

## Our Inner Ocean

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this book describes ancient and new holistic modalities of practitioner applied bodywork and revitalizing self care practices that illuminate our human potential and awaken our ability to attain and maintain perfect health and well being

good health is something we all aspire to but its so much more than just being free of disease a perfectly functioning body tranquil mind and vibrant spirit working together harmoniously create the joy and happiness that put the good in good health and the worth into a life worth living our inner ocean describes ancient and new holistic modalities of practitioner applied bodywork and revitalizing self care practices these illuminate our human potential and awaken our ability to attain and maintain perfect health and well being these modalities act as a springboard from which to dive into our inner ocean the realm of wisdom within that is entered by making the body breath and energy our allies this mystical space of awareness intuition peace and love can become the resting place of the spirit subtly working its magic on ourselves and others bodywork has long been recognized as a way to help people feel better physically but the magic of touch can also help us tap in to the wisdom of the body discover the power of the energy that permeates it and evoke its innate healing ability self care practices such as yoga qi gong breathwork and meditation help us become our own healers when we pass through these portals into the inner ocean we can reduce stress and pain release blockages prevent and resolve dysfunctions and ignite our spiritual nature and in doing so we make the world a better place

unlock your hidden potential with this practical and approachable introduction to self directed inquiry the main meditative practice of the diamond approach much like the ocean each of us has inner depths an entire world beneath the surface of everyday living pulsing with beauty life and mystery the secret depths of our inner worlds are the very things that we spend our lives searching for love support belonging meaning joy and freedom through a contemplative practice known as diamond inquiry you can begin to directly explore your conscious experience just like a diver exploring a reef you ll discover wondrous treasures and terrifying sights alike as well as infinite expanses and limitless potential and freedom diamond inquiry combines the depth of meditation with the power of understanding and psychological insight guided by your own curiosity you use a variety of questions to explore your present moment experience as it unfolds deepens and transforms this method was developed by a h almaas founder of the diamond approach though the practice is ideal for anyone who wants to explore their inner world dominic c liber introduces this powerful tool along with step by step exercises to develop your understanding through this simple yet profound practice in time every situation will become a doorway to realizing and actualizing deep insight and transformation

this little book is not so much a guide book in itself as an introduction or key to local guides or a preparation for conversation with intelligent boston people who will meet a newcomer into that town every summer there arrive people from different parts of the world who have a curiosity about the history of boston or about its activities in past times which they would gladly gratify as well as possible in a few days stay there

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