

Attunement Through The Body

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Attunement Through Body by Shigenori Nagatomo

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What is Embodied Attunement? Why is it Important in ...

It can help you work out what you need physically - and emotionally. The emotions are always felt in and through the body. Sometimes your moods are subtle, on the hazy horizon of your felt-sense, but learning what they feel like in your body is a first step on making the changes that you want to make for a healthier, more satisfying life.

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Attunement is the practice of opening thought and feeling to the source of wisdom and love which is within all people, increasing the flow of life-giving energy through the body, into the world. Attunement is an energy medicine practice and a consciousness practice. So it is both the shared generation of life energy between two people, promoting health and wellbeing, and also a daily practice of spiritual centering and flow.

Attunement - Healing From Within Attunement

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Attunement allows a person to tap into the powerful pulse of universal creative energy—the cosmic Aum that brings peace. Om Shanti. They tune into the drumbeat of the universe. Now that drumbeat is constantly moving into the energy field of their physical body and their feeling realm.

The Release of Power Through the Human ... - attunement.org

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Once given, an attunement is located in one of seven positions on the body. Each spire has different attunements and each attunement grants the person with it (referred to as an attuned) different abilities. It is commonly believed that attunements are given by the goddess Selys or by one of her six Visages.

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Attunement Through the Body - Ebook written by Shigenori Nagatomo. Read this book using Google Play Books app on your PC, android, iOS devices. Download for offline reading, highlight, bookmark or take notes while you read Attunement Through the Body.

Preparatory to restoring humaneness, Attunement Through the Body offers an innovative, philosophical model for overcoming mind-body dualism and its negative consequences through a systematic elucidation of the concept and the phenomenon of attunement. It invites readers to re-evaluate an undue emphasis placed on the cognitive, intellectual knowledge in the West. The book examines the concept of the lived body and then articulates the transformative dimension of our everyday mode of living our bodies vis-a-vis Yuasa Yasuo's concept of body-scheme, demonstrating that the unity disclosed can be brought to a higher degree. The book further describes the transformative dimension of our bodies in theoretical and practical aspects through the concept of the body emerging in the course of meditational self-cultivation that was practiced by Dogen Kigen, a medieval Japanese Zen master. It then develops an original philosophical theory that differs from various Western theories such as Idealism, Empiricism, and Materialism. This theory articulates modes of attunement reflecting degrees of somatic knowledge. The theory implies a lifestyle appropriate for the coming century.

This book explores mind-body philosophy from an Asian perspective. It sheds new light on a problem central in modern Western thought. Yuasa shows that Eastern philosophy has generally formulated its view of mind-body unity as an achievement a state to be acquired--rather than as essential or innate. Depending on the individual's own developmental state, the mind-body connection can vary from near dissociation to almost perfect integration. Whereas Western mind-body theories have typically asked what the mind-body is, Yuasa asks how the mind-body relation varies on a spectrum from the psychotic to the yogi, from the debilitated to the athletic, from the awkward novice to the master musician. Yuasa first examines various Asian texts dealing with Buddhist meditation, kundalini yoga, acupuncture, ethics, and epistemology, developing a concept of the "dark consciousness" (not identical with the psychoanalytic unconscious) as a vehicle for explaining their basic view. He shows that

the mind-body image found in those texts has a striking correlation to themes in contemporary French phenomenology, Jungian psychoanalysis, psychomatic medicine, and neurophysiology. The book clears the ground for a provocative meeting between East and West, establishing a philosophical region on which science and religion can be mutually illuminating.

This book is an inquiry into ki-energy, its role within Eastern mind-body theory, and its implications for our contemporary Western understanding of the body. Yuasa examines the concept of ki-energy as it has been used in such areas as acupuncture, Buddhist and Taoist meditation, and the martial arts. To explain the achievement of mind-body oneness in these traditions he offers an innovative schematization of the lived body. His approach is interdisciplinary and cross-cultural, offering insights into Western philosophy, religion, medical science, depth psychology, parapsychology, theater, and physical education. To substantiate the relationship that ki-energy forms between the human body and its environment, Yuasa introduces contemporary scientific research on ki-energy in China and Japan, as well as evidence from acupuncture medicine and from the experience of meditators and martial arts practitioners. This evidence requires not only a rethinking of the living human body and of the mind-body and mind-matter relation, but also calls into question the adequacy of the existing scientific paradigm. Yuasa calls for an epistemological critique of modern science and explores the issue of the relation of teleology to science.

