

# Regaining body wisdom

*A multidimensional view*



*Silvia Casabianca*  
*Reiki Master*

# Regaining Body Wisdom A Multidimensional View

**Janet J. McIntyre-Mills, Yvonne  
Corcoran-Nantes**



## **Regaining Body Wisdom A Multidimensional View:**

*Regaining Body Wisdom - a Multidimensional View* Reiki Master Silvia Casabianca, 2008-02 For Silvia Casabianca most of our remedies for discomfort and disease are at odds with the body's natural responses to various types of invasion or imbalance In her view much of what is labeled conventional medicine overlooks and often hampers the necessary and natural communication between organs and the flow of vital energy that maintains health The first section of the book *The New Perspectives* surveys holistic approaches to well being The second section *The Body Wisdom* explores the various bodily systems and illustrates their functions and interrelationships She elaborates the concept of an inner healer which is the key to physical and psychic well being Finally in the third section Casabianca a Reiki Master introduces readers to Reiki and the Art of Healing sharing with the reader her fascination for the multidimensional human body and current knowledge about health and illness gained through being a physician a psychotherapist and a Reiki teacher

**Heartminded: Conscious Evolution from Fear to Solidarity** Dr. Silvia Casabianca, MA, LMHC, 2019 **Homo Amandi: Evoluçã\_o Consciente del Miedo a la Solidaridad** Dr. Silvia Casabianca, 2019-12-14 Los humanos nacemos con el cerebro cableado para el amor y la compasi\_ n y la neurociencia nos ense\_ a que el cerebro est constantemente cambiando Estos dotes innatos est\_ n en nuestros genes nuestra fisiolog\_ a y nuestra bioqu\_ mica y pueden ser nutridos y desarrollados en funci\_ n de construir un mundo m\_ s solidario *The Book of Wisdom* Osho, 2023-07-09 Religion is not a science Religion is not a science in the sense physics mathematics and chemistry are sciences But still it is a science because it is the ultimate knowing the word science means knowing And if religion is not a science what else can be It is the highest knowing it is the purest knowing Ordinary science is knowledge not knowing religion is knowing itself Ordinary science is object oriented it knows something hence it is knowledge Religion is not object oriented it has no object it knows nothing Knowing knows itself as if the mirror is reflecting itself It is utterly pure of all content Hence religion is not knowledge but knowing

**Watkins Masters of Wisdom: Osho** Osho, 2017-06-06 An inspiring overview of the core spiritual teachings and philosophies of Osho the world renowned mystic who has been hailed as one of the 1 000 makers of the twentieth century The Sunday Times Osho is one of the best known spiritual teachers of our time Nearly two decades after his death in 1990 the influence of his teachings continues to grow reaching seekers around the world This inspiring compendium of spiritual wisdom and insight offers a way for everyone to access the enlightening message of the Buddha as Osho offers his unique take on his teachings with a wisdom and wit that make it a wonderful read When you engage with Osho's writing you feel as if he is speaking to you His conversational style is fluid and engaging and while his acute perception often comes as a delight and a surprise his shrewd insights will stay with you always Whether he is discussing a complex philosophy or the teachings of a great mystic Osho always approaches the subject with his own distinctively irreverent thought provoking and inspiring perspectives Covering subjects including Belief Responsibility Relationships Doing Good and the Power of Consciousness this is a book that offers real insight into leading a

