



Aligned, Relaxed, Resilient: The Physical Foundations of Mindfulness

Will Johnson

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The

emphasis on the mind in meditation can be somewhat misleading: If we pay attention only to mental processes and overlook the experience of the body, we can remain stuck in our heads and not be able to break free of the involuntary thinking that we find so claustrophobic and toxic. This short, practical guide helps us embrace the fact of our embodiment—the experience of the sensations, movements, and gestures of the body—and to realize that mindfulness is the natural state of awareness of a body that has learned how to experience its feeling presence. Johnson takes us through the three primary principles of the posture of meditation: alignment, relaxation, and resilience. He devotes a large part of each chapter to specific practices to help the reader experience different aspects of physical presence. This book is of interest to meditators of all traditions—Buddhists, Hindus, Christians, Jews, and others—as well as therapists, bodyworkers, and anyone interested in body-centered psychology and other natural modes of healing.

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