In this book, gifted medium, intuitive healer, and channel Marisa Moris introduces readers to her bevy of guides. Marisa also shares the story of her spiritual awakening and the steps that have led her to her present abilities. Readers will learn that they, too, can develop these abilities, as she will demystify the spiritual world for a new generation. Marisa offers simple exercises readers can do to attune themselves to the highest universal energies. These exercises include meditation, grounding, Heart Space Attunement, an energy-clearing Soul Bath, the Snow Globe visualization technique, and more! "Experience YOU in a whole new way.... Meet and become your Higher Self!"

Attune yourself to everyday Reiki with a revolutionary guide to an at-home practice. "This book will transform you. Brett Bevell teaches us how to shift every aspect of life, from the food and water we put into our bodies to the past, present, and future."—David Morehouse, PhD, author of *Psychic Warrior Reiki* tradition dictates that you must be initiated—or attuned—by a Reiki master before properly practicing this healing art of energy flow. In this revolutionary guide, Reiki Master Brett Bevell breaks with convention and extends the transformative powers of Reiki to all by presenting at-home rituals for self-attunement. In the true healing spirit of Reiki, Bevell encourages creativity and experimentation with the practice, allowing you to personalize Reiki for everyday use. With twenty-one symbols to empower the flow of Reiki, as well as chants for attuning candles, stones, and even the water in your bath or washing machine, this is Reiki as you've never seen it before: available to everyone, for use in all aspects of life, as Reiki was always meant to be.

This new second edition of *Attunement in Expressive Arts Therapy: Toward an Understanding of Embodied Empathy* has been extensively revised. The book addresses how the arts can be applied therapeutically for mental, emotional and spiritual health. The therapeutic practices offer expanded ways of being attuned to emotional states and life conditions with individuals, relationships, groups, and communities. Specific topics include: the contexts of attunement in the arts and therapy, tuning in to embodied creative intelligence, attunement and improvisation, rhythm and resonance, and the sense of balance achieved through affective sensory states. Each chapter clearly articulates how to utilize the arts to tune in to self, other, and a larger sacred presence. The poignant stories from the author's 35 years as an artist and therapist allows the reader to experience how the arts have been used throughout history to maintain healthy physical, emotional and spiritual well-being. Spontaneity, heightened sensitivity to inner states, deep connectivity to self and other, and an awareness of energetic and embodied shifts in consciousness are explored. It will be an excellent resource for those interested in learning how to engage with individuals and communities in order to address complex life challenges.

Practised for over 60 years, attunement therapy promises a breakthrough in the relations between traditional and alternative medicine because its results are observable, measurable and repeatable. It links the physical organs to the body's subtle energies, and uses the higher capacities of both the therapist and patient to promote health and energize healing.

For five decades, negative body image has been a major focus of study due to its association with psychological and social morbidity, including eating disorders. However, more recently the body image construct has broadened to include positive ways of living in the body, enabling greater understanding of embodied well-being, as well as protective factors and interventions to guide the prevention and treatment of eating disorders. *Handbook of Positive Body Image and Embodiment* is the first comprehensive, research-based resource to address the breadth of innovative theoretical concepts and related practices concerning positive ways of living in the body, including positive body image and embodiment. Presenting 37 chapters by world-renowned experts in body image and eating behaviors, this state-of-the-art collection delineates constructs of positive body image and embodiment, as well as social environments (such as families, peers, schools, media, and the Internet) and therapeutic processes that can enhance them. Constructs examined include positive embodiment, body appreciation, body functionality, body image flexibility, broad conceptualization of beauty, intuitive eating, and attuned sexuality. Also discussed are protective factors, such as environments that promote body acceptance, personal safety, diversity, and activism, and a resistant stance towards objectification, media images, and restrictive feminine ideals. The handbook also explores how therapeutic interventions (including Acceptance and Commitment Therapy, Cognitive Dissonance, and many more) and public health and policy initiatives can inform scholarly, clinical, and prevention-based work in the field of eating disorders.