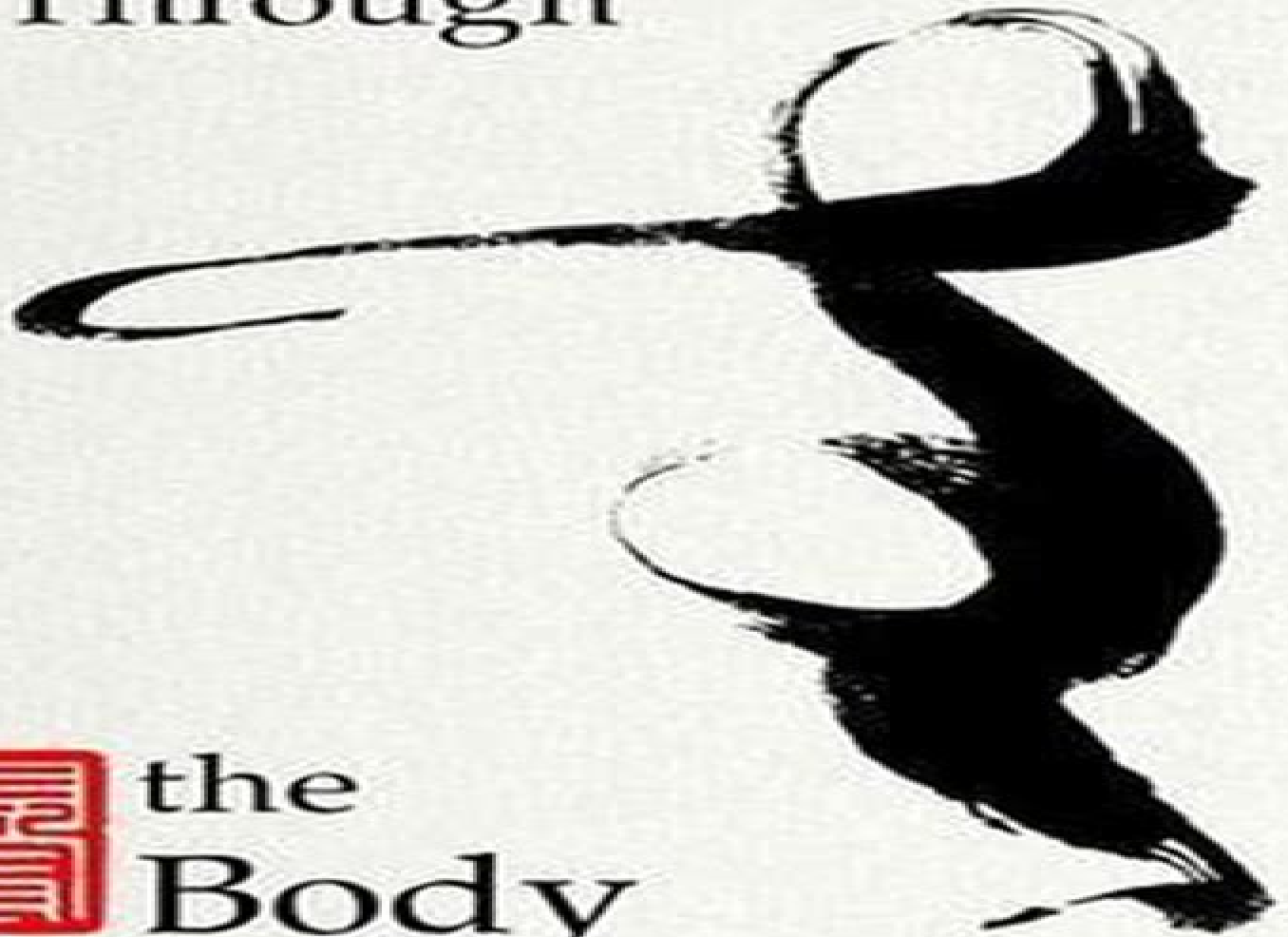


ATTUNEMENT

Through



the
Body

Shigenori Nagatomo

Attunement Through The Body

Karen Bond



Attunement Through The Body:

