

*Healing from Trauma and  
Awakening to Your Body's Wisdom*



# Reclaiming Your Body

SUZANNE SCURLOCK-DURANA

*AUTHOR OF Full Body Presence*

# Reclaiming The Wisdom Of The Body

**Llewellyn Vaughan-Lee**



## **Reclaiming The Wisdom Of The Body:**

Reclaiming the Wisdom of the Body Sandra Hill, 1997 This practical illustrated guide examines the tradition of Chinese medicine Drawing on a vast tradition of exercise massage meditation and breathing techniques it encourages self awareness and self diagnosis

The Wisdom of the Body Christine Valters Paintner, 2017-03-03 The distorted view of the perfect female body created by popular culture television movies and the media often causes women to become uncomfortable with their own bodies Christine Valters Paintner popular author of nine books and abbess of the online retreat center Abbey of the Arts draws from Celtic desert and Benedictine traditions to help women connect with their bodies through writing visual art and movement In The Wisdom of the Body Christine Valters Paintner focuses on the true meaning of the Incarnation God became flesh and points to the spiritual importance of appreciating the bodies God gave us Each of the book s ten chapters is a mini workshop designed to lead us to new ways of being in relationship with our bodies Starting with the senses and shifting toward emotions and desires Paintner explores their role as thresholds to discovering the body s wisdom She draws from Christian tradition to offer principles and practices such as stability hospitality and gratitude to lead us on a journey that ends with a sense of deep peace and self acceptance Through expressive arts and creative movement Paintner demonstrates a new a language and way of integrating and sharing our discoveries By exploring the lives of women in the Bible and in the Christian tradition including Eve Mary Hildegard of Bingen and Amma Syncletica Paintner introduces us to companions that accompany us on our journey

**The Wisdom of the Body** Erik Shonstrom, 2020-02-19 Combining cutting edge science and educational philosophy The Wisdom of the Body offers practical effective advice for anyone interested in how humans learn and think With compelling arguments in favor of an embodied approach to school Shonstrom illuminates the power of learning through physical sensory experiences and challenges traditional approaches in education by offering dynamic ground breaking examples of how an embodied pedagogy could revolutionize learning

**Reclaiming Your Body** Suzanne Scurlock-Durana, 2017-05-15 A guided tour through the body s innate healing powers Many of us have learned to ignore deny or even mistrust the wise messages our bodies give us The result is that when trauma strikes a time when we need every aspect of our beings to master the challenge we may find ourselves disconnected from our greatest strengths Suzanne Scurlock Durana who has spent thirty years studying the gifts of the body and teaching thousands how to reclaim them began to recognize this strength which she likens to a GPS when she herself experienced a life threatening trauma Here she walks readers through different areas of the body revealing the wisdom they hold and how to reconnect with that wisdom As she shows in this warm compassionate book the body s abilities are always available we must simply reconnect with them

New Methods in Social Justice Research for the Twenty-First Century Alpha Possamai-Inesedy, Gabrielle Gwyther, 2013-09-13 This book provides a source of innovative theories and data for researchers grappling with social justice methodology and research methods in an environment constrained by funding agendas This book foregrounds and promotes

creativity and imagination within a critical frame of reference to challenge the status quo It invites people into creative spaces for thinking about and researching the social With in these spaces both the processes of social justice research methodology and the presentation of the research re presentation are seen as being intertwined This book explores methodologies which include but are not limited to writing as inquiry performance ethnography emotional geographies arts based inquiry autoethnography evocative inquiry reader s theatre This may include poetry monologues art music dance and other creative mediums Many of these methods are not new per se What is new is the blurring of traditional research boundaries for example between the social sciences and the arts and the initial movement of these methods from the margins to the mainstream in the search for more successful ways to effect social justice outcomes This book was published as a special issue of the International Journal of Social Research Methodology     **Reclaiming the Black Body** Alishia McCullough, 2025-01-14 An essential exploration of the overlooked impact of disordered eating among Black women and a prescriptive road map to returning to wholeness within our bodies from the clinical therapist who founded Black and Embodied Counseling and Consulting PLLC Lights a radical path away from trauma and blame toward healing self acceptance and ultimately joy Linda Villarosa author of Pulitzer Prize finalist Under the Skin The Hidden Toll of Racism on Health in America Food has always been a political tool for the oppressor and the Black body has always been one of its many battlegrounds Licensed mental health therapist somatic healer and eating disorder specialist Alishia McCullough understands that for far too many Black women racial trauma s seismic impact has disrupted their most essential relationship the one they have with their bodies and by extension with their food African Americans are disproportionately impacted by disordered eating behaviors yet their experiences are frequently neglected by doctors and mental health experts As a result our most vulnerable communities are forced to navigate systems primed to dismiss their needs leaving them without proper care or often even the language they need to identify what s wrong McCullough s groundbreaking work radically validates the lived experiences and generational traumas of BIPOC communities As part of a steadily growing movement among clinicians to decolonize therapy her deeply affirming approach seeks to understand disordered eating patterns by examining the psychological wounds left by centuries of racism Weaving together crucial history compelling client stories guided meditation journal prompts and McCullough s own journey with disordered eating behaviors **Reclaiming the Black Body** offers readers a safe space to feel seen and a powerful pathway to healing This revealing potentially life saving book illuminates the way home back to the safety and comfort found within our bodies     **Reclaiming Body Trust** Hilary Kinavey, MS, LPC, Dana Sturtevant, MS, RD, 2024-02-13 Now in paperback A holistic and powerful framework for accepting and liberating our bodies and ourselves Essential reading for anyone who has struggled to feel at home in their body or to conform their body to external standards Savala Nolan author of Don t Let It Get You Down Have you ever felt uncomfortable or not at home in your body In this book the founders of Body Trust therapist Hilary Kinavey and dietitian Dana Sturtevant

