

---

# The Intuitive Body Aikido As A Clairsentient Prac

---

Focusing in Clinical Practice: The Essence of Change

The Shaolin Monastery

Unlikely Teachers

Discipline and the Other Body

The Practice of Freedom

Becoming the Black Belt

The Intuitive Body

Getting Our Bodies Back

Zen Body-Being

Powers of the Mind

The Spirit of Aikido

The Book of Five Rings

Leading People the Black Belt Way

Dragons and Power

Journey to the Heart of Aikido

Biomechanics of Human Motion

Zen Bow, Zen Arrow

The Intuitive Body

The Athena Doctrine

The Spiritual Foundations of Aikido

Aikido and the Harmony of Nature

On Becoming a Leadership Coach

From Conflict to Conversation

AiKiDô

Discovering the Body's Wisdom

Writing Wild

Leadership Embodiment

Mindful Coaching

Lao Tzu: Tao Te Ching

Key Concepts in Ethnography

Mastering the Core Teachings of the Buddha

Planet Medicine

Aikido and the New Warrior

Planet Medicine: Origins, Revised Edition

Talk Rx

Being Dharma

Authentic Promotion

Inner Knowing

The Art of Somatic Coaching

Gentle Yoga for Healing

*The Intuitive Body Aikido  
As A Clairsentient Prac*

Downloaded from  
[qr.bonide.com](http://qr.bonide.com) by guest

---

## HUFFMAN COSTA

---

**Focusing in Clinical Practice: The Essence of Change** Sterling Publishing Company Incorporated

Using the metaphor of dragons as power, this book offers ways to be more inspired, empowered and effective. By training the wild, limitless part of our dragon energy we are able to use this power to bring wisdom, compassion and courage to our actions. Embedded in the pages you will find numerous short centering practices from one second to twenty seconds in duration. These short actionable practices are geared to synchronize body and mind to grow a bright and powerful leadership presence. In order to cultivate our benevolent power we need to understand

how to relax with our fears and irritations so they don't derail our best intentions. We all have a Noble, Awesome and Shiny spirit and this book helps us bring it into the light. As in the Leadership Embodiment model, these techniques are based on principles from the non-aggressive martial art of Aikido and mindfulness practices. Described in the book are six aspects of personal power and six aspects of social power. Personal Power is the capacity to tame and train your power to influence yourself. Social Power defines the way you influence others and are influenced by others. The final section is about making it happen - implementing, sustaining and managing the challenge of visibility and what happens when we do act with our benevolent power.

*The Shaolin Monastery* Hay House  
It is one thing to lament the financial

pressures put on universities, quite another to face up to the poverty of resources for thinking about what universities should do when they purport to offer a liberal education. In *Powers of the Mind*, former University of Chicago dean Donald N. Levine enriches those resources by proposing fresh ways to think about liberal learning with ideas more suited to our times. He does so by defining basic values of modernity and then considering curricular principles pertinent to them. The principles he favors are powers of the mind—disciplines understood as fields of study defined not by subject matter but by their embodiment of distinct intellectual capacities. To illustrate, Levine draws on his own lifetime of teaching and educational leadership, while providing a marvelous summary of exemplary

educational thinkers at the University of Chicago who continue to inspire. Out of this vital tradition, Powers of the Mind constructs a paradigm for liberal arts today, inclusive of all perspectives and applicable to all settings in the modern world.

*Unlikely Teachers* Springer

The Intuitive Body draws on the principles of the non-aggressive Japanese martial art aikido and meditation to present a fresh approach to cultivating awareness, attention, and self-acceptance. Author Wendy Palmer shows readers through basic practice and partner exercises how to become more aware of the body and trust its innate wisdom. She introduces exercises from the Conscious Embodiment and Intuition Training program she pioneered, connection movement, meditation, and breathing. These exercises form a daily practice that can help the process of integration, of deepening and unifying the self, and learning to deal with fear and anger. Written in a direct yet nurturing style and based on the author's many years of practice and teaching, this revised edition of *The Intuitive Body* contains new material on Conscious Embodiment movement and meditation practices. Also here are new chapters on advocating without aggressing and the wisdom of not knowing — embodying the qualities of dignity and integrity in everyday life. The book is ideal for readers who are already engaged in the process of becoming, as well as for those who are looking for ways to find the courage to begin.

**Discipline and the Other Body** North Atlantic Books

In an attractive, oversized format, enlivened with illustrations, sidebar quotes, personal accounts, techniques to try, and profiles of leaders in the field, *Discovering the Body's Wisdom* is a basic resource for well-being and natural health. Body disciplines and therapies have enjoyed phenomenal growth in the past decade, becoming a major alternative to mainstream medicine and traditional psychotherapy. But with more than 100,000 practitioners and dozens of methods available in the United States alone, how can consumers choose the right one for themselves? Mirka Knaster's richly informative guide provides an overview of the principles and theories underlying the major Eastern and Western body therapies, or "bodyways." It shows readers how to befriend their own bodies, getting back in touch with their internal sources of health and wisdom. It also describes more than 75 individual approaches, answering such questions as:

How does each therapy work? What can we expect from one session or a series? What are the reasons for selecting this method? How do we find a qualified practitioner? What, if any, are the "consumer-bewares"?

