



Somatic Descent: Experiencing the Ultimate Intelligence of the Body

By Professor of Buddhist Studies and Cochair of the Religious Studies Department Reginald A Ray

SOUNDS TRUE INC, United States, 2016. CD-Audio. Condition: New. Language: English . Brand New. Engaging the Body as Your Source of Infinite Knowing Most of us sense that our bodies contain uncommon intelligence—we feel it in our bones or notice it in our gut instincts. But is there something far vaster here waiting to be experienced? With Somatic Descent, you are invited to tune into the natural wisdom of your body, refine and amplify it, and explore it fully. In this program, pioneering teacher Dr. Reggie Ray presents a fascinating audio program on this rich dimension of Tibetan Buddhism: how to go beyond the veil of the thinking mind to tap the wondrous yet wholly trustworthy domain of your body. Beyond Basic Mindfulness and into the Empowering Realms of the Soma For those who ve worked with basic breath and body-based meditations, this course will be a revelation: step-by-step guidance into some of the most transformative and powerful experiences charted by Buddhism s vast maps of consciousness. Drawing on decades of teaching and scholarship, Reggie Ray shares a 13-CD curriculum of practices and insights to access the deepest knowing enfolded in the Soma, the landscape of your physical body and...



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