more spiritual life now      **Women's Bodies, Women's Wisdom** Christiane Northrup, M.D.,2020-05-12 The New York Times bestselling guide to physical and emotional wellness for women of all ages fully revised and updated for 2020 A masterpiece for every woman who has an interest in her body her mind and her soul Caroline Myss Ph D author of Anatomy of the Spirit I recommend Women s Bodies Women s Wisdom to all women and also to all men who want to understand and nourish the women in their lives Deepak Chopra M D author of Ageless Body Timeless Mind Emphasizing the body s innate wisdom and ability to heal Women s Bodies Women s Wisdom covers the entire range of women s health from the first menstrual period through menopause It includes updated information on pregnancy labor and birth sexuality nutrition hormone replacement therapy treating fibroids avoiding hysterectomy and maintaining breast and menstrual health Fully revised and updated to include the very latest treatment innovations and research data and reflecting today s woman s proactive involvement in her own health care this important new edition will help women everywhere enjoy vibrant health with far fewer medical interventions Filled with dramatic case histories Women s Bodies Women s Wisdom is contemporary medicine at its best combining new technologies with natural remedies and the miraculous healing powers within the body itself      *Digital Dharma* Deepak Chopra, MD,2024-09-17 New York Times bestselling author Deepak Chopra delivers a visionary and unprecedented exploration of how artificial intelligence can revolutionize well being and open new horizons for personal development AI has the potential to help us create a more peaceful just sustainable healthy and joyful world Digital Dharma shows you a path Sam Altman CEO of OpenAI In a world captivated yet bewildered by artificial intelligence spiritual icon Deepak Chopra MD illuminates AI s untapped potential to unravel the enigma of consciousness positioning AI not as a threat but as a catalyst for personal and collective growth In Digital Dharma Chopra navigates the balance between technology and expanded awareness explaining that while AI cannot duplicate human intelligence it can vastly enhance personal and spiritual growth Chopra shows readers how the most popular freely available chatbots can serve as guides through every level of human potential survival and safety emotional connection self worth abundance creativity wisdom and the infinite possibilities of cosmic consciousness AI chatbots offer information advice and exploratory avenues of untapped potential about any aspect of human awareness In practical terms making AI your ally and guide depends on the art of the prompt the questions a user poses to a chatbot As Chopra shows in detail by asking the right questions you can bring AI into your inner world which is where personal growth happens Chopra provides a personal assessment for you to better understand yourself and exercises to help you expand your awareness in any part of your life Digital Dharma masterfully helps readers to harness AI not merely as a technological tool but as a partner in crafting a future where human potential solves the urgent problems facing the planet and each of us as individuals Deepak Chopra invites us to transcend our limitations and explore a relationship with AI that elevates collective consciousness and personal evolution at the same time

**Restoring Prana** Robin L. Rothenberg,2019-12-19 One of the most common issues clients face is lack of energy vitality

or prana and this book presents a simple yet revolutionary breathing approach to restore balance Grounded in the yogic teachings this text introduces the Buteyko breathing method as a more contemporary way of understanding the original intention of pranayama Through extensive research Robin Rothenberg establishes that as with Dr Buteyko's breath retraining technique the ancient yogis prescribed breathing less not more Vedic science and physiology are broken down and explained in accessible ways The book presents a new understanding and application of breathing to address a wide range of ailments including COPD asthma hay fever autoimmune disorders anxiety sleep apnoea and neurological conditions *The Addiction Ministry Handbook* Denis G. Meacham, 2004 **Embracing the Call to Spiritual Depth** Tilden Edwards,

*The Cura Convergence* Dr. Jill Strom, 2017-07-24 Its not magic its science Its not just science its miraculous What if we knew how to engage the miraculous because we understood it scientifically This book comes to those who can conceive that science and spirituality arent mutually exclusive If you have come to the point in your journey where you know there is something more and that this something is the key to everything this book is for you Cura Convergence is an inspiring book that should be on the shelves of every practitioner and every person seeking to understand more about the mystery of healing We continue to learn about the relationship of our spirit to our physical body and Cura is a magnificent addition to this library of knowledge I hope everyone reads this book the world would be a healthier place if they did Caroline Myss Author of Anatomy of the Spirit The Cura Convergence is a beautiful meaningful moving and timely treatise It is a masterfully crafted collation of all that has been gathered the last decade in science to prove the importance of the spiritual and energetic influence on healing This is the sort of publication that in truth should change the course of western medicine Jim Blake PhD CEO Unity World Headquarters Beyond Bones Kate Shelest, 2021-05-28 Human beings are more than just the physical body A grassroots paradigm shift to holistic and integrative healing methods is happening These methods are not new many are grounded in ages old wisdom and some integrate modern and traditional healing techniques This book is a guide that provides a brief overview of a selection of these traditional and integrative paradigms of health and disease with references for further exploration It is intended to stimulate curiosity and interest in the possibility that body mind spirit based practices are rich resources waiting to be tapped *Light in the Dark/Luz en lo Oscuro* Gloria Anzaldua, 2015-09-17 Light in the Dark is the culmination of Gloria E Anzaldua's mature thought and the most comprehensive presentation of her philosophy Focusing on aesthetics ontology epistemology and ethics it contains several developments in her many important theoretical contributions From Polarisation to Multispecies Relationships Janet J. McIntyre-Mills, Yvonne Corcoran-Nantes, 2021-08-05 This book explores the concept of multi species relationships and suggests critical systemic pathways to protect shared habitats This book discusses how the eradication of species as a result of rapid urbanisation places humanity at risk This book demonstrates how narrow anthropocentrism has focused on the rights of human beings at the expense of other species and the environment This book explores a priori norms and a posteriori measures and indicators

