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Body as Sanctuary for Soul: An Embodied Enlightenment Practice

By Roberta Pughe

White Cloud Press. Paperback. Book Condition: new. BRAND NEW, Body as Sanctuary for Soul: An Embodied Enlightenment Practice, Roberta Pughe, Body as Sanctuary for Soul reminds us about "that primordial seed of memory" planted within, which once retrieved and nurtured becomes the inner intelligence of the soul. As Plato affirmed, we all move through "the river of forgetfulness" upon being born, and for some it can take a lifetime to retrieve what we have forgotten. Roberta Pughe teaches an embodied methodology to move this process along more quickly; to help call the soul home to live integrated within the container of the body. There is a specific skill set required to understand conceptually exactly what is going on and to learn how to nurture this in daily life. Pughe draws from gestalt theory, shamanism, Platonic philosophy, and elemental breath work in a practical and easily accessible manner. Her audio tracks complement the text, providing a daily opportunity for experiential spiritual practice. Once you have applied the book's information, you begin to experience your soul's intelligence informing the daily activities of your life. Each enlightened soul seeks embodiment -- simultaneously traversing both earth and sky realms -- so that it can...



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