

# Meditating with the Body: Six Tibetan Buddhist Meditations for Touching Enlightenment with the Body



In Tibetan spiritual life, the practice of body-based meditation has been revered throughout its history as a vital tool for cultivating spiritual awareness and physical well-being. Today, in a world overabundant with stimuli, these embodied practices are more relevant and useful than ever. Meditating with the Body guides you into the rejuvenating experience of body-based meditation to help you: Digest the stressful events and experiences of your day Settle and calm your mind Channel revitalizing energy throughout your body Connect with the healing effects of the earth (viewed in Tibetan Buddhism as a living, enlightened being) Uncover your bodys untapped powers of perception, intuition, and wisdom Join esteemed teacher Reggie Ray as he teaches you this complete series of six Tibetan-based meditations, including prana breathing, body awareness, abdominal breathing, earth-based meditation practice, and more. Note: Excerpted from the full-length audio course Buddhist Tantra.

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Seja Bem Vindo

E conhecereis a verdade, e a verdade vos libertará. João 8:32

CANAL SEGUINDO A VERDADE

Mensagem da semana - Semeai em Justiça

Mensagem da semana - Semeai em Justiça

A Bíblia em 1 minuto - 1 Pedro 5:7-8

A Bíblia em 1 minuto - 1 Pedro 5:7-8

Mensagem da semana - Pedindo e recebendo

Mensagem da semana - Pedindo e recebendo

Mensagem da semana - Andar no Espírito

Mensagem da semana - Andar no Espírito

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MENSAGENS

Não Desista Nunca!

Não Desista Nunca!

Existem pedras. Não desista de andar! Existem barreiras. Não desista de passar! Existem os nós. É preciso desatar! ...  
[leia mais]

Vale sempre a pena

Vale sempre a pena

Nem tudo o que você fizer bem será elogiado. Haverá momentos em que tentará com muito esforço demonstrar um bom coração ... [leia mais]

O Deus do impossível

O Deus do impossível

Um jovem que trabalhava no exército era humilhado por ser cristão. Um dia seu superior querendo humilhá-lo na frente d... [leia mais]

Deus sabe o que faz

Deus sabe o que faz

Conta-se que um homem chamado Okiba teve que abandonar sua terra por motivos particulares, e, assim, peregrinou em reg... [leia mais]

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