

Body Breath And Consciousness A Somatics Anthology

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~~Body, Breath, & Consciousness: A Somatics Anthology: A~~

"Breath is the bridge which connects life to consciousness, which unites your body to your thoughts." These are the words of Vietnamese Buddhist monk Thich Nhat Hanh. I contemplated on these words and realized their profound nature. Breath really does connect us with our point of origin, as well as the Source of all that is.

~~Connecting Life to Consciousness With Your Breath | Wake~~

Body, Breath, and Consciousness: A Somatics Anthology. by: Ian MacNaughton (Editor), Peter A. Levine (Foreword) 4.08 · Rating details · 26 ratings · 1 review. The forces that develop the selfsomatic, emotional, mental, interpersonal, social, and spiritualmust all be considered by therapists in treating any patient.

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Breathing is recognized as being the doorway between formless and form, spiritual and human. Conscious, focused breathing is the starting place for meditation, prayer and shamanic journeying. Clearing the mind with a focused breath is used by musicians and artists and athletes. A deep breath brings your attention inward and focuses the forward movement of your next step.

~~Your Breath is a Doorway to Higher Consciousness~~

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As the book argues, individual consciousness is a temporal experience and breath is the material presence oftime in the body. Cessation of breath, on the contrary, creates pause in this flow of the endless identification of signifiers. When breath stops time stops.

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For thousands of years, yogis have believed that breath is the essential link between body and mind, energizing a subtle body which connects the physical and mental aspects of our being. In this book, Swami Rama and two noted American physicians explore the science of breath as the missing key to both physical health and the attainment of higher states of consciousness.

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Starting from the question how breathing affects the body, levels of consciousness, perception and meaning, this book, for the first time, investigates through a variety of philosophical, critical and practical models, directly and indirectly related to breath, aiming to establish breath as a category in the production and reception of meaning within the context of theatre.

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