

Attunement through the body

State University of New York Press - Attunement Through the Body (SUNY series, The Body in Culture, History, and Religion): Nagatomo, Shigenori: 9780791412329: tech.radiozamaneh.com: Books



Description: -

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- Philosophy, Comparative
- Mind and body -- History
- Body, Human (Philosophy) -- History
- Mind and body -- Japan -- History
- Body, Human (Philosophy) -- Japan -- History
- Dōgen, 1200-1253 Attunement through the body

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- SUNY series, the body in culture, history, and religion Attunement through the body

Notes: Includes bibliographical references (p. 293-296) and index.
This edition was published in 1992



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Tags: #Body #Energetics

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This theory articulates modes of attunement reflecting degrees of somatic knowledge. The fourth circuit is based upon the ki-meridian system, understood to transport energy throughout the body, originally found in the pre-conscious but brought in to the conscious more fully via meditative praxis.

Attunement Through the Body

Am I doing too much or too little of it? Today the Attunement Sanctuary is used by Attunement Servers to share individual Attunements, as well as by the Sunrise Ranch community as a meeting space and a magical space for meditation and quiet reflection.

Realization

Greater body awareness allows you to sense more and more what is healthier for you.

Attunement

. . Be still and know that I AM God.

Realization

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.

Body Energetics

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Later, the waiting room was extended, three private Attunement rooms and a restroom were added, and the courtyard was enhanced with landscaping and the beautiful Sanctuary fountain. If we are talking about cars, we all know that a 'tune-up' is an adjustment that improves the car's working order or efficiency.

Attunement Through the Body

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