

Triarchy Press

Ways of Being a Body - Volume III



Body and Awareness

Edited by Sandra Reeve

Body and Awareness

20 contemporary approaches to the study and experience of embodied 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 Choreoauratic 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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