

EMBODIED AWAKENING

Anne Douglas

For millennia humans have searched for the meaning of life, a connection to the natural order and higher all-pervading consciousness central to existence. It could be said every philosophy or religion is rooted in these enduring contemplations, and that self-realization, enlightenment, and awakening are their resolution.

In the embodied teachings of Tantra we begin with the recognition there is already a wakefulness in every cell and atom of your body. In any given moment a symphony of activity is orchestrated by an unseen intelligence dancing the more than 7 octillion atoms (that's a 7 with 27 zeros!) in your body towards harmonized functioning.

This animating force is the same intelligence giving birth to galaxies, guiding the turn of the seasons, driving the rhythm of oceanic tides, and turning day into night.

Your body is already awake. Even when asleep it is awake and performing essential tasks such as muscle repair, detoxification, and storing information in memory. But underneath or within all that activity is a silent, still, awake presence that unlike the body, is beyond time and space.

When attuning to our body's natural intelligence and wakefulness we avail ourselves to the direct perception of our true nature as an infinite consciousness interpenetrating everything - and to the realization that it has been here all along.

In the practices of Kashmir non-dualism or Tantra we use the body's sensitivity to open to subtler and subtler levels of experience, each of which providing contrast for the subtlest ground of pure consciousness. Enlightenment is not something to await in some future moment of profundity but is ever present and available now. It's just that most of us aren't oriented to it.

Through various somatic practices of meditation, breath work, movement and inquiry, we sensitize ourselves to our body's natural impulses, rhythms, and desires as a form of inner dialogue. Your body is an exceptional biofeedback mechanism ever guiding you towards a truly authentic life aligning you with your deepest heart's desire and life's calling. Instead of overriding the body we listen to, honor, and befriend its intuitive flow.

The body speaks the truth. It cannot tell a lie. When we move with the truth of our body we move with the truth and intelligence of the universe. This inner intelligence is likened to music moving the body in a divine dance and as its dance partner we choose to move with it or not.

As we attune inwardly we notice old conditioned habits which no longer serve us and learn to disidentify from them; not out of self-refusal, but from self care and love. In so doing inner peace and quietude arise with a greater capacity for stillness and silence.

During the **Embodied Awakening Retreat, January 9-16, 2018 in Thailand** we'll use periods of silence as a delicious invitation to deepen into stillness and silence. We become like quantum physicists discovering firsthand that what appears to be solid matter is actually open space. And we ARE that! We are unbound, spacious, conscious awareness.

As we dwell as this spacious, silent stillness we find our most authentic self, essential wholeness, and inherent freedom. We live as Embodied Awakening.

Retreat Leader Anne Douglas will engage the teachings of nondual yoga through practices including guided meditation, gentle body movement & tandava*, breath sensing, iRest Yoga Nidra, self-inquiry, interactive dialogue, and periods of silence.

**Tandava is the Dance of Bliss or Enlightenment and experienced as spontaneous movement*

[More information and registration is available](#) for the Embodied Awakening Retreat. For those in the [IRI Certification Program](#) this event fulfills the long retreat requirement.



Anne Douglas has been teaching Yoga and Meditation for over 30 years and leads trainings and workshops throughout North America and the world. She is founder of Anahata Yoga Therapy, past Director of Trainers for the Integrative Restoration Institute, and has co-taught retreats & trainings with Richard Miller, PhD. Anne's boundless enthusiasm, depth of wisdom, and gentle humor create fertile ground for integration and inspired learning.

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