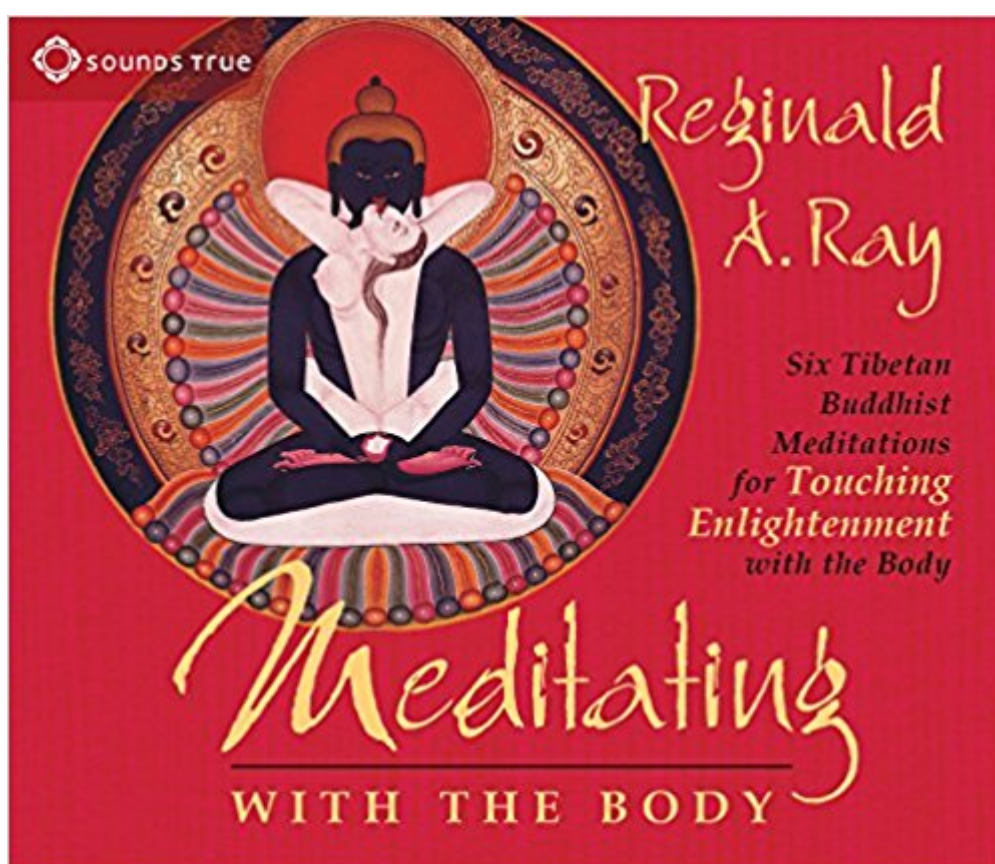


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# Meditating With The Body: Six Tibetan Buddhist Meditations For Touching Enlightenment With The Body



## Synopsis

In Tibetan spiritual life, the practice of body-based meditation has been revered throughout its history as a vital tool for cultivating spiritual awareness and physical well-being. Today, in a world overabundant with stimuli, these embodied practices are more relevant and useful than ever. *Meditating with the Body* guides you into the rejuvenating experience of body-based meditation to help you: "Digest" the stressful events and experiences of your daySettle and calm your mindChannel revitalizing energy throughout your bodyConnect with the healing effects of the earth (viewed in Tibetan Buddhism as a living, enlightened being)Uncover your body's untapped powers of perception, intuition, and wisdomJoin esteemed teacher Reggie Ray as he teaches you this complete series of six Tibetan-based meditations, including prana breathing, body awareness, abdominal breathing, earth-based meditation practice, and more.Note: Excerpted from the full-length audio course *Buddhist Tantra*.

## Book Information

Series: Six Tibetan Buddhist Meditations for Touching Enlightenment

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## Customer Reviews

On "*Meditating with the Body*", listeners will learn to master a series of six Tibetan-based meditations to settle and calm the mind, channel vitalizing energy throughout the body, connect with the living, healing quality of the earth, and uncover the body's untapped powers of perception, intuition, and wisdom. --This text refers to an out of print or unavailable edition of this title.

Reginald A. RayReginald A. Ray, PhD, is the cofounder and spiritual director of Dharma Ocean

Foundation, dedicated to the evolution and flowering of the somatic teachings of Tibetan Tantra. He is a lineage holder in the tradition of ChÃ¶gyam Trungpa Rinpoche. Reggie is the author of several books including Touching Enlightenment and The Awakening Body. He makes his residence in Crestone and Boulder, Colorado. For more, visit [dharmaocean.org](http://dharmaocean.org).

This is a wonderful guide to meditation, especially for anyone just starting out. It's explained, early on, that meditation is not a mind exercise, but a focus on the body. I would highly recommend this CD.

This is an excellent book. I finally understand why other forms of meditation seem like mental gymnastics to me. This method of body meditation includes the whole being. It is authentic and readable. You feel like you have a good friend at your side guiding the way.

Highly recommend it

This is a learning process that isn't simple and easy at all. So I resist it mightily but not entirely! Try it and see what you get from it. Its a whole different approach to the meditation " techniques" -- the western as opposed to the eastern. Check it out though; challenging. is good.

Clear, helpful, simple and wise.NB: I originally gave this product a low score, because it didn't match the published description. But I see that the description now notes that this set consists of extracts from R Ray's "Tantra" CDs, so I'm raising my score to "Excellent".

I love the format of this program! It is excerpted from a longer, 9 CD set, Buddhist Tantra, which offers numerous lecture topics. In Meditating with the Body, the lecture is contained on 1 CD, and it provides a comprehensive intro to meditation, along with guidelines for gaining awareness, and exploring discomfort. Then, the remaining 3 CDs include 6 guided meditations (which each have their own intros). For me, this was a real fit - small amount of lecture and numerous profound meditation practices to choose from.

This is a great introduction to Reggie Ray's bodywork techniques. I attended the first "Meditating with the Body" program taught by Reggie and I can say these practices changed my meditation and my life. I highly recommend this CD set as a place to start. If it peaks your interest you should

consider attending one of Dr. Ray's retreats. Check out [...]

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