

Attunement Through The Body

YEAH, REVIEWING A BOOKS **ATTUNEMENT THROUGH THE BODY** COULD ACCUMULATE YOUR NEAR LINKS LISTINGS. THIS IS JUST ONE OF THE SOLUTIONS FOR YOU TO BE SUCCESSFUL. AS UNDERSTOOD, CAPABILITY DOES NOT SUGGEST THAT YOU HAVE WONDERFUL POINTS.

COMPREHENDING AS WITHOUT DIFFICULTY AS ACCORD EVEN MORE THAN NEW WILL COME UP WITH THE MONEY FOR EACH SUCCESS. BORDERING TO, THE PROCLAMATION AS WELL AS SHARPNESS OF THIS ATTUNEMENT THROUGH THE BODY CAN BE TAKEN AS WITHOUT DIFFICULTY AS PICKED TO ACT.

MEDITATIONS TO LIVE BY - JOYCE ELLENBECKER 2017-04-25

IN THESE CHAOTIC TIMES, THERE IS SO MUCH UNCERTAINTY, SO MUCH TO DISTRACT AND DISCOURAGE, TO THROW US OFF BALANCE. IN *MEDITATIONS TO LIVE BY: ATTUNING TO THE POWER OF LOVE*, PRACTITIONER-TEACHERS ELLENBECKER AND DIAMOND OFFER 28 ORIGINAL MEDITATIONS TO HELP SHIFT YOUR PERSPECTIVE AND RE-AWAKEN YOUR ZEST FOR LIVING. THE UNDERLYING PRINCIPLES COME FROM ATTUNEMENT, AN ENERGY HEALING PRACTICE THAT SEES LOVE AS THE ESSENCE OF ALL-THAT-IS. THE MEDITATIONS ARE INTENDED TO COMPLEMENT ANY EXISTING SPIRITUAL OR RELIGIOUS BELIEFS AND PRACTICE; THEY CAN BE USED AS AN INTRODUCTION OR AS A DEEPENING EXPERIENCE. TOPICS RANGE FROM PEACE TO CLARITY TO LISTENING TO THE BODY AND GROUNDING YOUR ENERGY. EACH PIECE STANDS ALONE OR CAN BE READ, SPOKEN, SHARED OR USED IN GROUPS. THE WORDS, IMBUED BY SPIRIT, ENGAGE THE READER'S MIND, HEART AND BODY, STIRRING THE CAPACITY TO THINK AND TO FEEL. *MEDITATIONS TO LIVE BY* INCLUDES STUNNING PHOTOGRAPHS, POEMS, AND A GENEROUS DOLLOP OF PRACTICAL WISDOM AND GUIDANCE BUT THE MAJOR IMPACT COMES FROM THE ATMOSPHERE THAT INFUSES ALL THE READINGS.

ATTUNEMENT THROUGH THE BODY - SHIGENORI NAGATOMO 1992-01-01

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.

ATTUNEMENT - ALBERTO PEREZ-GOMEZ 2016-02-26

HOW ARCHITECTURE CAN MOVE BEYOND THE CONTEMPORARY ENTHUSIASMS FOR THE TECHNICALLY SUSTAINABLE AND THE FORMALLY DAZZLING TO ENHANCE OUR HUMAN VALUES AND CAPACITIES. ARCHITECTURE REMAINS IN CRISIS, ITS SOCIAL RELEVANCE LOST BETWEEN THE TWO POLES OF FORMAL INNOVATION AND TECHNICAL SUSTAINABILITY. IN *ATTUNEMENT*, ALBERTO PEREZ-GOMEZ CALLS FOR AN ARCHITECTURE THAT CAN ENHANCE OUR HUMAN VALUES AND CAPACITIES, AN ARCHITECTURE THAT IS CONNECTED—ATTUNED—to ITS LOCATION AND ITS INHABITANTS. ARCHITECTURE, PEREZ-GOMEZ EXPLAINS, OPERATES AS A COMMUNICATIVE SETTING FOR SOCIETIES; ITS BEAUTY AND ITS MEANING LIE IN ITS CONNECTION TO HUMAN HEALTH AND SELF-UNDERSTANDING. OUR PHYSICAL PLACES ARE OF UTMOST IMPORTANCE FOR OUR WELL-BEING. DRAWING ON RECENT WORK IN EMBODIED COGNITION, PEREZ-GOMEZ ARGUES THAT THE ENVIRONMENT, INCLUDING THE BUILT ENVIRONMENT, MATTERS NOT ONLY AS A MATERIAL ECOLOGY BUT BECAUSE IT IS NOTHING LESS THAN A CONSTITUENT PART OF OUR CONSCIOUSNESS. TO BE FULLY SELF-AWARE, WE NEED AN EXTERNAL ENVIRONMENT REplete WITH MEANINGS AND EMOTIONS. PEREZ-GOMEZ VIEWS ARCHITECTURE THROUGH THE LENS OF MOOD AND ATMOSPHERE, LINKING THESE IDEAS TO THE KEY GERMAN CONCEPT OF STIMMUNG—ATTUNEMENT—and ITS ROOTS IN PYTHAGOREAN HARMONY AND VITRUVIAN TEMPERANCE OR PROPORTION. HE CONSIDERS THE PRIMACY OF PLACE OVER SPACE; THE LINGUISTIC ASPECT OF ARCHITECTURE—THE VOICES OF ARCHITECTURE AND THE VOICE OF THE ARCHITECT; ARCHITECTURE AS A MULTISENSORY (NOT PICTORIAL) EXPERIENCE, WITH PIRANESI, LEDOUX, AND HEJDUK AS EXAMPLES OF METAPHORICAL MODELING; AND HOW STIMMUNG MIGHT BE PUT TO WORK TODAY TO REALIZE THE CONTEMPORARY POSSIBILITIES OF ATTUNEMENT.

ATTUNEMENT - MARISA MORIS 2018-07-31

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!"

THE SCIENCE OF TRUST: EMOTIONAL ATTUNEMENT FOR COUPLES - JOHN M. GOTTMAN 2011-05-09

AN EMINENT THERAPIST EXPLAINS WHAT MAKES COUPLES COMPATIBLE AND HOW TO SUSTAIN A HAPPY MARRIAGE. FOR THE PAST THIRTY-FIVE YEARS, JOHN GOTTMAN'S RESEARCH HAS BEEN INTERNATIONALLY RECOGNIZED FOR ITS UNPRECEDENTED ABILITY TO PRECISELY MEASURE INTERACTIVE PROCESSES IN COUPLES AND TO PREDICT THE LONG-TERM SUCCESS OR FAILURE OF RELATIONSHIPS. IN THIS GROUNDBREAKING BOOK, HE PRESENTS A NEW APPROACH TO UNDERSTANDING AND CHANGING COUPLES: A FUNDAMENTAL SOCIAL SKILL CALLED "EMOTIONAL ATTUNEMENT," WHICH DESCRIBES A COUPLE'S ABILITY TO FULLY PROCESS AND MOVE ON FROM NEGATIVE EMOTIONAL EVENTS, ULTIMATELY CREATING A STRONGER RELATIONSHIP. GOTTMAN DRAWS FROM THIS LONGITUDINAL RESEARCH AND THEORY TO

SHOW HOW EMOTIONAL ATTUNEMENT CAN DOWNREGULATE NEGATIVE AFFECT, HELP COUPLES FOCUS ON POSITIVE TRAITS AND MEMORIES, AND EVEN HELP PREVENT DOMESTIC VIOLENCE. HE OFFERS A DETAILED INTERVENTION DEVISED TO CULTIVATE ATTUNEMENT, THEREBY HELPING COUPLES CONNECT, RESPECT, AND SHOW AFFECTION. EMOTIONAL ATTUNEMENT IS EXTENDED TO TACKLE THE SUBJECTS OF FLOODING, THE STORY WE TELL OURSELVES ABOUT OUR RELATIONSHIP, CONFLICT, PERSONALITY, CHANGING RELATIONSHIPS, AND GENDER. GOTTMAN ALSO EXPLAINS HOW TO CREATE EMOTIONAL ATTUNEMENT WHEN IT IS MISSING, TO LAY A FOUNDATION THAT WILL CARRY THE RELATIONSHIP THROUGH DIFFICULT TIMES. GOTTMAN ENCOURAGES COUPLES TO CULTIVATE ATTUNEMENT THROUGH AWARENESS, TOLERANCE, UNDERSTANDING, NON-DEFENSIVE LISTENING, AND EMPATHY. THESE QUALITIES, HE ARGUES, INSPIRE CONFIDENCE IN COUPLES, AND THE SENSE THAT DESPITE THE INEVITABLE STRUGGLES, THE RELATIONSHIP IS ENDURING AND RESILIENT. THIS BOOK, AN ESSENTIAL FOLLOW-UP TO HIS 1999 *THE MARRIAGE CLINIC*, OFFERS THERAPISTS, STUDENTS, AND RESEARCHERS DETAILED INTERVENTION FOR WORKING WITH COUPLES, AND OFFERS COUPLES A ROADMAP TO A STRONGER FUTURE TOGETHER.

