mindfulness
yoga mat--somatic
mindfulness is
available at any
moment, activated by
attention to the
body's wisdom and
its teachings.
Discover the three
layers of
embodiment, from
the earth body of
flesh and blood, the
subtle body of
sensory experience

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and emotion, and the awareness body of consciousness. The three parts of this book explore these layers through turning attention to the physical, energetic, and mental dimensions of human experience. By diving deep into the body, readers will find that they

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already have what
they need.

Concentration,
wisdom, compassion,
kindness, and joy are
waiting there.

A powerful
meditation practice
for connecting with
your body's innate,
guiding wisdom.

Have you ever had a
"gut feeling" about a
certain person or

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situation? Or a sense of intuition about how to respond to a particular challenge in your life? There's nothing magical or mystical about those kinds of scenarios. In fact, our body contains immense wisdom not directly available to our conscious mind, and it is continually

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communicating to us in the form of bodily feelings, impressions, sensations, corporeal intuitions, and felt senses. However, because most of us are so cut off from our somatic experience, we are quite unaware of this dimension of our body's expression.

Although this

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intelligence may feel hidden most of the time, the wisdom of the body can actually be a guide for us in living our lives fully and also in responding compassionately to others. Through a meditation practice called Somatic Descent, Reggie Ray shows us how to

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Somatic
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Art and Practice

connect with our
body's intuitive
intelligence. In

Somatic Descent we
see that the body is
always showing us
what sort of
response, direction,
or action may be
called for at any
given time, and can
in fact be relied upon
as a primary
practical resource for

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Somatic
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decision-making in
our everyday life.

The book will include
links to online audio
recordings of the
guided meditations
to further aid the
reader.

Dancing to Learn