

EMBODIMENT

Embodiment is one of the 6 Core Practices at Zen Garland.

Many practices provide such a path – Yoga, Tai Chi, Chi Gung, Aikido, Alexander Technique, Feldenkrais, Sensory Awareness, and Zen.

Embodiment Practices offer experiential opportunities to explore and discover in the bodily realms of sensory consciousness. They include both mental and physical training in concentration, presence, strength, flexibility, balance and coordination.

Through training, we learn to suspend abstract concepts and regain the intimacy of direct experience. This integrates and deepens sensory awareness without dividing body and mind. We call this unified consciousness Body-Mind. Awakening to Body-Mind is one of the key stages on the path to enlightenment.

Embodiment Practices develop life energy, called prana, chi or ki. This energy connects us directly with life, and can be directed toward absorption in concentrated states of meditation. Embodiment Practices develop a fuller sense of being, reclaiming natural movement, vitality, connection and responsiveness.