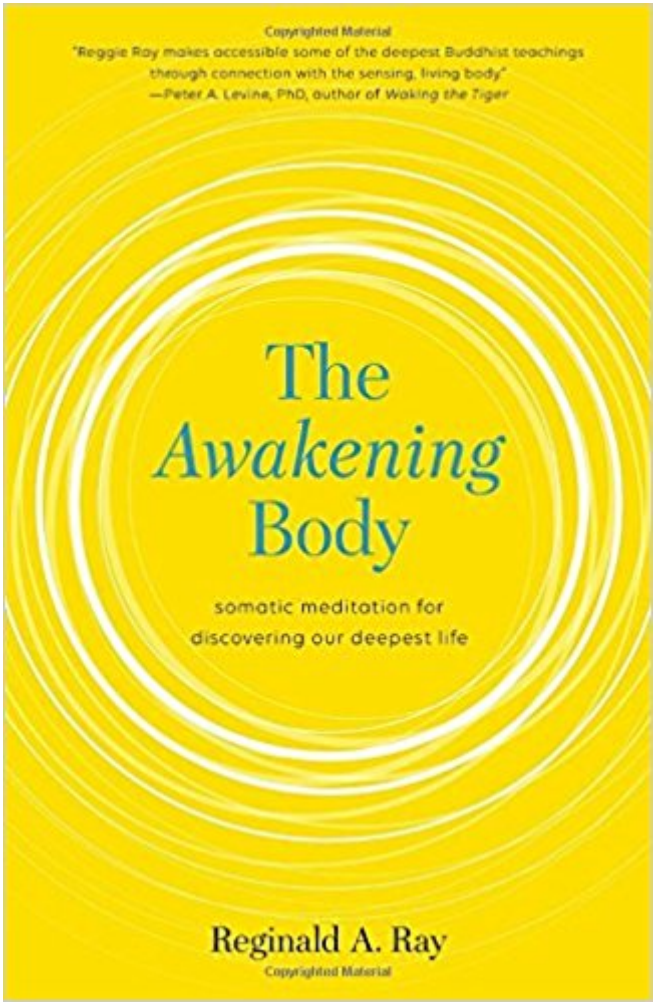
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The Awakening Body: Somatic Meditation For Discovering Our Deepest Life



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Synopsis

A senior Buddhist teacher offers six fundamental body-based meditation practices that show the reader that enlightenment is as close to you as your own body. Many of us experience life through so many conceptual filters that we never recognize the freedom and joy that are inherent in usÃ¢â ¬â •and are in fact the essence of who we are.Ã Â 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.Ã Â Ã Â 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

Ã¢â ¬Å“Reggie Ray makes accessible some of the deepest Buddhist teachings through connection with the sensing, living body. This book will be a companion and practical guide to all those interested in discovering the wisdom of the body, whether beginners or longtime meditators.Ã¢â ¬Â•Ã¢â ¬â •Peter A Levine, PhD, author of Waking the Tiger Ã Â Ã¢â ¬Å“A powerful book that brings the body fully into awakening.Ã¢â ¬Â•Ã¢â ¬â •Roshi Joan Halifax, Abbot, Upaya Zen Center Ã Â Ã¢â ¬Å“Reggie RayÃ¢â ¬â„¢s decades of practice, study, and teaching shine through The Awakening Body.Ã Â For those drawn to somatic practice, this is an essential guide. The re-contextualization of ancient and deep understandings makes them highly accessible

for the modern practitioner.Ã Â Reggie has become so familiar with these esoteric practices that he can explain them quite simply, revealing their true purpose for all who wish to engage them.Ã¢â ¬Â•Ã¢â ¬â •Sharon Salzberg Ã Â Ã¢â ¬Å“The Awakening Body is a vital resource for practitioners of all movement disciplines to plumb the depths of their somatic interior. I think this book will be a tremendous resource for those wanting to yoke to their innermost breath and pulse in order to become clear sentient beings, wide awake in the world.Ã¢â ¬Â•Ã¢â ¬â •Tias Little, author of Yoga of the Subtle Body Ã Â Ã¢â ¬Å“The Awakening Body is an unusual book. It offers detailed somatic practices (meant to be accompanied by guided meditations offered online) for awakening to the vastness withinÃ¢â ¬â •beyond thinking and conceptualization. As a Zen practitioner, much of this sounds familiar to me, but this practice is clearer and more detailed than typical suggestions offered in Zen. Reggie Ray has spent a lifetime working on somatic techniques, both in and out of Vajrayana Buddhism, and has distilled what he has learned into a concrete methodology. This book is of interest to those who would want to devote themselves to its practiceÃ¢â ¬â •as well as those seeking illumination for their own meditation.Ã¢â ¬â •Zoketsu Norman Fischer, Zen priest and poet, co-author of What Is Zen?: Plain Talk for a BeginnerÃ¢â ¬â„¢s Mind Ã Â Ã¢â ¬Å“Reginald Ray is illuminating an essential point for our happiness, healing, and transformation in this priceless book. He clearly and profoundly shows us the importance of the spirituality of the body and how to practice in a way that can be integrated into everyday life. This is an eloquent expression of his work that has already helped many people.Ã¢â ¬Â•Ã¢â ¬â •Anam Thubten, author of Embracing Each Moment and No Self, No Problem

DR. REGINALD "REGGIE" RAY is the co-founder and Spiritual Director of the Dharma Ocean Foundation, dedicated to the evolution and flowering of the somatic teachings of Tibetan Buddhism. He is a lineage holder in the tradition of ChÃƒÂ¶gyam Trungpa Rinpoche. Reggie is the author of several books--including Indestructible Truth and Secrets of the Vajra World-- as well as and audio programs--including Mahamudra for the Modern World. He makes his residence in Crestone and Boulder, Colorado.

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 oceam 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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