



## Breathing Through the Whole Body: The Buddha's Instructions on Integrating Mind, Body, and Breath

By Will Johnson

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Breathing Through the Whole Body: The Buddha's Instructions on Integrating Mind, Body, and Breath, Will Johnson, Explaining how stillness in meditation refers not to a rigid and frozen body but to a quality of mind, Will Johnson examines the Buddha's own words at the core of the Satipatthana Sutta: "As you breathe in, breathe in through the whole body; as you breathe out, breathe out through the whole body"-- an instruction often overlooked in the majority of Buddhist schools. Exploring the Buddha's complete series of steps for deepening awareness of the breath, he shows how to invite natural, responsive movement back into the posture of meditation by extending breath awareness beyond the nostrils, lungs, and abdomen to the entire body--a practice that unifies the breath, body, and mind into a single shared phenomenon. Showing how the flow of breath is directly affected by chronic tensions in the body and in the mind, Johnson explains that when breath starts flowing through more and more of the body, it becomes a direct agent of healing, massaging and melting any areas of tension it touches and moves through, whether physical or emotional....



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