

Treat Your Own Neck

The Intimate LifeThe Osage TribeTrauma and the Unbound BodyWorld of Martial Arts
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this is a book about making contact with yourself your partner and everything around
you at the deepest level possible the basis for this connection is what dr judith
blackstone calls fundamental consciousness what we all are in our essence in the
intimate life this innovative teacher and psychotherapist shares 17 relational practices

from her unique approach to embodied spiritual awakening known as the realization process offered to help us relate core to core with compassion understanding and joy the intimate life explores our spirituality flowers as we bring love alive in our lives in the intimate life judith blackstone guides us in how to release resistance to authentic contact and how to realize our inherent oneness with all beings her teachings are lucid powerful and wise this book is a gem tara brach phd author of radical acceptance with grace and profound insight judith blackstone presents wise guidance on how we can more genuinely connect with and recognize the luminous depth of each other and the world marci shimoff new york times bestselling author love for no reason and happy for no reason attuning to unified consciousness how to let go of our conditioned perceptions and behaviors to foster spiritual maturation overcoming boundary problems how to embrace the paradox of oneness and separateness awareness emotion and physical contact the three main pathways of interpersonal connection the spiritual essence of sexuality spiritual exercises that apply unified consciousness to sexuality to enhance pleasure liberate the body's subtle energy and more to genuinely love other people is one of the central ideals in every spiritual tradition it's also one of our greatest challenges here is a transformational guide to becoming lovers of life and experiencing the full potential of our intimate relationships

just as an open hand is hidden within a fist our true nature with its innate capacities for happiness love and wisdom is hidden within our pain and numbness just as we can open a fist to reveal a hand our unbound unconstructed being can emerge from our pain and breathe again dr judith blackstone trauma and the unbound body heal trauma reclaim your body live with wholeness these are the gifts of utilizing the power of fundamental consciousness a subtle field of awareness that lies within each of us in trauma and the unbound body dr judith blackstone explores how we can resolve the mental physical and emotional struggles of trauma through the power of fundamental consciousness dr blackstone weaves her 30 plus years of psychotherapy practice to present a simple yet revolutionary approach to healing trauma she writes all of the constrictions in our fascia the connective tissue surrounding muscles and organs are moments of our past that we have stopped in their tracks and held in that way unconsciously they are frozen moments of our past trauma and the unbound body explains how and why the body constricts in response to trauma causing physical and emotional pain dr blackstone guides us through step by step processes to unwind those constrictions by attuning to fundamental consciousness setting the body free of

trauma once and for all by uncovering an unbreakable unified ground of being in trauma and the unbound body dr blackstone discusses the five main purposes for bodily constriction and how to release them to return to wholeness how to inhabit the body as fundamental consciousness to liberate trauma based constrictions the realization process a meditative practice for embodied spiritual awakening discovering the unified ground of being within the body that enables lasting change

the martial arts are various methods of armed and unarmed combat originally used in warfare in the far east and shaped by oriental philosophical concepts the history of martial arts is challenging to document precisely because of the lack of historical records secretive nature of the teacher student relationships and political circumstances during much of its history the martial arts are popular in many parts of the world today as forms of self defense law enforcement tactics competitive sports and exercises for physical fitness among them are karate kung fu jujitsu judo aikido tai chi chuan sumo wrestling and kendo this informative book takes it s reader on a journey throughout time and across the globe for a close up look at the history of many martial arts styles

an inviting guide to nondual awakening that is fully embodied deeply connected and available in every moment the fullness of the ground distills dr judith blackstone s decades of teaching into the essentials of the nondual spiritual path embodied nondual realization can have a profound effect on your senses your experience of your own authentic existence and your relationships and ability to love the first part of this guide introduces the lived experience of nondual awakening as the uncovering of a subtle fundamental consciousness that pervades your body and environment the ground of your individual wholeness the fullness of your embodied being and unity with everything around you the second part shares dr blackstone s signature path to nondual awakening the realization process with effective practices for recognizing embodying and stabilizing nondual realization and the third part describes ways to bring this awareness into your daily life and relationships in practicing this work you will learn how to deepen your connection with your body your breath and your environment attune to fundamental consciousness at any time in any setting awaken to a stable realization of nonduality cultivate happiness authenticity and presence this guide offers a powerful yet accessible invitation to experience the essential oneness that underlies all life

harper s informs a diverse body of readers of cultural business political literary and scientific affairs

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