invite readers to break free from the status quo and reject a culture that has taken advantage and profited from trauma stigma and disembodiment and reclaim and embrace their bodies Informed by the personal body stories of the hundreds of people they have worked with Reclaiming Body Trust delineates an intersectional social justice orientated path to healing in three phases The Rupture The Reckoning and The Reclamation Throughout readers will be anchored by the authors revolutionary Body Trust framework to discover a pathway out of a rigid mechanistic way of thinking about the body and into a more authentic sustainable way to occupy and nurture our bodies

**Historical epistemology and the making of modern Chinese medicine** Howard Chiang,2015-07-01 This collection expands the history of Chinese medicine by bridging the philosophical concerns of epistemology and the history and cultural politics of transregional medical formations Topics range from the spread of ginkgo s popularity from East Asia to the West to the appeal of acupuncture for complementing in vitro fertilisation regimens from the modernisation of Chinese anatomy and forensic science to the evolving perceptions of the clinical efficacy of Chinese medicine The individual essays cohere around the powerful theoretical methodological approach historical epistemology which challenges the seemingly constant and timeless status of such rudimentary but pivotal dimensions of scientific process as knowledge reason argument objectivity evidence fact and truth In studying the globalising role of medical objects the contested premise of medical authority and legitimacy and the syncretic transformations of metaphysical and ontological knowledge contributors illuminate how the breadth of the historical study of Chinese medicine and its practices of knowledge making in the modern period must be at once philosophical and transnational in scope

*The Youthful Body and Mind: Reclaiming Vitality and Longevity* Pasquale De Marco,2025-04-09 The Youthful Body and Mind Reclaiming Vitality and Longevity is an empowering guide to reclaiming your youthful vitality and embracing the beauty of aging With a holistic approach that encompasses physical mental and emotional well being this book provides a roadmap to rediscovering your zest for life and living a longer healthier and more fulfilling life Drawing on the latest scientific research and inspiring stories Pasquale De Marco offers a wealth of practical strategies for adopting a healthy lifestyle cultivating mindfulness and emotional intelligence enhancing cognitive function and nurturing meaningful relationships Through thought provoking insights and actionable advice The Youthful Body and Mind Reclaiming Vitality and Longevity empowers you to take control of your aging journey and unlock your full potential Inside this comprehensive guide you ll discover The science behind aging and the key factors that influence longevity A comprehensive plan for adopting a healthy lifestyle including diet exercise sleep and stress management Techniques for cultivating mindfulness emotional intelligence and self compassion Methods for enhancing cognitive function memory and creativity The importance of nurturing meaningful relationships and finding fulfillment in life How to embrace the beauty of aging and find joy in the present moment The Youthful Body and Mind Reclaiming Vitality and Longevity is more than just a book it s a transformative guide that will inspire you to live a longer healthier and more fulfilling life With its accessible writing style relatable