ATTUNEMENT IN EXPRESSIVE ART THERAPY - MITCHELL KOSSAK 2021-06-25

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.

EMPATHIC ATTUNEMENT - CRAYTON ROWE JR. 2000-07-01

EMPATHIC ATTUNEMENT CAPTURES THE ESSENCE OF KOHUT'S CONTRIBUTIONS TO SELF PSYCHOLOGY AND THE MENTAL HEALTH FIELD. STRAIGHTFORWARD, ACCURATE, AND PRACTICAL, THE AUTHORS INTRODUCE STUDENT AND EXPERIENCED CLINICIAN ALIKE TO THE SYNTHESIS OF KOHUT'S MAJOR CONCEPTS AND THEIR CLINICAL APPLICATIONS. THE AUTHORS HIGHLIGHT KOHUT'S EMPHASIS ON THE EMPATHIC MODE OF DATA GATHERING FROM WITHIN THE PATIENT'S EXPERIENCES. KOHUT CONSIDERS EMPATHY—THE CAPACITY TO THINK AND FEEL ONESELF INTO THE INNER LIFE OF ANOTHER PERSON—to BE THE MAJOR TOOL OF THERAPY.

MEDITATIONS TO LIVE - JOYCE ELLENBECKER 2017-03-20

IN THESE CHAOTIC TIMES, THERE IS SO MUCH UNCERTAINTY, MUCH TO DISTRACT AND DISCOURAGE, TO THROW US OFF BALANCE. IN *MEDITATIONS TO LIVE BY: ATTUNING TO THE POWER OF LOVE*, PRACTITIONER-TEACHERS ELLENBECKER AND DIAMOND OFFER 28 ORIGINAL MEDITATIONS TO HELP SHIFT YOUR PERSPECTIVE AND RE-AWAKEN YOUR ZEST FOR LIVING. THE UNDERLYING PRINCIPLES COME FROM ATTUNEMENT, AN ENERGY HEALING PRACTICE THAT SEES LOVE AS THE ESSENCE OF ALL-THAT-IS. THE MEDITATIONS ARE INTENDED TO COMPLEMENT ANY EXISTING SPIRITUAL OR RELIGIOUS BELIEFS AND PRACTICE; THEY CAN BE USED AS AN INTRODUCTION OR AS A DEEPENING EXPERIENCE. TOPICS RANGE FROM PEACE TO CLARITY TO LISTENING TO THE BODY AND GROUNDING YOUR ENERGY. EACH PIECE STANDS ALONE OR CAN BE READ, SPOKEN, SHARED OR USED IN GROUPS. THE WORD, IMBUED BY SPIRIT, ENGAGE THE READER'S MIND, HEART AND BODY, STIRRING THE CAPACITY TO THINK AND TO FEEL. *MEDITATIONS TO LIVE BY* INCLUDES STUNNING PHOTOGRAPHS, POEMS, AND A GENEROUS DOLLOP OF PRACTICAL WISDOM AND GUIDANCE BUT THE MAJOR IMPACT COMES FROM THE ATMOSPHERE THAT INFUSES ALL THE READINGS.

CONTEMPORARY DAOISM, ORGANIC RELATIONALITY, AND CURRICULUM OF INTEGRATIVE CREATIVITY - HONGYU WANG 2021-08-01

CREATIVITY IN THE WEST IS OFTEN PERCEIVED AS "CUTTING EDGE" AND "GROUND-BREAKING" IN A SINGULAR ACT OF GIVING BIRTH TO THE NEW. HOWEVER, TO WHAT DEGREE HAS THIS MODEL OF BREAKING AWAY FROM OTHERS AND THE WORLD CONTRIBUTED TO THE CURRENT CRISIS IN EDUCATION, SOCIETY, AND ECOLOGY EVEN BEFORE THE TRAGIC COVID-19 PANDEMIC AND RESPONSES TO IT? HOW CAN OUR REIMAGINING OF CREATIVITY CONTRIBUTE TO THE MUTUAL FLOURISHING OF HUMANITY AND OF RELATIONS BETWEEN HUMANS AND THE PLANET? DAOIST CREATIVITY, BASED UPON RELATIONALITY AND INTERDEPENDENCE, HAS MUCH TO OFFER TO TODAY'S CURRICULUM AS A COMPLICATED CONVERSATION TO SUSTAIN LIFE AND RENEW THE WORLD. INTEGRATIVE, EMERGENT, EMBODIED, CO-CREATIVE, AND ECOLOGICAL, DAOIST CREATIVITY HAS A BUILT-IN OPENING TO DIFFERENCE THROUGH THE ORGANIC RELATIONALITY OF YIN/YANG DYNAMICS. THIS BOOK FOCUSES ON ONE ESSENTIAL THREAD IN DAOISM—INTEGRATIVE CREATIVITY THROUGH ORGANIC RELATIONALITY—and WEAVES ITS INTERPLAY WITH WESTERN THOUGHT THROUGH MULTIPLE AND INTERTWINED DIMENSIONS OF CURRICULUM. EXPLORING DAO AS DYNAMIC AND SETTING CREATIVE CURRICULUM IN MOTION, THIS BOOK JUXTAPOSES THE NOTION OF WUWEI AND SELF-ORGANIZATION TO CONCEPTUALIZE EMERGENT CLASSROOM DYNAMICS, AND RE-ENVISONS THE INNER LANDSCAPE OF EDUCATION THROUGH NEGOTIATING DIALOGUES BETWEEN THE JUNGIAN PSYCHE AND DAOIST DYNAMICS. FURTHER, IT EXPLORES GENDERED IMPLICATIONS OF DAOISM

