



Somatic Descent: Experiencing the Ultimate Intelligence of the Body

Reginald A. Ray Ph.D.

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Engaging the Body as Your Source of Infinite Knowing

Most of us sense that our bodies contain uncommon intelligence—we “feel it in our bones” or notice it in our “gut instincts.” But is there something far vaster here waiting to be experienced? With *Somatic Descent*, you are invited to tune into the natural wisdom of your body, refine and amplify it, and explore it fully.

In this program, pioneering teacher Dr. Reggie Ray presents a fascinating audio program on this rich dimension of Tibetan Buddhism: how to go beyond the veil of the thinking mind to tap the wondrous yet wholly trustworthy domain of your body.

Beyond Basic Mindfulness and into the Empowering Realms of the Soma

For those who've worked with basic breath and body-based meditations, this course will be a revelation: step-by-step guidance into some of the most transformative and powerful experiences charted by Buddhism's vast maps of consciousness.

Drawing on decades of teaching and scholarship, Reggie Ray shares a 13-CD curriculum of practices and insights to access the deepest knowing enfolded in the Soma, the landscape of your physical body and the source of immediate and greatest fulfillment.

With him, you will learn: how your body is a field of infinite wisdom, the origins of somatic descent practices and how they transform us on both the neurological and non-physical levels, many meditations for connecting with and embracing the Soma, and how to integrate these profound changes into your daily life.

HIGHLIGHTS

- Your body as the field of infinite knowing
- How to explore the wisdom of the Soma
- Yin Breathing, Connecting with the Earth, and many other guided practices
- Over 13 hours of investigation into the somatic dimensions of awakening

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