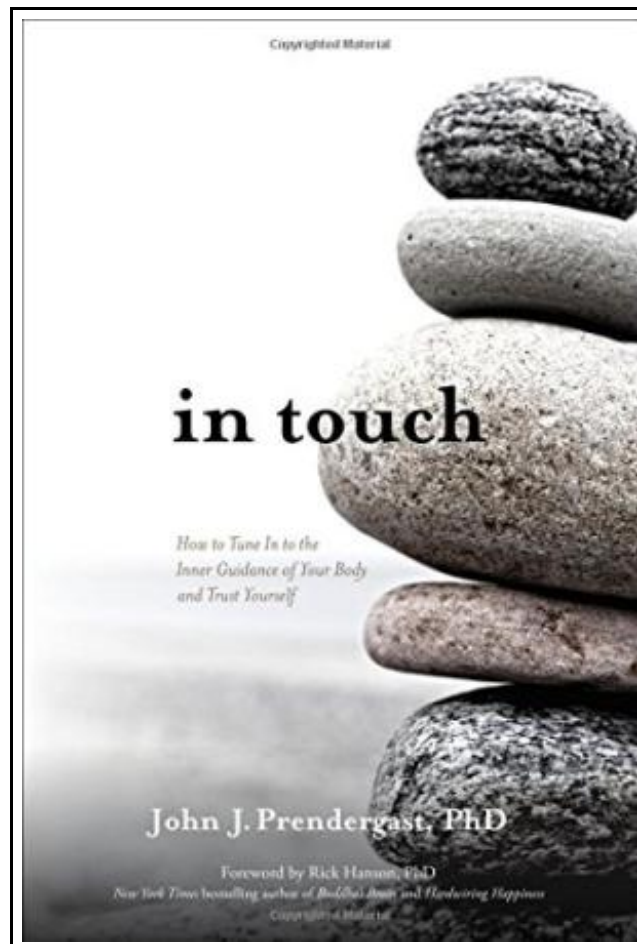


## In Touch: How to Tune into the Inner Guidance of Your Body and Trust Yourself



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SOUNDS TRUE INC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Your body has a natural sense of truth. We can feel authenticity in ourselves and in others. However, this innate wisdom is obscured by our conditioning-the core limiting beliefs, reactive feelings, and somatic contractions that fuel our sense of struggle and veil who we really are. In Touch is a groundbreaking, experiential guide to the felt-sense of our inner knowing -the deep intelligence available through our bodies. Each chapter presents moving stories, helpful insights from spirituality, psychology, and science, and simple yet potent experiments for integrating the gifts of inner knowing into every aspect of daily life. Join pioneering psychotherapist and teacher Dr. John J. Prendergast to explore: The phenomenon of attunement -how we accurately sense and resonate with ourselves and others-including an introduction to attachment theory, mirror neurons, and interoception (the ability to sense into the interior of your body) Felt-sensing and the subtle body-our ability to have a whole-body sense of reality and how the seven major energy centers relate to common psychospiritual issues Shadows as portals -how our dark and painful feelings and sensations can point us toward an essential radiance within The art of identifying and undoing our core limiting beliefs The four somatic qualities of inner knowing-relaxed groundedness, inner alignment, open-heartedness, and spaciousness-and how these subtle signals, once recognized, can guide our choices and help us to navigate life's challenges The fruits of inner knowing-the realization of who we are in our depths and the great intimacy with life we can all enjoy As we tune into our deepest nature, our body relaxes, grounds, lines up, opens up, and lights up, writes Prendergast. So far this extraordinarily useful subtle feedback has been largely overlooked;...



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