*The Practice of Freedom* Kogan Page Publishers

Details a five-step process for learning how to communicate effectively in order to improve health, strengthen relationships, and reduce stress, while becoming comfortable with having honest exchanges.

*Becoming the Black Belt* Createspace Independent Publishing Platform

In this volume, nine renowned experts delineate their theoretical or methodological approach of Aikidô in potentiating constructive handling of social conflicts. The authors depict the contribution of the Japanese self-defensive art Aikidô to the theory and practice of conflict transformation. The concept of Elicitive Conflict Transformation (Lederach, Dietrich) necessarily calls for a revised understanding of applied peace work and a new personal profile of the conflict worker. This is the point where Aikidô and conflict/peace work meet.

*The Intuitive Body* New World Library Drawing on the poetic wisdom of the Tao Te Ching, American sensei Wendy Palmer translates the powerful teachings of aikido for use in everyday life. With poignant reflections on her own life, including teaching inmates in a woman's federal prison, she describes how we can regain our sense of freedom, vitality, and integrity when under the duress of life's "attacks" by transforming our negativity into budo, or unconditional love. *The Practice of Freedom* is invaluable not only for students of aikido and other movement and martial arts, but also for those who seek to live with confidence and self-reliance, to establish clear and compassionate boundaries, and to deepen their capacities for relationships.

**Getting Our Bodies Back** Shambhala Publications

Simple, accessible, and life affirming: these are the gentlest of Hatha yoga exercises, easy-to-do poses and postures that heal the body and nurture the spirit. Every move shown in these appealing photographs becomes a tool for self-empowerment, reducing stress, and increasing receptivity to wellness. The various components of a comprehensive program are offered, with all the elements working together to create a total healing practice. Start with positive affirmations, visualizations, and journal writing that will become part of your daily yoga lifestyle.

Take instruction in proper breathing, which will bring energy and calm to the mind. Try the 35 basic postures, all with specific guidelines and photos, and follow with deep relaxation and meditation. To make the yoga more effective, there's additional advice on eating well; special counsel for those recovering from injury and illness; techniques for self-massage; and ideas for combining yoga and nature.

*Zen Body-Being* Duke University Press

Aikido and the New Warrior includes essays which illuminate Aikido concepts as they apply to many different walks of life: sports, nature, anger, martial arts training, death, and aging to name a few. Please note that this book does not include information on martial arts techniques.

*Powers of the Mind* Shambhala Publications

Black belt Roy Dean retraces the trials and tribulations he faced in learning the sophisticated art of Brazilian Jiu Jitsu. From early competition experiences in Southern California, to running a world class academy and sharing that journey online, the lessons he learned are the lessons he shares with you. A must read for martial arts professionals and serious students of the path.

**The Spirit of Aikido** Aeon Books

"Ursula K. Le Guin, a student of the Tao Te Ching for more than fifty years, offers her own thoughtful rendering of the Taoist scripture. She has consulted the literal translations and worked with the scholar J. P. Seaton to develop a version that lets the ancient text speak in a fresh way to modern people, while remaining faithful to the original Chinese. This rendition reveals the Tao Te Ching's immediate relevance and power, its depth and refreshing humor, illustrating better than ever before why it has been so loved for more than 2,500 years. Included are Le Guin's own personal commentary and notes along with two audio CDs of the text read by the author, with original music composed and performed by Todd Barton."--Publisher's website.

**The Book of Five Rings** John Wiley & Sons

*Planet Medicine* is a major work by an anthropologist who looks at medicine in a broad context. In this edition, additions to this classic text include a section on Reiki, a comparison of types of palpation used in healing, updates on craniosacral therapy, and a means of understanding how different alternative medicines actually work. Illustrated throughout, this is the standard on the history, philosophy, and anthropology of this subject.

*Leading People the Black Belt Way* Shambhala Publications

The very idea that the teachings can be mastered will arouse controversy within Buddhist circles. Even so, Ingram insists that enlightenment is an attainable goal, once our fanciful notions of it are stripped away, and we have learned to use meditation as a method for examining reality rather than an opportunity to wallow in self-absorbed mind-noise. Ingram sets out concisely the difference between concentration-based and insight (vipassana) meditation; he provides example practices; and most importantly he presents detailed maps of the states of mind we are likely to encounter, and the stages we must negotiate as we move through clearly-defined cycles of insight. Its easy to feel overawed, at first, by Ingram's assurance and ease in the higher levels of consciousness, but consistently he writes as a down-to-earth and compassionate guide, and to the practitioner willing to commit themselves this is a glittering gift of a book. In this new edition of the bestselling book, the author rearranges, revises and expands upon the original material, as well as adding new sections that bring further clarity to his ideas.

