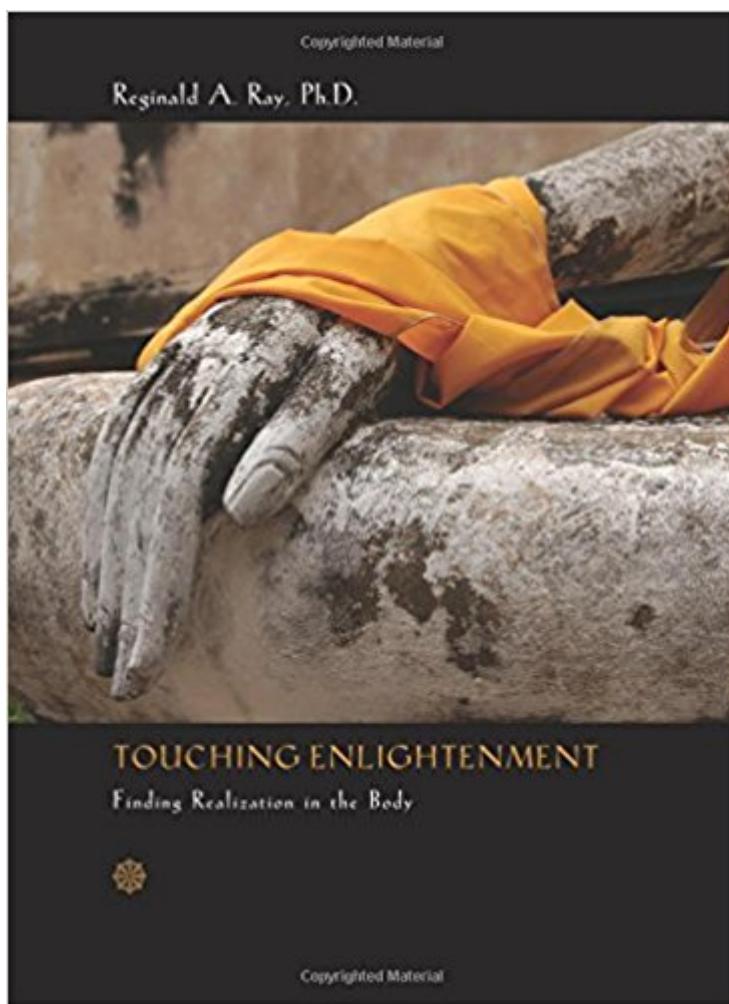


The book was found

Touching Enlightenment: Finding Realization In The Body



Synopsis

What does it mean to "meditate with the body"? Until you answer this question, explains Reggie Ray, meditation may be no more than a mental gymnastic — something you can practice for years without fruitful results. In *Touching Enlightenment*, the esteemed author of five books about Buddhist history and practice guides you back to the original practice of the Buddha: a systematic process that results in a profound awareness in your body rather than in your head. Combining the scholarship that has earned him international renown with original insights from nearly four decades practicing and teaching meditation, Reggie Ray invites you to explore: How to enter fully into communion with your embodied nature The insights of Tibetan yoga, from guidance on breathing and working with discomfort to its challenge to modern practitioners on the path to realization Why "rejected" experience becomes imprinted in the body — and how to receive it anew to reconstitute your human way of being Karma of cause and karma of result — taking full responsibility for your life Your three bodies — the physical, the interpersonal, and the cosmic "To be awake, to be enlightened, is to be fully and completely embodied. To be fully embodied means to be at one with who we are, in every respect, including our physical being, our emotions, and the totality of our karmic situation," writes Reggie Ray. In *Touching Enlightenment*, he offers you a map of unprecedented clarity and power for embarking on the journey toward ultimate realization in and through the body.