Attunement Through the Body Shigenori Nagatomo, 2016-02-24 Preparatory to restoring humaneness Attunement Through the Body offers an innovative philosophical model for overcoming mind body dualism and its negative consequences through a systematic elucidation of the concept and the phenomenon of attunement It invites readers to re evaluate an undue emphasis placed on the cognitive intellectual knowledge in the West The book examines the concept of the lived body and then articulates the transformative dimension of our everyday mode of living our bodies vis a vis Yuasa Yasuo s concept of body scheme demonstrating that the unity disclosed can be brought to a higher degree The book further describes the transformative dimension of our bodies in theoretical and practical aspects through the concept of the body emerging in the course of meditational self cultivation that was practiced by Dogen Kigen a medieval Japanese Zen master It then develops an original philosophical theory that differs from various Western theories such as Idealism Empiricism and Materialism This theory articulates modes of attunement reflecting degrees of somatic knowledge The theory implies a lifestyle appropriate for the coming century

The Healing Power Of Attunement Therapy: Stories And Practice Jaclyn Stein Henderson, 2002-12-01

Dancing Identity Sondra Horton Fraleigh, 2004-10-31 Combining critical analysis with personal history and poetry Dancing Identity presents a series of interconnected essays composed over a period of fifteen years Taken as a whole these meditative reflections on memory and on the ways we perceive and construct our lives represent Sondra Fraleigh s journey toward self definition as informed by art ritual feminism phenomenology poetry autobiography and always dance Fraleigh s brilliantly inventive fusions of philosophy and movement clarify often complex philosophical issues and apply them to dance history and aesthetics She illustrates her discussions with photographs dance descriptions and stories from her own past in order to bridge dance with everyday movement Seeking to recombine the fractured and bifurcated conceptions of the body and of the senses that dominate much Western discourse she reveals how metaphysical concepts are embodied and presented in dance both on stage and in therapeutic settings Examining the role of movement in personal and political experiences Fraleigh reflects on her major influences including Moshe Feldenkrais Kazuo Ohno and Twyla Tharp She draws on such varied sources as philosophers Simone de Beauvoir and Martin Heidegger the German expressionist dancer Mary Wigman Japanese Butoh founder Tatsumi Hijikata Hitler the Bomb Miss America Balanchine and the goddess figure of ancient cultures Dancing Identity offers new insights into modern life and its reconfigurations in postmodern dance

A Guide to the World of Dreams Ole Vedfelt, 2017-05-18 In A Guide to the World of Dreams Ole Vedfelt presents an in depth look at dreams in psychotherapy counselling and self help and offers an overview of current clinical knowledge and scientific research including contemporary neuroscience This book describes essential aspects of Jungian psychoanalytic existential experiential and cognitive approaches to dreams and dreaming and explores dreams in sleep laboratories neuroscience and contemporary theories of dream cognition Vedfelt clearly and effectively describes ten core qualities of

dreams and delineates a resource oriented step by step manual for dreamwork at varying levels of expertise For each core quality key learning outcomes are clarified and resource oriented creative and motivating exercises for practical dreamwork are spelled out providing clear and manageable methods A Guide to the World of Dreams also introduces a new cybernetic theory of dreams as intelligent unconscious information processing and integrates contemporary clinical research into this theory The book even includes a wealth of engaging examples from the author s lifelong practical experience with all levels and facets of dreamwork Vedfelt s seminal work is essential reading for psychotherapists psychologists counsellors and even psychiatrists and could well be a fundamental textbook for courses at high schools colleges universities and even in adult education classes The book s transparent method and real life examples will inspire individuals all over the world who seek self help or self development any reader will be captivated to discover how knowledge of dreams stimulates creativity in everyday life and even in professional life

