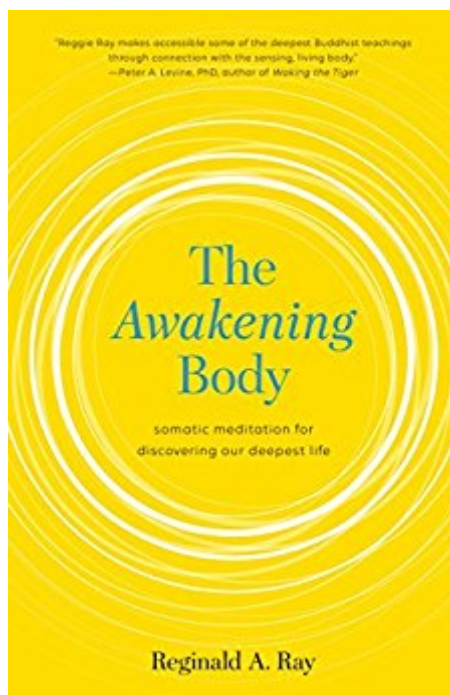


The book was found

The Awakening Body:



Synopsis

Many of us experience life through so many conceptual filters that we never recognize the freedom and joy that are inherent in us and are in fact the essence of who we are. We can grow old not realizing that one of the most powerful tools to escape the painful knots we tie ourselves in is, literally, at our fingertips: our body. Here, Reggie Ray cracks open the shell of the mind-body dichotomy and presents six fundamental body-based practices that connect us back to who we really are. These practices cut through the mental fabrications through which we experience our world and lead us directly to the richness of living a fully present, embodied human life. Includes a link to free downloads of recorded guided practices.

Book Information

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Customer Reviews

This is probably the clearest ever explanation of the somatic path. I love Reggie's meditations, and I feel incredibly grateful to have come across his work. Just wonderful

Dr Ray I a modern day American yogi. Get him while he's still around.

A powerful summary of Dr. Ray's Somatic work.

Great summary of basic darma ocean teaching

A fantastic distillation and introduction to Reggie's teachings, this book is highly recommended for anyone interested in meditation, but especially those who struggle with standard meditative techniques that are "mind-oriented" or are especially in touch with their bodies.

This really helped ground my meditation. A real gift! I highly recommend it.

Reggie Ray has opened a world of living for the general public. EVERYONE should read this book.

This is a really excellent book that I would recommend to anyone. I particularly liked his explanations of how meditation can bring awareness back to the body and away from the thinking mind. Many people don't understand that, and make the mistake of thinking meditation is meant to be more mind based. Here, the expansion of awareness is not that of the mind, but of the body itself, and re-integration of the two creates a new form of unified, direct, "spiritual" perception. The intelligent aware presence of the body precedes that of the brain, and that is what his practices attempt to help us unveil. I suppose I appreciated the "theory" more than the actual practices in this book, which in themselves are not all that different from many other types of "body work" (some of which you might already make use of). But the theory is really important, because without it, the practices may not succeed in their ultimate purpose. To awaken from thinking, it is first necessary to wake up as a body. The body is a gateway to our deepest source of awareness.

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