Book Information

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Customer Reviews

Ray, a student of Tibetan Buddhist master Chögyam Trungpa Rinpoche, has written several other books and very evidently knows a great deal about meditation and the Tibetan Buddhist tradition as passed down by his unconventional guru. This book about the ultimate nonconceptual wisdom—what we can know in our bodies—is, paradoxically, highly conceptual and very slow going. The prose is labored (a clear and accurate conceptual understanding of the subtle processes involved is necessary so we have the apparatus to receive, comprehend and give voice to our experience). Frequently, Buddhist teachers use concrete examples or real-life stories to illustrate difficult or subtle points. Ray shares one important anecdote from his own life, but more tales from his or his students' lives would help. The critique of Western overdependence on thinking is certainly familiar, so the author's starting point is not new. The visualization exercises he offers in the book's appendix are comparatively fresh. But these instructions are probably more effective heard than read, and Ray's publisher indeed offers an audio program of related meditation practices. This book could use hard editing and clearer, more concrete language and examples.

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“Through his own deep experience, Reggie Ray skillfully guides us into an awakened bodily life. He offers necessary, wise, and liberating practices of realization within our mysterious human form.”•Jack Kornfield, PhD, author of *A Path with Heart* “Touching Enlightenment provides readers with a fresh look at the steps required to turn our understanding of enlightenment into full embodiment—a vital process that determines the way in which we actually conduct our lives. An indispensable book for the serious practitioner.”•John Daido Loori, abbot of Zen Mountain Monastery and author of *True Dharma Eye: Master Dogen*’s *Three Hundred Koans* “Reggie Ray’s approach to the dharma is wonderfully fresh while also radically rooted in the foundation of the Buddha’s meditation instruction—mindfulness of body. He has a richly textured understanding of the lived body as the vessel of wisdom mind, as well as the carrier of all the karmic patterns that obscure this pristine awareness. Highly recommended.”•John Welwood, author of *Toward a Psychology of Awakening*

As a practicing somatic therapist and somatic meditator over the past 20 years I cannot bless this book enough. If you want to have a harmonic mind, body, and spirit connection, this book offers a path. If you want to know your true nature i.e. love, this book offers the stepping stones. If you want

to "be" what is possible...practice what is in this book every day. Namaste...

This book struck a chord with me. I recently discovered somatic stretching (or non-stretching) to improve flexibility, a technique that has really worked for me, so I was curious to see the word "somatic" attached to a form of meditation, and knew I needed to find out more. The book did not disappoint. The concept of releasing inwards is beautiful and makes so much sense. We are perfect, our bodies are pure intelligence and can be our guides if we can listen. This book shows us how.

I liked the book. It presents insight into why accepting the world as viewed through the body can liberate oneself of conceptual delusion. It really is thought provoking to realize that we choose to interpret one way, yet that isn't the way we always perceive things in a less conceptually encumbered mode of perception. Although good this is not a book for those who lack interest in meditation. It however is one of the better books I've read on the subject.

It is crazy how good this book is. It explores embodied spirituality with such profound simplicity.

Reggie has done what few other western buddhists have been able to. This book is a game changer. I have been meditating for 15 years and only know through finding this book and his teachings have I found the lineage that I will stick with, it is what I was looking for. To beginner meditators interested in the buddhism and/or the body and its innate intelligence, skip the rest, start with the best, proceed straight to the secrets inside, this is the way. IMHO.

I am a meditation teacher, and for years I'd been looking for what Touching Enlightenment offered me in one book: a clear and incisive description of the mindfulness-awareness meditation process with an "embodied practice". Reginald Ray connects the various approaches to somatic meditation from the Buddhist tradition in a masterful way. A must read, and must study for all serious meditators. While there are great books about the physiological aspects of somatic meditation (Jon Kabat Zinn, and Vidyamala Burch), Reginald Ray unfolds for us other crucial aspects of the somatic meditation journey.

I'm just an average Joe, not exceptionally intelligent or perceptive. But I've been inspired by a number of Dharma books over decades, and fortunate to have attended retreats with a few different

teachers. This seemed to me like an unusual and authentic perspective. Broadened my view in unexpected ways. And it's a beautiful hardcover for the price of a paperback.

This book came into my life at exactly the right time. The somatic practices are just what I need. On the basis of reading this, I bought his audio courses on Audible 'Your Breathing Body (1 & 2)', and this fits in perfectly with the book.

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