

The Fabric of Wholeness

biological intelligence
and relational gravity

Carol Agneessens M.S.

Fabric Of Wholeness Biological Intelligence Relational Gravity

Liz Koch



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Fabric of Wholeness Carol A. Agneessens, 2001 A Roling trainer and practitioner for twenty four years especially interested in the body's natural wisdom presents a unique and original inquiry into the nature of gravity and gravity's influence on human movement potential The easy to read book links physics human physiology somatics and Eastern understandings of underlying unity bridging theory and practice with examples like the victories of a 1996 Olympic gold medallist who coupled his natural biological intelligence with an embodied understanding of Einstein's theory of relativity Gravity influences our muscle tone posture and core expression It underlies our deepest experience of security gives us a sense of place ground bonding with the earth Through experiential dialogues Agneessens draws readers into the body to view the pulsating and vital interplay She concludes that gravity is fundamental to the development of biological intelligence the glue that holds together and organises our fabric of wholeness

Stalking Wild Psoas Liz Koch, 2019-05-07 9 short essays combining biology living systems thinking and somatic movement perfect for somatic therapists bodyworkers and movement educators Holistic philosophical and deliciously interoceptive Tom Myers author of Anatomy Trains Liz Koch author of Core Awareness and The Psoas Book seeks to dissolve the objectification of body in order to reconceptualize human beings as biologically intelligent self organizing and self healing Specifically addressing educators and therapists she delves into the conceptual framework of core by decolonizing the popular mechanistic thinking of psoas as muscle inviting the reader on a journey toward reengaging with life's creative processes Koch illuminates the limitations of the predominant paradigm of body and actively explores psoas as a vital intelligent messenger that links us to an expansive network of profound possibilities Employing biomorphic and embryonic paradigms Koch redefines psoas as smart expressive tissue that is both elemental and universal Liz Koch is one of the cutting edge somatic practitioners and bodyworkers who see the body as a living process with innate healing abilities rather than an object to be improved or repaired Named after her popular exploratory workshops of the same name Stalking Wild Psoas encourages all readers to nourish integrity and claim self efficacy as creative and expressive individuals

Die Essenz der Quantenpsychologie Stephen Wolinsky, 2013-11-12 Stephen Wolinsky gibt hier einen komprimierten zum Teil vereinfachten Überblick über die von ihm begründete Quantenpsychologie Dieser Ansatz unterscheidet sich von anderen Richtungen der Psychologie durch seine tiefer gehende Intention Hier geht es nicht um Ziele wie mehr sein mehr leisten mehr darstellen die eigene Berufung finden oder finanziellen Erfolg erreichen In der Quantenpsychologie geht es darum herauszufinden wer Sie wirklich sind indem Sie Stück um Stück feststellen dass Sie all das nicht sind was Sie denken oder glauben Der Weg dorthin führt über das Auflösen eines innerseelischen Systems das wir Falscher Kern und Falsches Selbst nennen und über das Erlernen multidimensionalen Bewusstseins Stück W Zahlreiche Übungen in diesem Buch laden die Leser ein sich auf den Weg zu machen Kurz benötigt Diese Zusammenfassung der wesentlichen Elemente der Quantenpsychologie bietet Einstein gern eine grundlegende Einführung und

Kennern dieses Ansatzes einen konzentrierten zum Teil neu formulierenden Gesamt berblick

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