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Nota di contenuto	Body Intelligence Meditation: Finding presence through embodiment; Preface; How to use this book; Chapter 1. What Is Real?; What impact does all of this have? ; Achieving homeostasis; Chapter 2. Felt Sense Awareness; You are 'receptive'; what are you most aware of in your body?; Letting go of tension or releasing your hands, head and face; Meditation: homunculus; Coming into our whole body; Are you dissociated?; Meditation: skin presence; Biology of trauma; How can we become healthier?; Biology of health; Meditation: wholeness and health; Chapter 3. Dynamic Stillness Sitting or standing without movementMeditation: stillness; Chapter 4. Peace and Autonomic Order; Structure of the autonomic nervous system; Assessing your autonomic balance; Autonomic meditations; Meditation: sympathetic nervous system; Meditation: parasympathetic nervous system; Meditation: Stories in the gut; Chapter 5. The Amazing Connective Tissue Body; Skin; Meditation: skin; Deep skins; Biotensegrity; Meditation: biotensegrity; Connective tissue system: the biggest sensory organ; Meditation: sensory awareness; Living membranous body ; Meditation: pericardium

Chapter 6. Diaphragmatic WholenessThe nature of diaphragms; Meditation: respiratory diaphragm; Meditation: transverse diaphragms; Chapter 7. Breath and Life; Meditation: breathing; Natural, whole-body breathing; Meditation: posture and breathing; Meditation: breathing and your spine; Meditation: breathing and euphoria; Chapter 8. Inner Volume and Depth ; Awareness in the three cavities; Meditation: opening to length, depth and width; Meditation: awareness of three cavities; Chapter 9. Fluid Body and Bliss; Solid state; Fluid-body resonance; Meditation: fluid body; Meditation: fluid brain Meditation: fluid heartChapter 10. Being Centred; Exploring your vertebral column; Meditation: ligamentous midline; The core link; Meditation: core link; Craniopelvic resonance; The temporomandibular joint and the hip joints; Muscles of the jaw; Meditation: letting go of your jaw; Spinal Imbalance; Meditation: balancing the lumbosacral and atlanto-occipital junctions; Chapter 11. Embryonic Mind; Fluid core; Meditation: fluid origin; Primal spaces; Meditation: primal spaces; First cell; Meditation: zygote; Chapter 12. Internal and External Circulation; Red blood cells Meditation: red blood cellsHeart of bones; Meditation: power of the marrow; Blood flow; Meditation: circulatory system; Umbilical circulation; Umbilical effects; Meditation: umbilical stream; Chapter 13. Inner Cell; Aspects of the cell; Mitochondria; Cytoskeleton; Cell/body continuum; Meditation: hierarchy of levels; Cell consciousness; Meditations to enhance your relationship to your cells; Meditation: resonance of cell membrane and body membrane; Meditation: cytoplasm ; Meditation: chromosome; Chapter 14. Hormonal Space; The sea inside the body; Pituitary gland Meditation: finding your pituitary

Sommario/riassunto

An introduction to an innovative form of meditation through deep felt connection with body structure and physiology. The book provides a series of exercises to attain felt sense awareness, helping practitioners tune in to their physical body and reach the meditative states of bliss, energy and trauma resolution.
