

Embodied Awakening by Anne Douglas

For millennia, humans have searched for the meaning of life and for a connection to the natural order of things and to a higher or all pervading consciousness that is central to all of existence. It could be said that every philosophy or religion has its roots in attempting to answer this enduring question, and Self-Realization, Enlightenment or Awakening as the remembrance or resolution of it.

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

This animating force is the same intelligence that gives birth to galaxies, guides the turning of the seasons, drives the rhythms of oceanic tides and turns day into night.

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

When we attune to our bodies natural intelligence and wakefulness, we avail ourselves to the direct perceiving of our true nature as an infinite consciousness that interpenetrates 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 provide contrast for the subtlest ground of pure

consciousness. Enlightenment is not something that we are waiting for 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 that is ever guiding you towards a truly authentic life that aligns you with your deepest hearts desire and life calling. Instead of over riding 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 can be likened to music that moves the body in a divine dance, and as its dance partner, we can choose to move with it or not.

As we attune inwardly, we begin to notice old conditioned habits that no longer serve us and learn to dis-identify from them. Not out of self-refusal, but out of self care and love. In so doing, a sense of inner peace and quietude may arise, along with a greater capacity for stillness and silence.

During the Embodied Awakening retreat, we use periods of silence as a delicious invitation to deepen into this stillness and silence. We become as if quantum scientists, and discover first hand that what first appears as matter, is actually far more space. And we ARE that! We are unbounded, 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.

Anne engages the teachings of nondual yoga through practices that include guided meditation, gentle body movement and *tandava**, breath sensing, iRest Yoga Nidra, self-inquiry, interactive dialogue and periods of silence.

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

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



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