TO INTERACT WITH FEMINISM AND FORMULATES THE PURSUIT OF INNER AND OUTER PEACE THROUGH CREATIVE HARMONY TO INFORM NONVIOLENCE CURRICULUM. SYNTHESIZING CROSS-CULTURAL INSIGHTS AND WISDOM, IT PROVIDES AN IN-DEPTH AND INTUITIVE UNDERSTANDING OF THE INTERACTIONS BETWEEN DAOIST AND WESTERN CREATIVITY AND ELABORATES A CURRICULUM OF INTEGRATIVE CREATIVITY FOR STUDENTS, TEACHERS, AND THEIR EDUCATIONAL COMMUNITY. LET US ALL ATTEND TO THE URGENT CALL FOR INDIVIDUAL AND COLLECTIVE AWAKENINGS AND FOR CREATIVITY THAT CONNECTS. PRAISE FOR CONTEMPORARY DAOISM, ORGANIC RELATIONALITY, AND CURRICULUM OF INTEGRATIVE CREATIVITY: "HONGYU WANG'S BOOK ON DAOISM IS A TREASURE. IT IS BEAUTIFULLY WRITTEN AND INCLUDES A DIVERSE LITERATURE THAT DEMONSTRATES HER IMPRESSIVE SCHOLARSHIP. SHE EXPLORES THE RELEVANCE OF DAOISM'S ANCIENT WISDOM TO MANY CURRENT ISSUES INCLUDING GENDER, NONVIOLENCE, PEACE EDUCATION, AS WELL AS TEACHING AND LEARNING. THIS IS AN IMPORTANT ADDITION TO GROWING LITERATURE ON DAOISM. IN A TIME OF DIVISION WE NEED DAOISM'S COSMIC PERSPECTIVE ON HOW WE CAN LIVE PEACEFULLY AND HARMONIOUSLY ON THIS EARTH." ~ JACK MILLER THE ONTARIO INSTITUTE FOR STUDIES IN EDUCATION UNIVERSITY OF TORONTO "ONE BARRIER TO MEANINGFUL EDUCATIONAL REFORM IS OUR INABILITY TO IMAGINE THINGS DIFFERENTLY. WANG'S STUDY OFFERS A SET OF LENSES DRAWN FROM CHINESE DAOISM THAT COULD STIMULATE MEANINGFUL EDUCATIONAL REFORM BY ENVISIONING A CURRICULUM THAT MOVES BEYOND ANALYTICAL REASONING TOWARD MORE PEACEFUL, HUMANE, AND ECOLOGICALLY SUSTAINABLE WAYS OF TEACHING, LEARNING, AND KNOWING. ALONG THE WAY, WANG EXPLORES THE LINKS BETWEEN DAOISM AND COMPLEXITY THEORY AND DAOISM'S COMPATIBILITIES AND CONTRASTS WITH ASPECTS OF WESTERN PHILOSOPHY, INCLUDING RECENT SCHOLARSHIP ON ECO-FEMINISM. EDUCATORS WILL BE INTRIGUED BY THIS STUDY OF DAOISM AS A FORM OF EMBODIED CURRICULUM THAT WORKS TOWARD THE DEVELOPMENT OF AUTHENTIC PERSONHOOD AND TRANSFORMATIVE INTERCONNECTEDNESS THROUGH AN EMPHASIS ON LIVED EXPERIENCE IN TANDEM WITH INTELLECTUAL DEVELOPMENT AND THEY WILL BE INSPIRED TO EXAMINE AND RETHINK THEIR CURRENT PRACTICE." ~ GAY GARLAND REED PROFESSOR EMERITA, UNIVERSITY OF HAWAII "HONYU WANG'S BOOK OFFERS US A SOLUTION FOR NOWADAYS CRISES LIKE SOCIAL AND ECOLOGICAL ONES, BY POINTING OUT THAT THE INTEGRATIVE CREATIVITY AND CURRICULUM IS THE KEY...HER IDEAS ARE ACCESSIBLE AND CAN ENRICH OUR PERSPECTIVE AS EDUCATIONISTS. THE NOVELTY AND UNIQUENESS OF THE BOOK IS THAT IT MAKES A BRIDGE BETWEEN WESTERN CULTURE AND EAST CULTURE, BETWEEN PAST AND PRESENT AND IT IS ALSO A BRIDGE FROM TODAY TO THE FUTURE OF THE ENTIRE EARTH." ~ MARIA BUTUCEA, TEACHER TRAINING DEPARTMENT, TECHNICAL UNIVERSITY OF CIVIL ENGINEERING, BUCHAREST

THE BODY - ??? 1987-01-01

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.

THE REIKI MAGIC GUIDE TO SELF-ATTUNEMENT - BRETT BEVELL 2010-11-17

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.

OVERCOMING MODERNITY - YASUO YUASA 2009-01-01

THESE LAST WRITINGS BY JAPANESE PHILOSOPHER YUASA ENGAGE BOTH WESTERN AND EASTERN THOUGHT TO RECONSIDER MODERNITY AND OFFER AN ALTERNATIVE, MORE HOLISTIC PARADIGM.

DELEUZE AND FILM - TERESA RIZZO 2012-04-26

IN THE FIRST BOOK-LENGTH INTRODUCTION TO DELEUZE'S WORK ON FILM FROM A FEMINIST PERSPECTIVE, TERESA RIZZO RANGES ACROSS DELEUZE'S BOOKS ON CINEMA, HIS OTHER WRITINGS, AND FEMINIST RE-WORKINGS OF HIS PHILOSOPHY TO RE-THINK THE FILM VIEWING EXPERIENCE. MORE THAN A COMMENTARY ON DELEUZE'S BOOKS ON CINEMA, RIZZO'S WORK ADDRESSES A SIGNIFICANT GAP IN FILM THEORY, BUILDING A BRIDGE BETWEEN THE SPECTATORSHIP STUDIES AND APPARATUS THEORIES OF THE 1970S, AND NEW THEORISATIONS OF THE CINEMATIC EXPERIENCE. DEVELOPING A CONCEPT OF A 'CINEMATIC ASSEMBLAGE', THE BOOK FOCUSES ON AFFECTIVE AND INTENSIVE CONNECTIONS BETWEEN FILM AND VIEWER. THROUGH A CAREFUL ANALYSIS OF A RANGE OF FILM TEXTS AND GENRES THAT HAVE BEEN IMPORTANT TO FEMINIST FILM SCHOLARSHIP, SUCH AS THE ALIEN SERIES AND THE MODERN HORROR FILM, RIZZO PUTS DELEUZE'S KEY CONCEPTS TO WORK IN EXCITING NEW WAYS.

ACTING (RE)CONSIDERED - PHILLIP B. ZARRILLI 2005-06-28

ACTING (RE)CONSIDERED IS AN EXCEPTIONALLY WIDE-RANGING COLLECTION OF THEORIES ON ACTING, IDEAS ABOUT BODY AND TRAINING, AND STATEMENTS ABOUT THE ACTOR IN PERFORMANCE. THIS SECOND EDITION INCLUDES FIVE NEW ESSAYS AND HAS BEEN FULLY REVISED AND UPDATED, WITH DISCUSSIONS BY OR ABOUT MAJOR FIGURES WHO HAVE SHAPED THEORIES AND PRACTICES OF ACTING AND PERFORMANCE FROM THE LATE NINETEENTH CENTURY TO THE PRESENT. THE ESSAYS - BY DIRECTORS, HISTORIANS, ACTOR TRAINERS AND ACTORS - BRIDGE THE GAP BETWEEN THEORIES AND PRACTICES OF ACTING, AND BETWEEN EAST AND WEST. NO OTHER BOOK PROVIDES SUCH A WEALTH OF PRIMARY AND SECONDARY SOURCES, BIBLIOGRAPHIC MATERIAL, AND DIVERSITY OF APPROACHES. IT INCLUDES DISCUSSIONS OF SUCH KEY TOPICS AS: * HOW WE THINK AND TALK ABOUT ACTING * ACTING AND EMOTION * THE ACTOR'S PSYCHOPHYSICAL PROCESS * THE BODY AND TRAINING * THE ACTOR IN PERFORMANCE * NON-WESTERN AND CROSS-CULTURAL PARADIGMS OF THE BODY, TRAINING AND ACTING. ACTING (RE)CONSIDERED IS VITAL READING FOR ALL THOSE INTERESTED IN PERFORMANCE.