to include and protect multiple species This book aims to strengthen institutional capacity and powers to address and extend the UN 2030 Sustainable Development Agenda by drawing on local wisdom but also the need to implement laws to prevent ecocide This book highlights that our fragile interdependence requires a recognition of our hybridity and interconnectedness within the web of life and suggests ways to reframe policy within and beyond the nation state to support living systems of which we are a strand

**THE EGO HAS LANDED** Athena Park,2021-09-13 Humanity has sought identification of self through the guise of the ego yet not fully understanding its placement Our ego the identity of oneself has been believed to be the desire for outer acceptance validating its own worth The ego is our shadow self and can be seen as the mirror reflection in ourselves and others Who are you without your ego What masks do you require to hide your true authentic self What can you say about yourself Do you know who you are and what you represent Can you identify with whom you project out into the world Are you aware that your ego has manipulated who and what you've identified about yourself in conjunction as the illusion Humanity is undergoing a spiritual evolution where every human being is responsible for their own soul's evolution Humans must realize that to remain of this world we must ascend to a higher consciousness and enlightenment becoming the dictator of our own lives a knowing Are you willing to delve into the hidden aspects of yourself by going on a treasure quest that will guide you back to your natural state of truth Truth is at the heart of the matter the one beloved What lies behind us and what lies before us are small matters compared to what lies within us Ralph Waldo Emerson **Religion,**

**Religious Ethics and Nursing** Marsha Diane Mary Fowler,2011-11-14 The past 25 years have witnessed an escalating discussion on the role of spirituality within health care This scholarly volume is rooted in the belief that not only is religion integral to nursing care but the religious beliefs of both nurse and patient can significantly influence care and its outcome It offers an in depth analysis of the ways in which religion influences the discipline of nursing its practitioners and treatment outcomes

**Rebirthing Into Androgyny** Berenice Andrews,2012-11 In these interesting times when many people are searching for spiritual nourishment this book is intended to be a means of providing it Rebirthing Into Androgyny Your Quest For Wholeness And Afterward offers to the hungry ones a familiar yet totally different feast While it sets forth an already established metaphysics it also presents a radical new idea one that has been implicit in that spiritual thought but unavailable until now and the new awareness associated with quantum physics In other words while this book provides soul searchers also known as learners with an ages old means of generating a fundamental inner change a rebirthing it also provides a new living prototype of what is being reborn Thus a person's rebirthing is both a gestation and a labor a quest producing an ever increasing knowing gnosis which gradually becomes being that can finally merge with the Beloved Self And the new living prototype is that of the human soul not as what a person has but as what a person is a creative energy being who generates its own bodies out of its soul substance its creative consciousness energy by means of its archetypal human energy system while always being guided by its nucleus of divinity In this book which is a textbook for soul searchers

all of this transformative change is offered explored and explained in a series of carefully crafted lessons lovingly taught by a shamanic teacher healer in a stone circle classroom the ancient site of a modern teaching There is a grand feast awaiting The cover design was created by Paula Kozak Sarasota Florida set in a circle representing the Unity of the Cosmos the Oneness that includes all people the hexagram is an ancient symbol of androgyny The Nordic rune Dagaz across its center signifies breakthrough and transformation The gold of the hexagram against the white background indicates the ever present divine energies that guide and sustain while the light spectrum surrounding the circle and extending in all directions indicates the auric field of a human energy being inseparable from its Creator

*The Healing of Nations* Mark R. Amstutz, 2005 How does one forgive an international political transgression as deep as genocide or apartheid Forgiveness is often conceived of as an element of personal morality and even at that it is difficult This book argues that it is also an essential part of political ethics especially when dealing with collective wrongdoing by political regimes In the past a retributive justice demanding prosecution and punishment of all past offenses has kept the international community away from moving on to the next step in regime change Here Mark R Amstutz takes a restorative justice approach calling for nations to account for crimes through truth commissions public apology and repentance reparations and ultimately forgiveness and the lifting of deserved penalties The distinctive feature of forgiveness is the balance it strikes between backward looking accountability and forward looking reconciliation The Healing of Nations combines a theory of the role of forgiveness in public life with four key case studies that test this ethic Argentina Chile Northern Ireland and South Africa Amstutz uses the hard cases to illustrate the promise and limits of forgiving without forgetting

