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RJ Alexander



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Body Mind Balancing Osho,2005-05 Many everyday discomforts and tensions arise from the fact that we are alienated from our bodies With the help of Body Mind Balancing readers will learn to talk to and reconnect with their bodies After just a short time readers will begin to appreciate how much the body has been working for them and supporting them and from this new perspective one can find new ways to work with the body and create a more harmonious balance of body and mind The guided meditation and relaxation process *Reminding Yourself of the Forgotten Language of Talking to Your BodyMind* is a CD that accompanies the text Developed by Osho this meditative therapy guides the listener in reconnecting with his or her body and creating a new and greater sense of well being The voice on the CD belongs to meditation teacher Anando Hefley

Awakening to Spirit Dr Juliette Lachemeier,2016-08-04 Despite unprecedented advances in technology education economic growth and material wealth experience is showing that we have never been so stressed paranoid and disconnected from God nature and life s greater meaning *Awakening to Spirit* a doctoral research project delivers scientifically substantiated spiritual practices suited to our present day culture and demands These practices can be used awaken minds to a more transpersonal awareness of life and the nature of consciousness Dr Lachemeier s research aim was to make valuable transpersonal practices more accessible to the everyday person in Western societies rather than those with the luxury of indulging in monastic or ashram settings The resulting research detailed in this work is an informative read for anyone interested in furthering their understanding of the nature of consciousness and reconnecting to the divine source of all awareness

Moral, Immoral, Amoral Osho,2013-03-12 Discover the path to universal values and inner connectivity in a world divided by religion nation and race I don t say cultivate morality I say become more conscious and you will be moral But that morality will have a totally different flavor to it It will be spontaneous it will not be ready made Osho In our globalized world we seek universal values that transcend the divisions of religion nationality and race In *Moral Immoral Amoral What Is Right and What Is Wrong* spiritual teacher Osho guides us on a quest for values that resonate in our contemporary lives a journey that goes beyond moral codes and springs from an inner connection with existence Osho challenges readers to question conditioned beliefs and prejudices that limit their ability to fully embrace life s richness Through his teachings on consciousness meditation and awareness Osho offers a path to break free from these constraints and find a morality rooted in mindfulness and spiritual living Described by the Sunday Times of London as one of the 1000 Makers of the 20th Century and by Sunday Mid Day India as one of the ten people along with Gandhi Nehru and Buddha who have changed the destiny of India Osho s influence continues to grow reaching seekers in virtually every country worldwide

Living on Your Own Terms Osho,2013-03-12 Forty years after the rebellions of the 1960s a new generation is again in the streets to challenge and to rebel against outdated structures and values focusing political and economic systems and their failings This book intends to support this new generation It focuses on the most important questions in the life of the

Smith, 2005 An advanced introduction to the field of structural bodywork which focusses on the issues of postural and functional dysfunction The text builds on the theories of Ida Rolf Rolfing and Feldenkrais and reviews them in the broader context of massage therapy and other complementary therapies based on bodywork techniques including chiropractic The book is in 3 main parts Part 1 looks at the background of structural bodywork and how it has developed before defining it as it is understood today Part 2 looks at the theory of structural body work in more depth and relates it to human anatomy and clinical presentations It draws together various strands of theory and practice which have not been considered together before but are all related to bodywork practice Part 3 is a major part of the book and is a practical guide to structural bodywork techniques This latter section is highly illustrated with photographs and line drawings Content is highly readable academically sound and grounded firmly in bodywork practice Previously unrelated theories are discussed and applied to practice The well known theories of Rolf and Feldenkrais are reviewed A comprehensive practical manual section provides numerous techniques and models for a variety of musculoskeletal skeletal problems Numerous illustrations provide a better understanding of text content

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