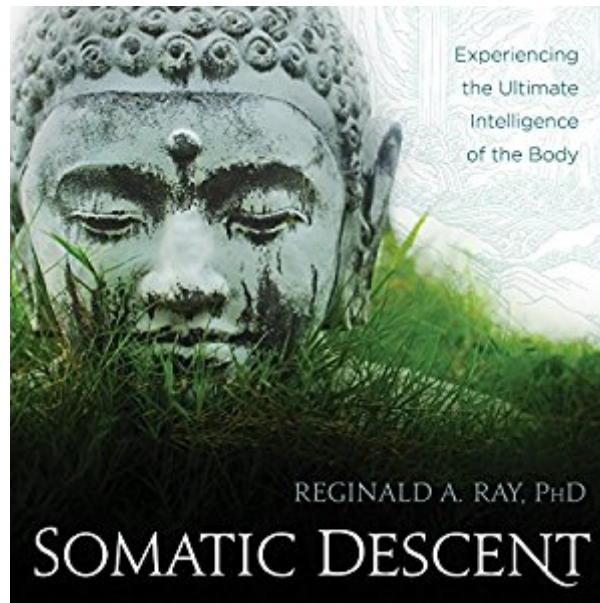




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# **Somatic Descent: Experiencing The Ultimate Intelligence Of The Body**



## Synopsis

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 in to 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 curriculum of practices and insights to access the deepest knowing enfolded in the soma, the landscape of your physical body and the source of immediate and greatest fulfillment. With him you will learn how your body is a field of infinite wisdom, the origins of somatic descent practices and how they transform us on both the neurological and nonphysical levels, many meditations for connecting with and embracing the soma, and how to integrate these profound changes into your daily life. Highlights include: Your body as the field of infinite knowing How to explore the wisdom of the soma Yin breathing, connecting with the earth, and many other guided practices Over 13 hours of investigation into the somatic dimensions of awakening

## Book Information

Audible Audio Edition

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## Customer Reviews

Love it! Somatic Decent CD-set by Reggie Ray, turned out to be packed with useful information, are truly transformational, highly recommended and well worth the time spent...IF you are into meditation and want to work deeply with yourself, if you want to experience the intellegens of your own body, then, this is for you...Blew my mind and have opened up to interesting, seriously meaningful dimentions and a new true confidence in my own experiences...It is deceptively simple, BUT do not make the mistake of discarding these Techniques... things that are THAT simple, clear and fairly easy to follow... most often, holds a great deal of true wisdom within it... Brilliant!

Reginald Ray's Breathing with the Body series of meditations and buddhist teachings are all beautifully organized, easy to listen to, helpful when practiced regularly, and absolutely the most amazing experience when listened to over time. I have probably listened to this set at least 30 times.....sometimes when I'm awake and consciously practicing. Sometimes just to help me sleep and have beautiful dreams. Looking forward to continuing with these exercises for the rest of my life and adding more to my Reggie Ray collection as he completes more teachings.

Reggie continues to refine his work and this program should properly be called a work of art. It is clear that it is the result of his continued process, bringing together Tibetan Buddhist teachings, as well as all of his other interests in Zen, Western psychology, neuroscience, indigenous traditions, his vast academic knowledge, etc, into one seamless whole. These practices are imminently concrete, accessible, and visceral. They are also revolutionary, not just for our "personal" practices, but also because they implicitly bring into question the basic foundations of our society/the modern world by allowing the soma to take its proper place in our lives. The way that he builds up the practices over the 12 discs, effectively zooming into and out of each specific nuance of each step, is incredible. In addition to the level of refinement itself, the fact that it is so easily accessible to anyone through audio recordings that can be listened to virtually anytime and anywhere is a historically novel situation, the impact and potential of which has not yet been fully understood.

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