DIVINE ATTUNEMENT - YUVAL RON 2014

MUSIC IS THE LANGUAGE OF THE SOUL, AND DIVINE ATTUNEMENT PROVIDES A UNIQUE WINDOW INTO THE WORLD OF ECSTATIC MUSIC, SACRED SOUND, AND RITUAL DANCE. WRITTEN BY MASTER-MUSICIAN AND COMPOSER YUVAL RON, THE BOOK IS BASED ON HIS COLLABORATIONS WITH ZEN BUDDHIST MASTERS, JEWISH KABBALISTS, GNOSTIC CHRISTIANS, AND SUFI MYSTICS. IT ALSO INCLUDES THE LATEST RESEARCH FROM LEADING NEUROSCIENTISTS ON HOW SOUND HEALS THE BODY, MIND, AND SPIRIT. RON TAKES THE READER ON AN AMAZING JOURNEY OF SELF-DISCOVERY THAT INSPIRES AND ENABLES GREATER ACCESS TO ENERGY, CREATIVITY, AND JOY. DIVINE ATTUNEMENT CONTAINS TWENTY-ONE STORIES, ESSAYS, AND WISDOM PARABLES WHICH DISCLOSE THE SECRETS OF SACRED MUSIC AND GUIDE THE READER TOWARD PERSONAL GROWTH AND TRANSFORMATION. RON RETELLS ANCIENT LEGENDS ABOUT THE MIDDLE EASTERN POETS, GYPSIES, AND GREAT MYSTICS SUCH AS RUMI, RABBI YEHUDA HALEVI, HAZRAT INAYAT KHAN, AND BAAL SHEM TOV ALL OF WHOM USED MUSIC TO COMMUNE WITH THE DIVINE. THE BOOK ALSO INCLUDES TWO APPENDICES WITH MEDITATIVE EXERCISES INVOLVING MUSIC AND MOVEMENT TO ASSIST THE READER IN REACHING AUTHENTIC SELFHOOD AND EXPERIENCING A DEEPER CONNECTION WITH THE DIVINE. AUTHOR YUVAL RON THE PEACE MUSICIAN WILL BE DONATING PROCEEDS FROM HIS BOOK TO INTERNATIONAL CHARITIES THAT SUPPORT FEEDING THE HUNGRY, SPREADING INTERFAITH UNDERSTANDING, AND PROMOTING PEACE. DIVINE ATTUNEMENT IS OFFERED THROUGH ORACLE INSTITUTE PRESS, A NON-PROFIT PUBLISHING HOUSE THAT SERVES AS AN ADVOCATE FOR PEACE AND A VANGUARD FOR CONSCIOUS EVOLUTION. "

LISTENING, THINKING, BEING - LISBETH LIPARI 2015-12-07

ALTHOUGH LISTENING IS CENTRAL TO HUMAN INTERACTION, ITS IMPORTANCE IS OFTEN IGNORED. IN THE RUSH TO SPEAK AND BE HEARD, IT IS EASY TO NEGLECT LISTENING AND DISREGARD ITS SIGNIFICANCE AS A WAY OF BEING WITH OTHERS AND THE WORLD. DRAWING UPON INSIGHTS FROM PHENOMENOLOGY, LINGUISTICS, PHILOSOPHY OF COMMUNICATION, AND ETHICS, LISTENING, THINKING, BEING IS BOTH AN INVITATION AND AN INTERVENTION MEANT TO TURN MUCH OF WHAT READERS KNOW, OR THINK THEY KNOW, ABOUT LANGUAGE, COMMUNICATION, AND LISTENING INSIDE OUT. IT IS NOT ABOUT HOW TO BE A GOOD LISTENER OR THE NUMEROUS PITFALLS THAT STEM FROM THE FAILURE TO LISTEN. RATHER, THE PURPOSE OF THE BOOK IS, FIRST, TO MAKE READERS AWARE OF THE VALUE AND IMPORTANCE OF LISTENING AS A FUNDAMENTAL HUMAN ABILITY INEXTRICABLY CONNECTED WITH LANGUAGE AND THOUGHT; SECOND, TO ALERT READERS TO THE COMPLEXITY OF LISTENING FROM PERSONAL, CULTURAL, AND PHILOSOPHICAL PERSPECTIVES; AND THIRD, TO OFFER READERS A WAY TO THINK OF LISTENING AS A MODE OF COMMUNICATIVE ACTION BY WHICH HUMANS CREATE AND ABIDE IN THE WORLD. LISBETH LIPARI BRINGS TOGETHER HISTORICAL, LITERARY, INTERCULTURAL, SCIENTIFIC, MUSICAL, AND PHILOSOPHICAL PERSPECTIVES, AS WELL AS A RANGE OF HER OWN PERSONAL EXPERIENCES, TO PRODUCE THIS HIGHLY READABLE ANALYSIS OF HOW "THE HUMAN EXPERIENCE OF BEING AS AN ETHICAL RELATION WITH OTHERS . . . IS ENACTED BY MEANS OF LISTENING."

ESSENTIAL REIKI - DIANE STEIN 2011-02-02

REIKI IS AN ANCIENT AND PROFOUNDLY SIMPLE SYSTEM OF "LAYING ON OF HANDS" HEALING DERIVED FROM TIBETAN BUDDHISM. IN THE WEST, REIKI HAS BEEN KEPT HIGHLY SECRET FOR MANY YEARS. ESSENTIAL REIKI PRESENTS FULL INFORMATION ON ALL THREE DEGREES OF THIS HEALING SYSTEM, MOST OF IT IN PRINT FOR THE FIRST TIME. TEACHING FROM THE PERSPECTIVE THAT REIKI HEALING BELONGS TO ALL PEOPLE, DIANE STEIN BREAKS NEW GROUND IN HER CLASSIC GUIDE TO THIS ANCIENT PRACTICE. WHILE NO BOOK CAN REPLACE THE DIRECTLY RECEIVED REIKI "ATTUNEMENTS," ESSENTIAL REIKI PROVIDES EVERYTHING ELSE THAT THE HEALER, PRACTITIONER, AND TEACHER OF THIS SYSTEM NEEDS.

THE HEALING POWER OF ATTUNEMENT THERAPY: STORIES AND PRACTICE - JACLYN STEIN HENDERSON 2002-12-01

HAPPINESS: A VERY SHORT INTRODUCTION - DANIEL M. HAYBRON 2013-08-29

HAPPINESS IS AN EVERYDAY TERM IN OUR LIVES, AND MOST OF US STRIVE TO BE HAPPY. BUT DEFINING HAPPINESS CAN BE DIFFICULT. IN THIS VERY SHORT INTRODUCTION, DAN HAYBRON CONSIDERS THE TRUE NATURE OF HAPPINESS. BY EXAMINING WHAT IT IS, ASSESSING ITS IMPORTANCE IN OUR LIVES, AND HOW WE CAN (AND SHOULD) PURSUE IT, HE CONSIDERS THE CURRENT THINKING ON HAPPINESS, FROM PSYCHOLOGY TO PHILOSOPHY. ILLUSTRATING THE DIVERSE ROUTES TO HAPPINESS, HAYBRON REFLECTS ON CONTEMPORARY IDEAS ABOUT THE PURSUIT OF A GOOD LIFE AND CONSIDERS THE INFLUENCE OF SOCIAL CONTEXT ON OUR SATISFACTION AND WELL-BEING. ABOUT THE SERIES: THE VERY SHORT INTRODUCTIONS SERIES FROM OXFORD UNIVERSITY PRESS CONTAINS HUNDREDS OF TITLES IN ALMOST EVERY SUBJECT AREA. THESE POCKET-SIZED BOOKS ARE THE PERFECT WAY TO GET AHEAD IN A NEW SUBJECT QUICKLY. OUR EXPERT AUTHORS COMBINE FACTS, ANALYSIS, PERSPECTIVE, NEW IDEAS, AND ENTHUSIASM TO MAKE INTERESTING AND CHALLENGING TOPICS HIGHLY READABLE.

SELF-HEALING REIKI - BARBARA EMERSON 2001

REIKI IS A JAPANESE HANDS-ON METHOD OF BODYWORK THAT CHANNELS ENERGY THROUGH SEVEN CHAKRAS (ENERGY CENTERS) TO ATTUNE THE BODY TO ITS OPTIMAL ENERGY LEVEL. EMERSON'S RADICAL APPROACH ALLOWS PRACTITIONERS TO PASS FROM LEVEL TO LEVEL WITHOUT A MASTER. ILLUSTRATIONS & CHARTS.