Mono no Aware and Gender as Affect in Japanese Aesthetics and American Pragmatism Johnathan Flowers,2023-03-20 Mono no Aware and Gender as Affect in Japanese Aesthetics and American Pragmatism places the naturalistic pragmatism of John Dewey in conversation with Motoori Norinaga s mono no aware a Japanese aesthetic theory of experience to examine gender as a felt experience of an aware or an affective quality of persons By treating gender as an affect Johnathan Charles Flowers argues that the experience of gendering and being gendered is a result of the affective perception of the organization of the body in line with cultural aesthetics embodied in Deweyan habit or Japanese kata broadly understood as culturally mediated transactions with the world On this view how the felt sense of identity aligns with the affective organization of society determines the nature of the possible social transactions between individuals As such this book intervenes in questions of personhood broadly and identity specifically by treating personhood itself as an affective sense In doing so this book demonstrates how questions of personhood and identity are themselves affective judgments By treating gender and other identities as aware this book advocates an expanded recognition of the how to be in the world through cultivating new ways of perceiving the affective organization of persons

Cosmopolitan Husserl Curtis Hutt,Halla Kim,2025-09-30 This volume reflects on the themes and topics presented in Edmund Husserl s articles published in the popular Japanese magazine Kaiz in 1923 It addresses the cosmopolitan nature of Husserl s work as well as the enduring appeal of Husserl s cultural phenomenology for today s globalized age The notions of crisis and renewal are clearly central to the thought of Husserl in his outreach to Japanese readers in his Kaiz articles For Husserl something critical from the European past had to be renewed to stop the catastrophe embodied in the Great War and its aftermath from getting worse This volume explores Husserl s earliest work on European Crisis his unexpected interest in history as well as his overlooked contributions to religion politics and the ethics of renewal The chapters are divided into four main parts Part 1 addresses general issues in Husserl s cultural phenomenology with special attention paid to topics pursued in the Kaiz Part 2 provides new work on Husserl and global phenomenology It considers Husserlian engagements with

Japanese and other East Asian philosophical and religious traditions as well as the relevance of Husserl's work for the global South from the Caribbean to Africa. This volume includes chapters in Parts 1 and 2 that attempt to assay Husserl's relationship to the European other as encountered in Jewish thought. In Part 3 there is a review of the publication of the Kaiz work in addition to an early history of Husserlian phenomenology in Japan. The editors reproduce the content of the first Kaiz article in the appendix. Part 4 supplying new reader friendly English and Japanese translations. Cosmopolitan Husserl will appeal to researchers and graduate students as well as advanced undergraduate students and the general public who are interested in Husserl, phenomenology, comparative philosophy and religious studies. Fluxus Natasha Lushetich, 2014-06-01

Focusing on the most definition resistant art movement in history and departing from its two chief characteristics: intermediality and interactivity, this book develops an original theory of practice: the experiential philosophy of non-duality, which is the philosophy of dynamic co-constitutivity. This is done by tracing the performativity of intermedial works that fall conceptually between the art and the life media, such as Bengt af Klintberg's event score 'Eat an orange as if it were an apple' in five key areas of human experience: language, temporality, the sensorium, social rites and rituals, and systems of economic exchange. The main argument, woven with the aid of the Derridian blind tactics, the Gramscian production of social life, and the Zen-derived interexpression of Kitaro Nishida, is that the practical philosophy of co-constitutivity arises from the logic of the intermedium. In pursuing this argument, the book does three things: 1. it theorises an oeuvre that has remained under-theorised due to its fundamentally non-discursive nature, and in doing so reinstates Fluxus as an influential cultural rather than a merely artistic paradigm; 2. it serves as a companion to thinking by doing, since most Fluxus intermedia are ready-mades and as such readily available in the everyday environment; and 3. it establishes the counter-hegemonic logic of fluxing while tracing its legacy in contemporary practices as diverse as the culture jamming activism of The Yes Men, the paradoxical performance work of Song Dong, and the pervasive game worlds of Blast Theory. Natasha Lushetich is an artist, researcher, and Lecturer in Performance at the University of Exeter, UK. Her specialist areas include intermedia, live art, performance, and philosophy, and questions of identity and ideology. Her recent writings have appeared in *Babilonia*, *Performance Research*, *TDR: Theatre Journal*, *Total Art Journal*, as well as in a number of edited collections. **Hijikata**

