



Offering from the Conscious Body: The Discipline of Authentic Movement

Janet Adler

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The exploration of the direct experience of healing and of the divine through the witnessing of movement becoming conscious.

- Uses sample sessions and descriptive theory to explain the discipline.
- Based on the author's 35 years of movement work.

Offering from the Conscious Body reveals both the theory and practice of a unique body-based process that is cathartic, creative, healing, and mystical--as presented by Janet Adler, the presiding voice in the field. This Western awareness practice encourages the individual to experience the evolving relationship with oneself, another, the collective, and the divine through the natural impulses of conscious movement, compassionate witnessing, and clear articulation of experience. Through the vivid examples taken from her own practice, Adler demonstrates that physical movement can invite direct experience of spiritual truths. The reader is led through the multiple layers within the discipline--moving and witnessing in dyads and then groups, in the presence of a witnessing teacher--to develop a comprehensive and experiential understanding of this innovative way of work. Designed for professionals and laypersons interested in psychology, bodywork, mystic traditions, or personal transformation, the discipline of Authentic Movement is at the cutting edge of emerging Western healing practices.

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