Dragons and Power North Atlantic Books  
The life and inspirational teachings of Awa Kenzo, the Japanese master archer first introduced in the martial arts classic *Zen in the Art of Archery* A Zen and kyudo (archery) master, Awa Kenzo (1880-1939) first gained worldwide renown after the publication of Eugen Herrigel's cult classic *Zen in the Art of Archery* in 1953. Kenzo lived and taught at a pivotal time in Japan's history, when martial arts were practiced primarily for self-cultivation, and his wise and penetrating instructions for practice (and life)—including aphorisms, poetry, instructional lists, and calligraphy—are infused with the spirit of Zen. Kenzo uses the metaphor of the bow and arrow to challenge the practitioner to look deeply into his or her own true nature.

Journey to the Heart of Aikido W. W. Norton & Company  
Drawing on mindfulness, body psychotherapy and positive psychology, focusing teaches clients how to identify their inner awareness to spur change and therapeutic progress. This guide explains how to use focusing to treat a range of issues.

Biomechanics of Human Motion University of Hawaii Press  
New York Times Bestseller How feminine

values can solve our toughest problems and build a more prosperous future Among 64,000 people surveyed in thirteen nations, two thirds feel the world would be a better place if men thought more like women. This marks a global trend away from the winner-takes-all, masculine approach to getting things done. Drawing from interviews at innovative organizations in eighteen nations and at Fortune 500 boardrooms, the authors reveal how men and women alike are recognizing significant value in traits commonly associated with women, such as nurturing, cooperation, communication, and sharing. The Athena Doctrine shows why femininity is the operating system of 21st century prosperity. Advocates a new way to solve today's toughest problems in business, education, government, and more Based on a landmark survey and results from Young & Rubicam's respected Brand Asset Valuator's global survey, as well as on-the-ground interviews in 18 countries From acclaimed social theorist, consumer expert, and bestselling author, John Gerzema, and award-winning author, Michael D'Antonio Brought to life through real world examples and backed by rigorous data, The Athena Doctrine shows how feminine traits are ascending—and bringing success to people and organizations around the world. By nurturing, listening, collaborating and sharing, women and men are solving problems, finding profits, and redefining success in every realm.

Zen Bow, Zen Arrow North Atlantic Books  
A habitual movement as common as nail-biting or toe-tapping can be the key to pulling out addictive behavior by its roots. These unconscious movement "tags" indicate the places where our bodies have become split off from our psyches. When brought to consciousness and confronted they will often tell us very plainly where our psychological suffering originated, showing us where to begin reconnecting body and soul. Christine Caldwell, a pioneer in the field of somatic psychology, has created an original model for working with body wisdom called the Moving Cycle. She describes how this form of therapy has worked effectively in her own practice, and she provides practical techniques to show how we can learn to listen to what our bodies are telling us, confront addictive habits, and learn to celebrate our inherent wisdom and elegance.  
The Intuitive Body CRC Press  
You can have more power, presence, and

flow in your relationships and in your life by taking a moment to engage your best self. Judy Ringer's stories about how the martial art aikido can be applied to everyday conflict are reminders that we can become more conscious about the ways in which we "invent" our lives from moment to moment. Begin today to turn your difficult moments into golden opportunities.

The Athena Doctrine Simon and Schuster  
Morihei Ueshiba, who founded Aikido early in this century, intended that his martial art would give form to profound spiritual truth, and lead to a unification of the world's peoples. He saw Aikido not as a fighting method or as a competitive sport but rather as a means of becoming one with the laws of universal order--ki, or life energy. Unfortunately, the subtleties of Ueshiba's teachings, veiled in the esoteric terminology of Shinto, can be puzzling for even the most advanced practitioners. They are not passed down today, and have never been introduced to the West. Gleason, a fifth-degree (Godan) black belt in Aikido, recognizing the importance of the spiritual aspects of the discipline, researched its roots in Shinto, and in this book is able to offer a clear explanation of Ueshiba's teachings. • Unlike the common "how-to" manuals on basic technique, this is the first book to introduce the underlying spiritual principles of Aikido--the elusive concept of kototama (word souls), expressed as one spirit, four souls, three origins, and eight powers--and how they relate to the forms. • Teaches the student how to use Aikido to accomplish spiritual goals. • Reveals little-known teachings of Shinto and Aikido, relating them to Buddhism, Christianity, and other spiritual teachings.

The Spiritual Foundations of Aikido North Atlantic Books  
This book covers the general laws governing human biomechanics through an extensive review of martial arts techniques and references to fundamental theory. Using straightforward mathematics and physics, this work covers indepth the anatomical foundation of biomechanics and physiological foundation of human motion through specific and relevant martial arts applications. This book also covers the kinematics and kinetics of biomechanics via examples from martial arts and their comparison to different sports techniques. It is written to be used and referenced by biomechanical professionals and martial arts enthusiasts.