Tatsumi and Ohno Kazuo Sondra Fraleigh, Tamah Nakamura, 2017-12-14. Now re-issued, this compact book unravels the contribution of one of modern theatre's most charismatic innovators. Hijikata Tatsumi and Ohno Kazuo combines an account of the founding of Japanese butoh through the partnership of Hijikata and Ohno, extending to the larger story of butoh's international assimilation, an exploration of the impact of the social and political issues of post-World War II Japan on the aesthetic development of butoh, metamorphic dance experiences that students of butoh can explore, a glossary of English and Japanese terms. As a first step towards critical understanding and as an initial exploration before going on to further primary research, Routledge Performance Practitioners are unbeatable value for today's student. Merleau-Ponty and Buddhism

Gereon Kopf, Jin Y. Park, 2009-08-13 Merleau Ponty and Buddhism explores a new mode of philosophizing through a comparative study of Maurice Merleau Ponty's phenomenology and philosophies of major Buddhist thinkers such as Nagarjuna Chinul Dogen Shinran and Nishida Kitaro Challenging the dualistic paradigm of existing philosophical traditions Merleau Ponty proposes a philosophy in which the traditional opposites are encountered through mutual penetration Likewise a Buddhist worldview is articulated in the theory of dependent co arising or the middle path which comprehends the world and beings in the third space where the subject and the object or eternalism and annihilation exist independent of one another The thirteen essays in this volume explore this third space in their discussions of Merleau Ponty's concepts of the intentional arc the flesh of the world and the chiasm of visibility in connection with the Buddhist doctrine of no self and the five aggregates the Tiantai Buddhist concept of threefold truth Zen Buddhist huatou meditation the invocation of the Amida Buddha in True Pure Land Buddhism and Nishida's concept of basho In his philosophical project Merleau Ponty makes vigorous efforts to challenge the boundaries that divide philosophy and non philosophy the East and the West experience and concepts the subject and the object and body and mind Combining the Eastern philosophical tradition of Buddhism with Merleau Ponty's phenomenology Merleau Ponty and Buddhism offers an intercultural philosophy in which opposites intermingle in a chiasmic relationship and which brings new understanding regarding the self and the self's relation with others in a globalized and multicultural world

From Dualism to Oneness in Psychoanalysis Yorai Sella, 2018-01-19 From Dualism to Oneness in Psychoanalysis A Zen Perspective on the Mind Body Question focuses on the shift in psychoanalytic thought from a view of mind body dualism to a contemporary non dualistic perspective Exploring this paradigm shift Yorai Sella examines the impact of the work of psychoanalysts and researchers such as Winnicott Bion Daniel Stern and Kohut and delineates the contributions of three major schools of psychoanalytic thought in which the non dualistic view is exemplified 1 intersubjective 2 neuro psychoanalytic and 3 mystically inclined psychoanalysis Reaching beyond the constraints of dualism Sella delineates the interdisciplinary approaches leading to psychoanalysis's paradigm shift Focusing on the unique contribution of Zen Buddhism the book draws on Ehei Dogen's philosophy to substantiate the non duality of subject and object body and mind ultimately leading from alienation and duality to what Bion has termed at one ment The way in which psychoanalytic theory and practice may develop further along these lines is demonstrated throughout the book in a variety of clinical vignettes This book will inform the practice of all psychoanalysts mental health professionals psychotherapists and clinicians interested in mind body issues in psychotherapy in the philosophy of psychoanalysis and in East West dialogue

Site, Dance and Body Victoria Hunter, 2021-02-05 How does the moving dancing body engage with the materials textures atmospheres and affects of the sites through which we move and in which we live work and play How might embodied movement practice explore some of these relations and bring us closer to the complexities of sites and lived environments This book brings together perspectives from site dance phenomenology and new materialism to explore and

develop how site based body practice can be employed to explore synergies between material bodies and material sites Employing practice as research strategies scores tasks and exercises the book presents a number of suggestions for engaging with sites through the moving body and offers critical reflection on the potential enmeshments and entanglements that emerge as a result The theoretical discussions and practical explorations presented will appeal to researchers movement practitioners artists academics and individuals interested in exploring their lived environments through the moving body and the entangled human nonhuman relations that emerge as a result