A COMPARATIVE STUDY OF BODY-MIND - SHIGENORI NAGATOMO 1985

CRYSTAL OVERSOUL ATTUNEMENTS - MICHAEL EASTWOOD 2011-12-01

DESIGNED FOR MEDITATION AND CONTEMPLATION, THIS SET OF 44 BEAUTIFUL CARDS AND ACCOMPANYING BOOK EXPLORE IN GREAT DEPTH THE SPIRITUAL AND METAPHYSICAL QUALITIES OF CRYSTALS AND HOW TO COMMUNICATE WITH THE PART OF THE COLLECTIVE CONSCIOUSNESS THAT THE CRYSTALS REPRESENT. EACH CARD IS A PHOTOGRAPHIC MANDALA FEATURING A DIFFERENT CRYSTAL THAT CONVEYS MESSAGES DIRECTLY INTO THE CONSCIOUSNESS OF THE VIEWER. THE CORRESPONDING VOLUME CONTAINS INFORMATION ABOUT CRYSTAL HEALING AND MEDITATION PRACTICE. TOGETHER THE CARDS AND THE BOOK BUILD A MAP, REPRESENTING THE SHARED SPIRITUAL AND HEALING POTENTIAL THAT THESE MEDITATIONS CAN BRING.

THE BODY, SELF-CULTIVATION, AND KI-ENERGY - YASUO YUASA 1993-01-01

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.

THE SPIRITUAL NATURE OF THE PHYSICAL BODY - LAURENCE LAYNE 2006

THE SPIRITUAL NATURE OF THE PHYSICAL BODY, ANATOMY & PHYSIOLOGY FOR ATTUNEMENT PRACTITIONERS LOOKS AT TRADITIONAL ANATOMY AND PHYSIOLOGY THROUGH THE PERSPECTIVE OF HEALING ENERGY. IT IS BOTH A TEXT BOOK FOR PRACTITIONERS OF ATTUNEMENT, A SPIRITUAL HEALING METHOD, AND A DEEP EXAMINATION INTO THE SPIRITUAL-ENERGETIC MECHANISM BEHIND HUMAN FORM. THE AUTHOR HAS WRITTEN OTHER BOOKS ON ATTUNEMENT INCLUDING ATTUNEMENT, THE SACRED LANDSCAPE AND KEEPERS OF THE FLAME, A HISTORY OF ATTUNEMENT.

21-DAY REIKI CLEANSE JOURNAL - CHRIS ANAMA-GREEN 2019-05-31

FOLLOWING A REIKI ATTUNEMENTS, EVERY REIKI PRACTITIONER EXPERIENCES A 21-DAY REIKI CLEANSE OF THE PHYSICAL, EMOTIONAL/MENTAL, AND SPIRITUAL BODIES. WHILE THE CLEANSE IS MORE INTENSE FOR SOME THAN OTHERS, EVERY REIKI HEALER CAN BENEFIT FROM KEEPING A JOURNAL DURING THE EXPERIENCE. THIS GUIDED JOURNAL SPANS THE 21 DAYS FOLLOWING ONE'S REIKI ATTUNEMENT, CYCLING THROUGH THREE WEEKS (WEEK 1: PHYSICAL BODY, WEEK 2: EMOTIONAL AND MENTAL BODIES, AND WEEK 3: SPIRITUAL BODY).

ARTHUR LESSAC'S EMBODIED ACTOR TRAINING - MELISSA HURT 2014-03-05

ARTHUR LESSAC'S EMBODIED ACTOR TRAINING SITUATES THE WORK OF RENOWNED VOICE AND MOVEMENT TRAINER ARTHUR LESSAC IN THE CONTEXT OF CONTEMPORARY ACTOR TRAINING. SUPPORTED BY THE WORK OF CONSTANTIN STANISLAVSKY AND MAURICE MERLEAU-PONTY'S THEORIES OF EMBODIMENT, THE BOOK EXPLORES LESSAC'S PRACTICE IN TERMS OF EMBODIED ACTING, A KEY SUBJECT IN CONTEMPORARY PERFORMANCE. IN DOING SO, THE AUTHOR EXPLAINS HOW THE ACTOR CAN COME TO EXPERIENCE BOTH SKILL AND EXPRESSION AS A SUBJECTIVE WHOLE THROUGH ACTIVE MEDITATION AND SPATIAL ATTUNEMENT. AS WELL AS FEEDING THIS PSYCHOPHYSICAL APPROACH INTO A WIDER DISCUSSION OF EMBODIMENT, THE BOOK PROVIDES CONCRETE EXAMPLES OF HOW THE PRACTICE CAN BE PUT INTO EFFECT. USING INSIGHTS GLEANED FROM INTERVIEWS CONDUCTED WITH LESSAC AND HIS MASTER TEACHERS, THE AUTHOR ENLIGHTENS OUR OWN UNDERSTANDING OF LESSAC'S PRACTICES. THREE VALUABLE APPENDICES ENHANCE THE READER'S EXPERIENCE. THESE INCLUDE: A BIOGRAPHICAL TIMELINE OF LESSAC'S LIFE AND CAREER SAMPLE CURRICULA AND A LESSON PLAN FOR TEACHERS AT UNIVERSITY LEVEL EXPLORATIONS FOR PERSONAL DISCOVERY MELISSA HURT IS A LESSAC CERTIFIED TRAINER AND HAS TAUGHT ACTING AND LESSAC'S VOICE, SPEECH, AND MOVEMENT WORK AT COLLEGES ACROSS THE UNITED STATES. SHE HAS A PhD FROM THE UNIVERSITY OF OREGON AND AN MFA FROM VIRGINIA COMMONWEALTH UNIVERSITY.

THE OXFORD HANDBOOK OF TIME IN MUSIC - MARK DOFFMAN 2020-11-01

MUSIC REPRESENTS ONE OF HUMANITY'S MOST VIVID CONTEMPLATIONS ON THE NATURE OF TIME ITSELF. THE WAYS THAT MUSIC CAN MODIFY, INTENSIFY, AND EVEN DISMANTLE OUR UNDERSTANDING OF TIME'S PASSING IS AT THE FOUNDATION OF MUSICAL EXPERIENCE, AND IS COMMON TO LISTENERS, COMPOSERS, AND PERFORMERS ALIKE. THE OXFORD HANDBOOK OF TIME IN MUSIC PROVIDES A RANGE OF COMPELLING NEW SCHOLARSHIP THAT EXAMINES THE MAKING OF MUSICAL TIME, ITS EFFECTS AND STRUCTURES. BRINGING TOGETHER PHILOSOPHICAL, PSYCHOLOGICAL, AND SOCIO-CULTURAL UNDERSTANDINGS OF TIME IN MUSIC, THE CHAPTERS HIGHLIGHT THE ACT OF 'MAKING' NOT JUST AS CULTURAL CONSTRUCTION BUT ALSO IN TERMS OF THE PERCEPTUAL, COGNITIVE UNDERPINNINGS THAT ALLOW US TO 'MAKE' SENSE OF TIME IN MUSIC. THUS, THE HANDBOOK IS A UNIQUE SYNTHESIS OF DIVERGENT PERSPECTIVES ON THE NATURE OF TIME IN MUSIC. WITH ITS FOCUS ON CONTEMPORARY MUSIC (WHILE PAYING ATTENTION TO SOME OF THE GENERATIVE TEMPORALITIES OF THE NINETEENTH CENTURY), THE VOLUME ESTABLISHES THE RICHNESS AND COMPLEXITY OF SO MUCH CURRENT MUSIC-MAKING AND IN THE PROCESS OVERCOMES HISTORIC DEMARCATIONS BETWEEN ART AND POPULAR MUSICS.

