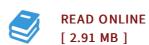




Body Intelligence Meditation

By Ged Sumner

Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, Body Intelligence Meditation, Ged Sumner, Ged Sumner introduces the unique Body Intelligence form of meditation which creates a deeply felt connection with the physical body. The exercises and meditations inspire readers to take time out from the stresses of modern life, and helps them to tune in to subtle states of life that lie within the body. Pathways are provided to access different levels of connections, from the powerful, collective wholeness of the diaphragm to the calmness and flow of the fluid body. With a little practice a deep relationship and awareness emerges. The innovative methods Sumner describes allow practitioners to open up their awareness of the body's sensations, bringing about a powerful sense of presence and experience of the now. This can lead to remarkable meditative states of bliss, energy and trauma resolution. An original approach, this book will be an invaluable resource for anyone interested in meditation, particularly practitioners of craniosacral therapy, chi kung, martial arts, shiatsu, yoga, Rolfing, massage and anyone who uses meditation to deepen and support their practice.



Reviews

This publication could be worthy of a study, and superior to other. it was writtern extremely perfectly and beneficial. I am just easily could possibly get a delight of reading through a published pdf.

-- Prof. Bernie Torphy

I just started off reading this article ebook. It is actually writter in basic words and not confusing. I am just very happy to let you know that this is the best ebook i actually have read through inside my individual daily life and can be he finest ebook for possibly.

-- Dayne Johns