Raising Kids with Big, Baffling Behaviors Robyn Gobbel,2023-09-21 All behavior makes sense It most certainly does not is probably your first reaction Parenting and neuroscience expert Robyn Gobbel is here to reveal how all behavior no matter how baffling can be explained and remedied You just need to look past the behavior and understand what s going on inside Robyn decodes the latest brain science into easy to understand principles and metaphors to help you become an expert in your child s behavior She reveals simple ways to help you regulate and connect with your child with brain body and sensory based strategies to overcome day to day challenges She also provides you with the knowledge to understand and regulate your own brain so that you don t flip your lid when your child flips theirs Let this be your lifeline for parenting or caring for any child with baffling behaviors and hidden challenges including kids who have experienced adversity or with additional needs

The Empirical and the Transcendental Bina Gupta,2000 In this work a distinguished international group of philosophers offers critical assessments of eminent philosopher J N Mohanty s work on phenomenology and Indian philosophy The concluding chapter by Mohanty responds to the critics and contains his assessment of his own philosophical position

Dance and the Quality of Life Karen Bond,2019-03-05 This is the first volume devoted to the topic of dance and quality of life Thirty one chapters illuminate dance in relation to singular and overlapping themes of nature philosophy spirituality religion life span learning love family teaching creativity ability socio cultural identity politics and change sex and gender wellbeing and more With contributions from a multi generational group of artists community workers educators philosophers researchers students and health professionals this volume presents a thoughtful expansive yet focused and nuanced discussion of dance s contribution to human life The volume will interest dance specialists quality of life researchers and anyone interested in exploring dance s contribution to quality of living and being

Asian and Feminist Philosophies in Dialogue Jennifer McWeeny,Ashby Butnor,2014-04-01 In this collection of original essays international scholars put Asian traditions such as Hinduism Buddhism Daoism and Confucianism into conversation with one or more contemporary feminist philosophies founding a new mode of inquiry that attends to diverse voices and the complex global relationships that define our world These cross cultural meditations focus on the liberation of persons from suffering oppression illusion harmful conventions and desires and other impediments to full personhood by deploying a methodology that traverses multiple philosophical styles historical texts and frames of reference Hailing from the discipline of philosophy in addition to Asian gender and religious studies the

contributors offer a fresh take on the classic concerns of free will consciousness knowledge objectivity sexual difference embodiment selfhood the state morality and hermeneutics One of the first anthologies to embody the practice of feminist comparative philosophy this collection creatively and effectively engages with global cultural and gender differences within the realms of scholarly inquiry and theory construction [Encyclopedia of Phenomenology](#) Lester Embree, 2013-06-29 This encyclopedia presents phenomenological thought and the phenomenological movement within philosophy and within more than a score of other disciplines on a level accessible to professional colleagues of other orientations as well as to advanced undergraduate and graduate students Entries average 3 000 words In practically all cases they include lists of works For Further Study The Introduction briefly chronicles the changing phenomenological agenda and compares phenomenology with other 20th Century movements The 166 entries are a baut matters of seven sorts 1 the faur broad tendencies and periods within the phenomenological movement 2 twenty three national traditions ofphenomenology 3 twenty two philosophical sub disciplines including those referred to with the formula the philosophy of x 4 phenomenological tendencies within twenty one non philosophical dis ciplines 5 forty major phenomenological topics 6 twenty eight leading phenomenological figures and 7 twenty seven non phenomenological figures and movements ofinteresting sim ilarities and differences with phenomenology Conventions Concern ing persons years ofbirth and death are given upon first mention in an entry ofthe names of deceased non phenomenologists The names of persons believed tobe phenomenologists and also for cross referencing purposes the titles of other entries are printed entirely in SMALL CAPITAL letters also upon first mention In addition all words thus occurring in all small capital letters are listed in the index with the numbers of all pages on which they occur To facilitate indexing Chinese Hungarian and Japanese names have been re arranged so that the personal name precedes the family name

