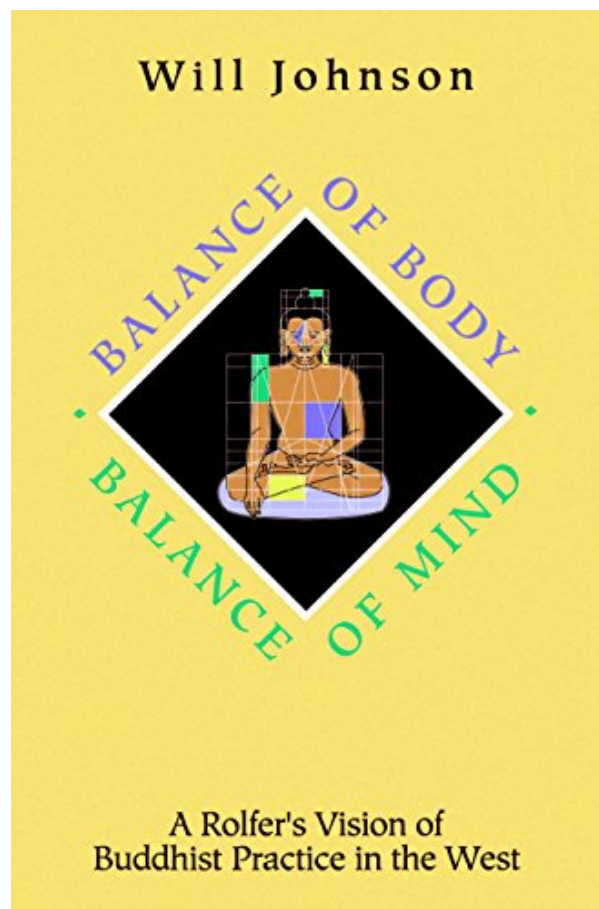


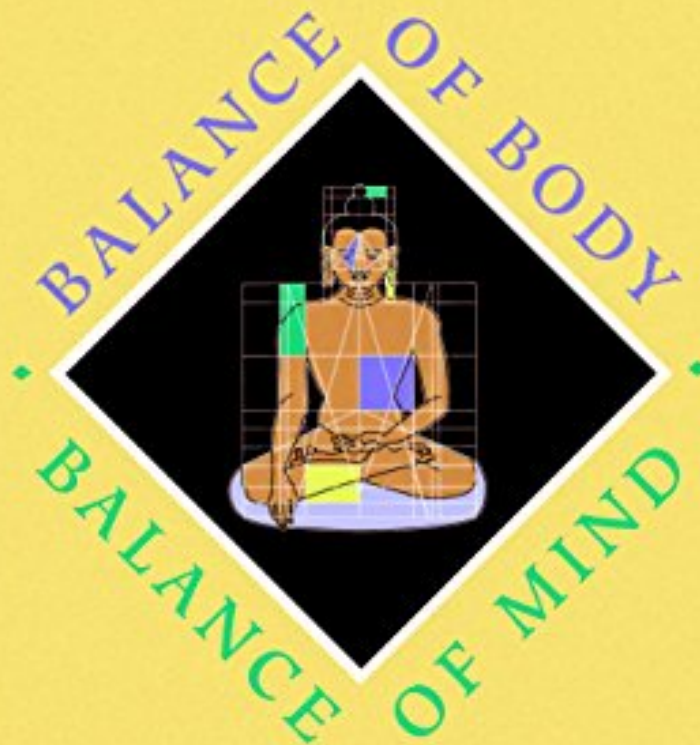
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Review

This book signals a new and sorely needed vitality in a field which, even though it is about life, so often seems to bring out the gray and pedantic in its champions. --Peter Melchior, Senior faculty Member, The Build for Structural Integration

About the Author

Will Johnson is the founder and director of the Institute for Embodiment Training, which combines Western somatic psychotherapy with Eastern meditation practices. He is the author of "The Posture of Meditation; Aligned, Relaxed, Resilient: The Physical Foundations of Mindfulness"; and "Rumi: Gazing at the Beloved," He lives in British Columbia.

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Ancient Buddhist meditations and modern Western somatic therapy are united by their healing capabilities in this fascinating book. Both philosophies recognize that a structurally balanced human body is the key to a mentally and emotionally balanced human mind. The beautiful simplicity of the healing techniques and explanations detailed within will ensure that you attain the spiritual and physical balance needed to create an optimum environment through: Understanding the experience of balance; Balancing time, living in present time, and accepting change; Balancing sound, vision and the components of reality; Balancing your heart and breath; Balancing "luminous vision" and the "luminous world"; Understanding suffering and its causes.

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Will is a very special guy...

By Peter Payne

...and so is this book.

I have a life-long (50yr) background in meditation and movement, and have just returned from a retreat with Will in which he finally realized his goal of bringing bodywork to Buddhism. (It is not widely known, but the Buddha himself had a personal body worker called Idananda; this is mentioned in the often neglected "Auspicious Rolf Sutra").

The result of Will's endeavors was a shrine room full of meditators who pulsed gently and freely with the flow of breath, spines like seaweed lightly lifting to the sky.

This book is his manifesto, essential reading for all meditators as well as body workers, internal martial artists, Somatic practitioners, and all engaged in the supreme goal of becoming what we always were.

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