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Body Reginald A

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In The Body

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Eventually, you will
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discover a
supplementary
experience and

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endowment by
spending more cash.

yet when? do you
agree to that you

require to get those all
needs like having

significantly cash? Why
don't you attempt to

acquire something
basic in the beginning?

That's something that
will guide you to

understand even more
in the region of the

globe, experience,

some places, as soon

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In

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stars This book held so

much promise for me.

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The topic interested me, that you could find enlightenment through the body. The book begins as a secular Buddhist practice but then mention "energy" a few times. It is not clear, really, what the author means by "energy."

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He offers necessary,

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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

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conduct our lives.

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**Finding Realization
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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

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and power for
embarking on the
journey toward
ultimate realization in
and through the body.

✕
Ray

**Touching
Enlightenment -
Sounds True**

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Enlightenment: Finding
Realization in the Body
by Reginald Ray. ... His
early books—which I
have not read, though
they're on my

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list—seem to be
scholarly works. I think
of Touching
Enlightenment as the
first book where Ray
spoke as a teacher
rather than a scholar.

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\$9.99; ~~\$9.99~~; Publisher

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Description. 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.

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enlightenment with the
body - Sacred Spirit.

work "We are

attempting to practice
meditation and to

follow a spiritual path
in a disembodied state,

and our practice is

therefore doomed to

failure" Finding

Realization in the Body

by Reginald A. Ray

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Ph.D.
Finding
**Touching
enlightenment with
the body - Sacred
Spirit. work**

As the unconscious,
the body holds all the
karmic seeds that we
ourselves have sown
and that must, on our
journey to realization,
eventually ripen into
the light of
consciousness to be
fully engaged, felt, and
thus worked through

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Enlightenment
and completed.” —

Reginald A. Ray,

Touching

Enlightenment: Finding

Realization in the Body

Ray

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Quotes by Reginald

A. Ray

Rather, the body is itself the pathway to realization, and, at its deepest level, the embodiment of enlightenment itself.

To know the body is to

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meeting the awakened

state. This is why

Trungpa Rinpoche said,

“There is no division

between the spirituality

of the mind and the

spirituality of the body;

they are both the

same....”

To Touch

Enlightenment with

the Body - Lion's

Roar

To be fully embodied

means to be at one

with who we are, in

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Excerpt readings from

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by Reggie Ray; Online

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moderated by a

Dharma Ocean teacher

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with Rebeca Castellá a

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