



The Practice of Pure Awareness: Somatic Meditation for Touching Infinity

Reginald A. Ray

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Nine Step-by-Step Sessions for "Waking Down"

How can we discover this perfect, somatic knowing? It begins by removing the blockages that manifest mentally, emotionally, and physically. Join Reggie Ray as he presents the practice of pure awareness in nine guided, sequential sessions that lead to the direct experience of our true nature.

Emphasizing deep relaxation, the power in the lower belly, opening the central channel, and the significance of posture, Reggie helps us unfold ever-subtler realizations of our capacities to love and heal. Through yin breathing, earth descent, 12-fold lower belly breathing, and more, we journey through the channels of the subtle body, releasing old traumas and stuck energy. "Through these meditations," says Reggie, "our true selves begin to flower. We discover that in essence we are a river, a torrent, of love."

The Practice of Pure Awareness invites us into embodied awakening - a fuller and richer experience than the more arid or "above the neck" states of consciousness we find in many conventional spiritual approaches. Through committed practice, the body itself becomes our guide, teacher, and protector, illuminating the perfection inside and around us.

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