RELATIONAL INTEGRATIVE PSYCHOTHERAPY - LINDA FINLAY 2015-10-07

DESIGNED SPECIFICALLY FOR THE NEEDS OF TRAINEES AND NEWLY-QUALIFIED THERAPISTS, RELATIONAL INTEGRATIVE PSYCHOTHERAPY OUTLINES A FORM OF THERAPY THAT PRIORITIZES THE CLIENT AND ALLOWS FOR DIVERSE TECHNIQUES TO BE INTEGRATED WITHIN A STRONG THERAPEUTIC RELATIONSHIP. PROVIDES AN EVIDENCE-BASED INTRODUCTION TO THE PROCESSES AND THEORY OF RELATIONAL INTEGRATIVE PSYCHOTHERAPY IN PRACTICE PRESENTS INNOVATIVE IDEAS THAT DRAW FROM A VARIETY OF TRADITIONS, INCLUDING COGNITIVE, EXISTENTIAL-PHENOMENOLOGICAL, GESTALT, PSYCHOANALYTIC, SYSTEMS THEORY, AND TRANSACTIONAL ANALYSIS INCLUDES CASE STUDIES, FOOTNOTES, 'THEORY INTO PRACTICE' BOXES, AND DISCUSSION OF COMPETING AND COMPLEMENTARY THEORETICAL

FRAMEWORKS WRITTEN BY AN INTERNATIONALLY ACCLAIMED SPEAKER AND AUTHOR WHO IS ALSO AN ACTIVE PRACTITIONER OF RELATIONAL INTEGRATIVE PSYCHOTHERAPY

JOURNEYS OF EMBODIMENT AT THE INTERSECTION OF BODY AND CULTURE - NIVA PIRAN 2017-09-15

JOURNEYS OF EMBODIMENT AT THE INTERSECTION OF BODY AND CULTURE: THE DEVELOPMENTAL THEORY OF EMBODIMENT DESCRIBES AN INNOVATIVE DEVELOPMENTAL AND FEMINIST THEORY—UNDERSTANDING EMBODIMENT—TO PROVIDE A NEW PERSPECTIVE ON THE INTERACTIONS BETWEEN THE SOCIAL ENVIRONMENT OF GIRLS AND YOUNG WOMEN OF DIFFERENT SOCIAL LOCATIONS AND THEIR EMBODIED EXPERIENCE OF ENGAGEMENT WITH THE WORLD AROUND THEM. THE BOOK PROPOSES THAT THE MULTITUDE OF SOCIAL EXPERIENCES DESCRIBED BY GIRLS AND WOMEN SHAPE THEIR BODY EXPERIENCES VIA THREE CORE PATHWAYS: EXPERIENCES IN THE PHYSICAL DOMAIN, EXPERIENCES IN THE MENTAL DOMAIN AND EXPERIENCES RELATED DIRECTLY TO SOCIAL POWER. THE BOOK IS STRUCTURED AROUND EACH DEVELOPMENTAL STAGE IN THE BODY JOURNEY OF GIRLS AND YOUNG WOMEN, AS INFLUENCED BY THEIR EXPERIENCE OF EMBODIMENT. THE THEORY BUILDS ON THE EMERGENT CONSTRUCTS OF 'EMBODIMENT' AND 'BODY JOURNEY,' AND THE KEY SOCIAL EXPERIENCES WHICH SHAPE EMBODIMENT THROUGHOUT DEVELOPMENT AND ADOLESCENCE—FROM AGENCY, FUNCTIONALITY AND PASSION DURING EARLY CHILDHOOD TO RESTRICTION, SHAME AND VARIED EXPRESSIONS OF SELF-HARM DURING AND FOLLOWING PUBERTY. BY ADDRESSING NOT ONLY ADVERSE EXPERIENCES AT THE INTERSECTION OF GENDER, SOCIAL CLASS, ETHNOCULTURAL GROUPING, RESILIENCE AND FACILITATIVE SOCIAL FACTORS, THE THEORY OUTLINES CONSTRUCTIVE PATHWAYS TOWARD TRANSFORMATION. IT CONTENDS THAT BOTH PROTECTIVE AND RISK FACTORS ARE ORGANIZED ALONG THESE THREE PATHWAYS, WITH THE POSITIVE AND NEGATIVE ASPECTS CONCEPTUALIZED AS PHYSICAL FREEDOM (VS. CORSETING), MENTAL FREEDOM (VS. CORSETING), AND SOCIAL POWER (VS. DISEMPOWERMENT AND DISCONNECTION). EXAMINES THE CONSTRUCT OF EMBODIMENT AND ITS THEORETICAL DEVELOPMENT EXPLORES THE SOCIAL EXPERIENCES THAT SHAPE GIRLS THROUGHOUT DEVELOPMENT RECOGNIZES THE IMPORTANCE OF THE BODY AND SEXUALITY INCLUDES NARRATIVES BY GIRLS AND YOUNG WOMEN ON HOW THEY INHABIT THEIR BODIES INVITES SCHOLARS AND HEALTH PROFESSIONALS TO CRITICALLY REFLECT ON THE BODY JOURNEYS OF DIVERSE GIRLS AND WOMEN ADDRESSES THE ADVANCEMENT OF FEMINIST, SOCIAL CRITICAL AND PSYCHOLOGICAL THEORY, AS WELL AS IMPLICATIONS TO PRACTICE—BOTH THERAPY AND HEALTH PROMOTION

ATTUNEMENT - CLIFFORD CHALMERS CAIN 2019-12-20

WE LIVE IN A CENTURY IN WHICH WE MUST EITHER CHANGE OUR WAY OF REGARDING AND ACTING TOWARD NATURE OR ELSE IMPERIL OUR SURVIVAL AS A SPECIES AND JEOPARDIZE AS WELL THE FATE OF THE PLANET ITSELF. THIS BOOK BY A THEOLOGIAN AND ENVIRONMENTAL SCIENTIST EXAMINES FOUR RELIGIOUS FIGURES FROM EUROPEAN AND ASIAN CONTEXTS WHO COULD AID US IN DEVELOPING A MORE SUSTAINABLE AND CARING ORIENTATION, WHICH WOULD ALLOW US TO LIVE MORE "IN TUNE" WITH CREATION: TWELFTH-CENTURY GERMAN NUN HILDEGARD OF BINGEN, THIRTEENTH-CENTURY ITALIAN MONK AND PATRON SAINT OF ECOLOGY FRANCIS OF ASSISI, NINETEENTH-CENTURY JAPANESE ZEN MONK AND POET TAIGU RYŨKAN, AND THE FIRST PONTIFF FROM LATIN AMERICA, TWENTY-FIRST-CENTURY POPE FRANCIS. BY EMPHASIZING OUR INTIMATE AND UNAVOIDABLE ORGANIC CONNECTION WITH THE NETWORK OF ALL LIFE AND OUR CHARGE TO CARE FOR AND PROTECT IT, THEY POINT US IN THE DIRECTION OF A NEW PARADIGM, A HEALTHIER PERSPECTIVE, A METANOIA—A CHANGE OF HEART, MIND, ATTITUDE, AND ACTION—THAT WOULD PARTNER WHAT WE KNOW ABOUT NATURE (AN ENVIRONMENTAL CONSCIOUSNESS) WITH WHAT WE DO (AN ECOLOGICAL CONSCIENCE). OUR CHILDREN, OUR GRANDCHILDREN, AND OUR GREAT-GRANDCHILDREN DESERVE AT LEAST THIS MUCH.

ATTUNEMENT THROUGH THE BODY - SHIGENORI NAGATOMO 1992-01-01

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.

HANDBOOK OF POSITIVE BODY IMAGE AND EMBODIMENT - NIVA PIRAN 2019-04-02

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. THE MINDFULNESS CODE - DON ALTMAN 2010

THE PRICE WE PAY FOR TODAY'S FAST-PACED, ALWAYS-CONNECTED LIFE IS OFTEN STRESS, ANXIETY, AND DEPRESSION. WHILE DRAWING ON ANCIENT WISDOM, DONALD ALTMAN EMBRACES TWENTY-FIRST-CENTURY BRAIN SCIENCE TO CREATE PRACTICAL, EVERYDAY STRATEGIES FOR EXPERIENCING A LESS-ENCUMBERED, LESS-ENTANGLED STATE OF BEING. THESE TECHNIQUES REACTIVATE NATURAL ABILITIES YOU ALREADY POSSESS. THE FOUR KEYS FOR UNLOCKING MINDFULNESS ARE THE BODY, THE MIND, THE SPIRIT, AND RELATIONSHIPS. ALTMAN PRESENTS PRACTICES FOR TURNING EACH KEY TOWARD CONTENTMENT, CONFIDENCE, AND JOY, INCLUDING SHIFTING OUR MENTAL AND EMOTIONAL PERCEPTIONS, INHABITING THE BODY AND ITS "SENSE-ABILITIES," EXPLORING SPIRITUAL CONNECTION, AND TAPPING INTO THE HEALING POWERS OF COMMUNITY AND RELATIONSHIP. INVITING AND ACCESSIBLE TO THOSE NEW TO MINDFULNESS BUT COMPREHENSIVE ENOUGH FOR MORE EXPERIENCED PRACTITIONERS, THESE POWERFUL TOOLS WILL HELP YOU TRANSFORM YOUR LIFE FROM THE INSIDE OUT.