*Our Spiritual Destiny* Frederick R. Kipp, 2007-10-22 *Our Spiritual Destiny* Manifesting New Bodies discusses the ways that evolutionary forces are continuing to unfold through all gradations of life It explains the purpose of human life as the expansion of Consciousness in matter through ongoing body development We have the choice to fulfill this purpose consciously at an accelerated pace by changing and raising the matter of our bodies to a level of our divine essence Utilizing the capacities of our Higher Selves within an initiatory framework of growth and transmutation we can actively participate in our body development thereby helping to expedite the manifestation of new bodies The following are passages from various chapters in the book From Alignment Clarification Many of the ancient wisdom traditions sacred religious texts and modern day writers have all alluded to some form of physical transcendence life extension or the raising and refinement of the physical body From the past each culture religion or entity has its own interpretation and language of what the stories mean or symbolize and how they apply to the present day I believe that many of these references relate to physical ascension physical body perfection or physical immortality All include the same premise that our bodies are of a nature and essence which enable their transformation From *Our Journey into Matter* I have come to see all of creation as a work in progress gradually working its way towards fulfillment Through evolutionary forces matter is continually being prepared to express ever higher aspects of Consciousness in our physical life It may not always seem like it

but I also believe we are important agents of change for the expansion of consciousness in the world Our immortal human spirit repeatedly reincarnates within humanity with increasing experience to help unfold and expand a higher plan for matter However our main problem with this task is that by taking physical form in matter bodies we cannot remember our divine origins in the inner unseen realms From Remembering Some religious scholars suggest that the essence of all sacred material is somehow buried deep within our being If this is true then helping us remember must be the intent and purpose of all divinely inspired sacred books spiritual literature and cultural myths in the world Somewhere in our Being or Higher Self we already know the purpose of physical life in matter As evolution progresses and our consciousness expands through time we are incrementally working towards remembering this purpose From Spiritual Orientation and Alignment For most of us the physical demands of our daily lives capture our conscious attention and vital energies This happens gradually within our ritualized patterns and daily activities Through this physical focus and orientation the crystallizing force in matter constructs barriers within our consciousness and bodies that maintain and reinforce this alignment Because of its compelling and coalescing nature our life energies are drained through attachment to the form and routine of our lives As a result we usually feel and believe we have little left over to devote to our spiritual development From Health and New Body Alignment Most people have grown up with a body centered identity Everything about living in the world seems to condition us to identify with this orientation The realities of physical life throughout history have encouraged us to strengthen build up or perfect our natural body in one way or another This alignment has ensured the survival of our species Even today in our modern world we continue to value the attributes of physical strength fitness and vitality as the ultimate experience of a good life From the standpoint of our present bodies and our collective beliefs about them this orientation is helpful and necessary However

*Affinity* Amarah Quan Yin, 2001-10-01 Amarah Quan Yin's this collection of channeled teachings on the nature of spiritual initiation mystery schools and how to access energies for personal transformation By the author of The Pleiadian Workbook 40 000 copies sold More than 25 recorded transmissions from Ascended Masters St Germain Elohim Mother Mary and many others Includes guided meditations and exercises for everyday life Learn how to live in divine flow deepen your spiritual connection to the divine source and access spiritual guidance in becoming a true Master Being of Light In this series of channeled transmissions Amarah Quan Yin provides a fascinating chronicle of human spiritual evolution from a galactic perspective Quan Yin teaches that there is infinite loving assistance available to humanity from the higher dimensions In Affinity she transmits the wisdom of the Ascended Masters Angels and others to assist us in learning how to receive this help and attain personal transformation Drawing on the wisdom of Goddess Antares and the gentle support of the Dolphin Star Temple Higher Council Quan Yin explains how to retune our bodies minds emotions and spirits to the divine flow of the universe Mother Mary teaches us how to remove ourselves from negative astral planes From Elohim we learn how to work with our cellular structure on a spiritual plane This extensive collection of teachings offers specific exercises and techniques



to align us with our divine selves

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