Journeys of Embodiment at the Intersection of Body and Culture Niva Piran, 2017-09-15 Journeys of Embodiment at the Intersection of Body and Culture The Developmental Theory of Embodiment describes an innovative developmental and feminist theory understanding embodiment to provide a new perspective on the interactions between the social environment of girls and young women of different social locations and their embodied experience of engagement with the world around them The book proposes that the multitude of social experiences described by girls and women shape their body experiences via three core pathways experiences in the physical domain experiences in the mental domain and experiences related directly to social power The book is structured around each developmental stage in the body journey of girls and young women as influenced by their experience of embodiment The theory builds on the emergent constructs of embodiment and body journey and the key social experiences which shape embodiment throughout development and adolescence from agency functionality and passion during early childhood to restriction shame and varied expressions of self harm during and following puberty By addressing not only adverse experiences at the intersection of gender social class ethnocultural grouping resilience and facilitative social factors the theory outlines constructive pathways toward

transformation It contends that both protective and risk factors are organized along these three pathways with the positive and negative aspects conceptualized as Physical Freedom vs Corseting Mental Freedom vs Corseting and Social Power vs Disempowerment and Disconnection Examines the construct of embodiment and its theoretical development Explores the social experiences that shape girls throughout development Recognizes the importance of the body and sexuality Includes narratives by girls and young women on how they inhabit their bodies Invites scholars and health professionals to critically reflect on the body journeys of diverse girls and women Addresses the advancement of feminist social critical and psychological theory as well as implications to practice both therapy and health promotion **Handbook of Positive Body**

Image and Embodiment Niva Piran,2019-04-02 Positive body image entails appreciating loving respecting nurturing protecting and seeing beauty in the body regardless of its consistency with media appearance ideals Embodiment reflects a connection between the mind and the body which have a continual dialectical relationship with the world and includes positive body connection body agency and functionality attuned self care positive experiences with body desires and living in the body as a subjective rather than objectified site This 37 chapter handbook reviews current knowledge on positive body image and embodiment as well as future directions for work in these areas which will be useful for mental health researchers practitioners advocates and activists *The Reiki Magic Guide to Self-Attunement* Brett Bevell,2010-11-17 Attune yourself to everyday Reiki with a revolutionary guide to an at home practice This book will transform you Brett Bevell teaches us how to shift every aspect of life from the food and water we put into our bodies to the past present and future David Morehouse PhD author of Psychic Warrior Reiki tradition dictates that you must be initiated or attuned by a Reiki master before properly practicing this healing art of energy flow In this revolutionary guide Reiki Master Brett Bevell breaks with convention and extends the transformative powers of Reiki to all by presenting at home rituals for self attunement In the true healing spirit of Reiki Bevell encourages creativity and experimentation with the practice allowing you to personalize Reiki for everyday use With twenty one symbols to empower the flow of Reiki as well as chants for attuning candles stones and even the water in your bath or washing machine this is Reiki as you ve never seen it before available to everyone for use in all aspects of life as Reiki was always meant to be Body Language SELENE NIGHTSHADE,2024-05-10 In the brilliant universe of human communication there is a language that speaks without words a silent alphabet that reveals the secrets of the soul and opens the doors of profound understanding It s body language a symphony of gestures postures and expressions that tell stories reveal emotions and guide daily interactions In Selene Nightshade s new volume we once again immerse ourselves in this fascinating world exploring the depths of body language and opening the doors to its understanding and mastery Through a compelling narrative full of enlightening insights the author takes us on an emotional journey through the intricate nuances of body language offering an in depth and accessible analysis of the techniques and strategies necessary to accurately interpret every signal gesture and expression With real examples and practical suggestions Selene Nightshade in the second

volume Body Language Techniques and Strategies of Behavioral Psychology for Decoding Non Verbal Communication in Life Love and Work proves to be an indispensable companion for those who wish to broaden their awareness and mastery of body language Prepare to be transported on a journey of discovery and personal growth where each page offers new insight and a new perspective on the richness of human interactions Whether you are a professional eager to hone your leadership skills a romantic searching for true love or simply a curious person thirsty for knowledge the manuscript will masterfully guide you through the secrets of body language turning every interaction into a opportunity to connect more deeply with the world around you Get ready to open the doors to your new awareness and be fascinated by the power of non verbal communication

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