Ways of Being a Body - Volume III

Body and Awareness

Edited by Sandra Reeve
Our growing understanding of embodied awareness is one of the most extraordinary areas of contemporary research and practice.

On one side (the left brain, as it were), neuroscience constantly sheds new light on subjects like embodied cognition, the distributed brain (brain-in-the-gut), left and right brain hemispheres (McGilchrist et al.) and the processing of sensory and emotional data.

On the other side (the right hemisphere, as it were) our study and awareness of the experience of being in our bodies, moving, feeling pain, dreaming, meditating, getting ill and healing, is becoming increasingly nuanced. Academic research is approaching the experience of consciousness and awareness ‘from the inside’ and making remarkable discoveries.

The field of embodied awareness is transdisciplinary and multi-faceted: it has no academic subject listing, but is of central importance to those seeking to understand art, dance, the psychology of health, trauma, learning & development, the psycho-ecology of extinction and climate change, proprioception and interoception, ecological awareness, meditation, and the need for societal transformation in an age of multiple convergent crises. Here 20 practitioners bring a wide range of perspectives to bear on the subject:

The Actively Imagining Body ~ Helen Edwards
The Alchemical Body ~ Hilary Kneale
The Changing Body ~ Paula Kramer
The Choreauratic Body ~ Becca Wood
The Dreamweaving Body ~ Sarah Hyde
The Emanation Body ~ Anna Murray-Preece
The Enfolding Body ~ Kim Sargent-Wishart
The Imaginary Body ~ Alex Crowe
The Instrumental Body ~ Olga Masleinnikova
The Integrative Body ~ Elaine Hendry Westwick

The Intuitive Body ~ Margaret Kerr
The Moving Body ~ Sandra Reeve
The Pain Body ~ Jamila Rodrigues
The Poetic Body ~ Carran Waterfield
The Proprioceptive Body ~ Laura Haughey
The Psychodynamic Body ~ Sandra K Lauffenburger
The Signing Body ~ Sheila Ryan
The Transformative Body ~ Ditty Dokter
The Unveiled Body ~ Céline Butté
The Vegetal Body ~ Ali East

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