CONTEMPLATIVE LITERATURE - LOUIS KOMJATHY 2015-08-31

AN ANTHOLOGY OF PRIMARY TEXTS ON MEDITATION AND CONTEMPLATIVE PRAYER FROM A WIDE RANGE OF RELIGIOUS TRADITIONS. THIS IS THE FIRST THEORETICALLY INFORMED AND HISTORICALLY ACCURATE COMPARATIVE ANTHOLOGY OF PRIMARY TEXTS ON MEDITATION AND CONTEMPLATIVE PRAYER. WRITTEN BY INTERNATIONAL EXPERTS ON THE RESPECTIVE TEXTS AND CORRESPONDING TRADITIONS, CONTEMPLATIVE LITERATURE PROVIDES INTRODUCTIONS TO AND PRIMARY SOURCES ON CONTEMPLATIVE PRACTICE FROM VARIOUS RELIGIOUS TRADITIONS. THE CONTRIBUTORS EXPLORE CLASSICAL DAOIST APOPHATIC MEDITATION, QUAKER SILENT PRAYER, JEWISH KABBALAH, SOUTHERN BUDDHIST MEDITATION, SUFI CONTEMPLATION, EASTERN ORTHODOX PRAYER, PURE LAND BUDDHIST VISUALIZATION, HINDU CLASSICAL YOGA, DOMINICAN CATHOLIC PRAYER, DAOIST INTERNAL ALCHEMY, AND MODERN THERAPEUTIC MEDITATION. EACH INTRODUCTION TO A CONTEMPLATIVE TEXT DISCUSSES ITS HISTORICAL CONTEXT, THE ASSOCIATED RELIGIOUS TRADITION AND LITERATURE, THE METHOD OF CONTEMPLATIVE PRACTICE, AND THE TEXT'S LEGACY AND INFLUENCE. VOLUME EDITOR LOUIS KOMJATHY OPENS THE WORK WITH A THOUGHTFUL CONSIDERATION OF INTERPRETIVE ISSUES IN THE EMERGING INTERDISCIPLINARY FIELD OF CONTEMPLATIVE STUDIES. READERS WILL GAIN NOT ONLY A NUANCED UNDERSTANDING OF IMPORTANT WORKS OF CONTEMPLATIVE LITERATURE, BUT ALSO RESOURCES FOR UNDERSTANDING CONTEMPLATIVE PRACTICE AND CONTEMPLATIVE EXPERIENCE FROM A COMPARATIVE AND CROSS-CULTURAL PERSPECTIVE. [?] WE HAVE NOT SEEN ANYTHING THIS BOLD AND THIS GLOBAL SINCE FRIEDRICH HEILER WROTE HIS CLASSIC STUDY ON THE TYPOLOGY OF PRAYER OVER EIGHTY YEARS AGO. KOMJATHY AND HIS ESSAYISTS HAVE VASTLY EXPANDED THE SCOPE, DEPTH, AND SOPHISTICATION OF THIS PROJECT HERE. IN THE PROCESS, THEY HAVE STRUGGLED WITH ALL OF THE CRITICAL QUESTIONS AROUND RELIGIOUS PLURALISM, TRADITION, AND RELIGIOUS AUTHORITY, AND HAVE EMBOLDENED THE COMPARATIVE PROJECT ITSELF. CONTEMPLATION AND COMPARISON, IT TURNS OUT, GO VERY WELL TOGETHER. [?] [?] JEFFREY J. KRIPAL, AUTHOR OF COMPARING RELIGIONS: COMING TO TERMS [?] TEACHERS AND SCHOLARS, UNDERGRADUATE AND GRADUATE STUDENTS, AND GENERAL READERS INTERESTED IN CONTEMPLATIVE PRACTICE WILL CHERISH A BOOK LIKE THIS. [?] I'M HAPPY THAT LOUIS KOMJATHY HAS DONE THIS GREAT WORK. IT WILL UNDOUBTEDLY BE HAILED AS A MILESTONE. [?] [?] RUBEN L. F. HABITO, AUTHOR OF HEALING BREATH: ZEN FOR CHRISTIANS AND BUDDHISTS IN A WOUNDED WORLD

BODYDREAMING IN THE TREATMENT OF DEVELOPMENTAL TRAUMA - MARIAN DUNLEA 2019-04-24

WINNER OF THE NAAP 2019 GRADIVA® AWARD! MARIAN DUNLEA'S BODYDREAMING IN THE TREATMENT OF DEVELOPMENTAL TRAUMA: AN EMBODIED THERAPEUTIC APPROACH PROVIDES A THEORETICAL AND PRACTICAL GUIDE FOR WORKING WITH EARLY DEVELOPMENTAL TRAUMA. THIS INTERDISCIPLINARY APPROACH EXPLORES THE INTERCONNECTION OF BODY, MIND AND PSYCHE, OFFERING A MASTERFUL TOOL FOR RESTORING BALANCE AND HEALING DEVELOPMENTAL TRAUMA. BODYDREAMING IS A SOMATICALLY FOCUSED THERAPEUTIC METHOD, DRAWING ON THE FINDINGS OF NEUROSCIENCE, ANALYTICAL PSYCHOLOGY, ATTACHMENT THEORY AND TRAUMA THERAPY. IN PART I, DUNLEA DEFINES BODYDREAMING AND ITS ORIGINS, PLACING IT IN THE CONTEXT OF A DYSREGULATED CONTEMPORARY WORLD. PART II EXPLAINS HOW THE BRAIN WORKS IN RELATION TO THE BODYDREAMING APPROACH: PROVIDING AN ACCESSIBLE OUTLINE OF NEUROSCIENTIFIC THEORY, STRUCTURES AND NEUROANATOMY IN ATTUNEMENT, AFFECT REGULATION, ATTACHMENT PATTERNS, TRANSFERENCE AND COUNTERTRANSFERENCE, AND THE RESOLUTION OF TRAUMA THROUGHOUT THE BODY. IN PART III, THROUGH DETAILED TRANSCRIPTS FROM SESSIONS WITH CLIENTS, DUNLEA DEMONSTRATES THE POSITIVE IMPACT OF BODYDREAMING ON ATTACHMENT PATTERNS AND DEVELOPMENTAL TRAUMA. THIS SOMATIC APPROACH COMPLEMENTS AND ENHANCES PSYCHOBIOLOGICAL, DEVELOPMENTAL AND PSYCHOANALYTIC INTERVENTIONS. BODYDREAMING RESTORES BALANCE TO A DYSREGULATED PSYCHE AND NERVOUS SYSTEM THAT ACTIVATES OUR INNATE CAPACITY FOR HEALING, CHANGING OUR DEFAULT RESPONSE OF "FIGHT, FLIGHT OR FREEZE" AND CREATING NEW NEURAL PATHWAYS. DUNLEA'S EMPHASIS ON ATTUNEMENT TO BUILD A RESTORATIVE RELATIONSHIP WITH THE SENSING BODY CREATES

A CORE SENSE OF SELF, PROVIDING A SECURE BASE FOR HEALING DEVELOPMENTAL TRAUMA. INNOVATIVE AND PRACTICAL, AND WITH A FOREWORD BY DONALD E. KALSCHED, BODYDREAMING IN THE TREATMENT OF DEVELOPMENTAL TRAUMA: AN EMBODIED THERAPEUTIC APPROACH WILL BE ESSENTIAL READING FOR PSYCHOTHERAPISTS, ANALYTICAL PSYCHOLOGISTS AND THERAPISTS WITH A JUNGIAN BACKGROUND, ARTS THERAPISTS, DANCE AND MOVEMENT THERAPISTS, AND BODY WORKERS INTERESTED IN LEARNING HOW TO WORK WITH BOTH BODY AND PSYCHE IN THEIR PRACTICES.

MISSING EACH OTHER - EDWARD BRODKIN 2021-01-26

A NEXT BIG IDEA CLUB WINTER 2021 MUST READ THE ABILITY TO CONNECT WITH ANOTHER PERSON'S PHYSICAL AND EMOTIONAL STATE IS ONE OF THE MOST ELUSIVE INTERPERSONAL SKILLS TO DEVELOP, BUT THIS BOOK SHOWS YOU JUST HOW APPROACHABLE IT CAN BE. IN OUR FAST-PACED, TECH-OBSSESSED LIVES, RARELY DO WE PAY GENUINE, CLOSE ATTENTION TO ONE ANOTHER. WITH ALL THAT'S GOING ON IN THE WORLD AND THE NEVER-ENDING DEMANDS OF OUR DAILY LIVES, MOST OF US ARE TOO STRESSED AND PREOCCUPIED TO BE ABLE TO REALLY LISTEN TO EACH OTHER. OFTEN, WE MISUNDERSTAND OR TALK PAST EACH OTHER. MANY OF US ARE LEFT WISHING THAT THE PEOPLE IN OUR LIVES COULD REALLY LISTEN, UNDERSTAND, AND GENUINELY CONNECT WITH US. BASED ON CUTTING-EDGE NEUROSCIENCE RESEARCH AND YEARS OF CLINICAL WORK, PSYCHIATRIST EDWARD BRODKIN AND THERAPIST ASHLEY PALLATHRA TAKE US ON A WIDE-RANGING AND SURPRISING JOURNEY THROUGH FIELDS AS DIVERSE AS SOCIAL NEUROSCIENCE AND AUTISM RESEARCH, MUSIC PERFORMANCE, PRO BASKETBALL, AND TAI CHI. THEY USE THESE STORIES TO INTRODUCE THE FOUR PILLARS OF HUMAN CONNECTION: RELAXED AWARENESS, LISTENING, UNDERSTANDING, AND MUTUAL RESPONSIVENESS. ACCESSIBLE AND ENGAGING, MISSING EACH OTHER EXPLAINS THE SCIENCE, RESEARCH, AND BIOLOGY UNDERLYING THESE PILLARS OF HUMAN CONNECTION AND PROVIDES EXERCISES THROUGH WHICH READERS CAN IMPROVE THEIR OWN SKILLS AND ABILITIES IN EACH.

SPIRIT SOUL AND BODY - PETER DAWKINS 1978*

THE EMPIRICAL AND THE TRANSCENDENTAL - BINA GUPTA 2000

IN THIS WORK, A DISTINGUISHED INTERNATIONAL GROUP OF PHILOSOPHERS OFFERS CRITICAL ASSESSMENTS OF EMINENT PHILOSOPHER J. N. MOHANTY'S WORK ON PHENOMENOLOGY AND INDIAN PHILOSOPHY. THE CONCLUDING CHAPTER BY MOHANTY RESPONDS TO THE CRITICS AND CONTAINS HIS ASSESSMENT OF HIS OWN PHILOSOPHICAL POSITION.

- MARIAH WINDSONG COUTURE DD RGMT 2012-04

ATTUNE TO DIVINITY ATTENDS TO MANY AREAS OF YOUR LIFE, BODY AND SPIRITUALITY, HELPING YOU TO IMPROVE YOUR WELL-BEING AND INCREASE YOUR CONSCIOUS CONNECTION WITH DIVINITY. THE ENERGY SYSTEMS AND FUNCTIONS PROVIDED ARE USEFUL TO PEOPLE OF MANY SPIRITUAL TRADITIONS AND PATHS, AS WELL AS TO THOSE SEEKERS WHO HAVE NOT YET FOUND A LIFE PATH WHICH RESONATES WITH THEM. THE ATTUNEMENTS ARE SIMILAR TO REIKI, AND GRANT YOU DOSES OF ENERGY THAT ATTUNE YOU, LIKE A RADIO, TO A CERTAIN SPIRITUAL ENERGY FREQUENCY. WHEN YOU ARE ATTUNED TO MANY OF THESE ENERGIES, YOU HAVE SPIRITUAL TOOLS TO USE IN ALL AREAS OF YOUR LIFE. WITH THESE ENERGY SYSTEMS YOU CAN INCREASE WHAT YOU WANT, AND DROP AWAY OR MINIMIZE THE IMPACT OF WHAT YOU DON'T WANT. WITH JUST A THOUGHT, YOU CAN SET YOUR MIND TO REST UPON AND ACTIVATE ANY OF THE STREAMS OF ENERGY YOU'VE BEEN ATTUNED TO. FORCES OF DIVINITY EXTEND THEIR ASSISTANCE TO YOU IN A PERSONALIZED WAY. ATTUNEMENTS GIVE YOU A GREATER SENSE OF SPIRITUAL ENERGIES TO FORTIFY YOUR LIFE FORCE AND FAITH. HANDS-ON AND LONG DISTANCE HEALING TECHNIQUES ARE DESCRIBED IN DETAIL. LEARN MORE ABOUT YOURSELF AND HOW TO CALL UPON DIVINITY TO REPAIR THE PATHWAYS BETWEEN YOU HERE IN YOUR BODY, YOUR HIGHER SELF AND SOUL. WHETHER YOU USE THIS BOOK MERELY FOR ITS SELF-EXAMINATION AND SPIRITUAL-EDIFICATION TECHNIQUES, OR FOR DEVOTION AND MEDITATIONAL GUIDANCE, IT GRANTS YOU NEW WAYS TO ASK YOURSELF QUESTIONS; THE ANSWERS TO WHICH WILL GREATLY ENLIGHTEN YOU.

A KOREAN THEOLOGY OF HUMAN NATURE - JUNG-SUN OH 2005

THIS REMARKABLE STUDY ARTICULATES A KOREAN CONFUCIAN-CHRISTIAN THEORY OF HUMAN NATURE-THEORY OF JUSTIFICATION, SANCTIFICATION, AND SALVATION BY MEANS OF A REFORMED CONCEPT OF FILIAL PIETY. THE BOOK INVESTIGATES IN DEPTH THE THEOLOGICAL ANTHROPOLOGY OF ROBERT C. NEVILLE AND THE INCLUSIVE HUMANISM OF TU WEI-MING. NEVILLE AND TU REPRESENT CONTEMPORARY CHRISTIAN AND CONFUCIAN APPROACHES TO RELIGIOUS ANTHROPOLOGY. FURTHERMORE, THEY HAVE ENGAGED IN AN EXTENDED AND PRODUCTIVE DIALOGICAL ENCOUNTER ON THE THEMES OF COMPARATIVE THOUGHT AND RELIGIOUS RENEWAL IN ASIA AND NORTH AMERICA. THIS BOOK ARGUES THAT NEVILLE'S AND TU'S INSIGHTS INTO HUMAN NATURE HAVE GREAT RELEVANCE FOR A COMPARATIVE, CONTEMPORARY KOREAN THEOLOGY BY FOCUSING ON THE ROLE OF A REFORMED VERSION OF FILIAL PIETY AS A NEW COMPONENT OF KOREAN THEOLOGY. THE ARTICULATION OF FILIAL PIETY AS A POTENTIAL KEY OF CONTEMPORARY KOREAN THEOLOGY IS AN EXAMPLE OF CREATIVE APPROPRIATION OF A CONFUCIAN THEME OF THE CHRISTIAN PRAXIS OF SANCTIFICATION, AND ULTIMATELY THE SOTERIOLOGY OF DIVINE GRACE AND TRANSFORMATION. THIS STUDY CONSTRUES HUMAN NATURE TO BE SUCH THAT ANY LIVING THEOLOGY WILL REFLECT THE CREATIVE ENGAGEMENT OF CHRISTIAN THEOLOGIAN AS PUBLIC INTELLECTUALS IN SEARCH OF THE ARTICULATION OF THE GOSPEL.