anecdotes and evidence based strategies this book is an invaluable resource for anyone seeking to reclaim their youthful vitality and embrace the beauty of aging Unlock the secrets to a vibrant and fulfilling life with The Youthful Body and Mind Reclaiming Vitality and Longevity Join Pasquale De Marco on this extraordinary journey of self discovery and transformation If you like this book write a review [Dance in Medicine](#) Felicia Dunbar,AI,2025-02-24 Dance in Medicine explores the remarkable role of dance therapy in both physical rehabilitation and mental well being highlighting its holistic approach to healing This book examines how dance strategically applied can stimulate neuroplasticity enhance the mind body connection and serve as a potent therapeutic tool By integrating physical emotional and cognitive dimensions dance offers a unique approach challenging traditional often compartmentalized healthcare models It details how specific movements can improve cardiovascular health reduce stress hormones and foster emotional expression demonstrating dance s capacity to address conditions like chronic pain and motor impairments The book begins by tracing dance s historical roots as a healing modality evolving to modern clinical applications It then transitions to the physiological mechanisms at play presenting evidence from clinical trials observational studies and qualitative research Structured into three sections the book introduces dance therapy s principles explores specific applications through case studies related to conditions like Parkinson s and autism and addresses practical implications for integrating dance into healthcare systems The book aims to equip readers with a thorough understanding of dance s therapeutic potential advocating for its recognition as a valuable tool for promoting wellness **The Barbara O'Neill Short Home Apothecary Book** Olivea Moore, Are you ready to reclaim your health naturally and confidently Unlock the secrets of 250 powerful herbal remedies that have been quietly healing people for generations now gathered in one comprehensive guide inspired by Barbara O Neill s teachings Whether you struggle with pain low immunity restless nights or everyday ailments this book offers practical easy to follow solutions using herbs you can grow gather or find in your local store Dive deep into the foundations of herbal medicine learn how to build your own home apothecary and discover gentle remedies for men s and women s health digestive wellness and so much more This book empowers you to take control of your wellness blending time tested herbal wisdom with modern practical guidance all designed to fit your busy life and support lifelong health Don t wait to experience the healing power of nature Start your journey to vibrant health today by adding The Barbara O Neill Lost Home Apothecary Book to your collection Your body mind and spirit will thank you for it [The Transformational Power of Fasting](#) Stephen Harrod Buhner,2012-02-02 Fasting practices to reconnect with the sacred regain a sense of your life s purpose and heal physically and emotionally Details what to expect during your fast physically emotionally and spiritually Provides step by step guidelines on preparing for the fast how long you should fast what you can and can t do during the fast and how to end your fast Explains how fasting can help or heal many chronic conditions such as type II diabetes hypertension cardiovascular disease arthritis psoriasis and insomnia For millennia humans have fasted for spiritual emotional and physical reasons as a way to heal their bodies reconnect to the

sacred regain a sense of life's purpose and allow their souls to detoxify. We are evolutionarily designed to fast and the body knows how to do it very well. Fasting allows the body and all its systems to rest, purify and heal. During a fast, the body enters the same cleansing and healing cycle it normally enters during sleep. As a fast progresses, the body consumes everything that is not essential to bodily functioning, including bacteria, viruses, fibroid tumors, waste products in the blood, buildup around the joints, and stored fat, and the mind and heart release their toxic buildup as well. As Stephen Harrod Buhner reveals, in order to be truly transformed, you must first empty yourself. Offering step-by-step guidelines to fully prepare yourself for a deep fast, Buhner explores what to expect during and after spiritual, emotional, and physical fasting and detoxification. He details the necessary dietary and mental preparations leading up to your fast, what you can and can't do during a fast, and how to end your fast. He also explains how to plan the length of your fast and how to choose between a water fast, a juice fast, or a mono diet fast. Revealing how fasting can help or heal many chronic conditions such as type II diabetes, childhood seizures, hypertension, cardiovascular disease, arthritis, psoriasis, insomnia, and fibromyalgia, Buhner shows fasting as a way to truly inhabit the body, to experience its sacredness, and to activate its deep capabilities for self-healing.

**The Collegium Phaenomenologicum, The First Ten Years** J. Sallis, Giuseppina Moneta, J. Taminiaux, 2012-12-06. It is our hope that this volume will serve to document both the history of the Collegium Phaenomenologicum during its first ten years, as well as some of the philosophical work that has grown out of the annual gatherings in Perugia. The Introduction narrates the history and is supplemented by the Appendices in which the programs and the participants for each of the ten years are listed. The essays, on the other hand, present in more finished form work that was developed in connection with courses, lectures, or seminars conducted during the first ten years of the Collegium. Giuseppina Moneta, John Sallis, Jacques Taminiaux. Introduction: The Collegium Phaenomenologicum in Its First Ten Years. GIUSEPPINA C. MONETA. The idea of the Collegium Phaenomenologicum first took shape in a conversation that I had with Werner Marx at his home in Bollschweil in the Spring of 1975. Previously, I had thought of the possibility of a gathering of phenomenologists somewhere in Italy during the summer months. And when I explained to Werner Marx that it would not be difficult to find accommodation for such a gathering in a Franciscan monastery in Umbria, he responded enthusiastically and assured me that such a project would have the support of the Husserl Archives in Leuven and in Freiburg.

**The Woman in the Shaman's Body** Barbara Tedlock, Ph.D., 2009-09-02. A distinguished anthropologist who is also an initiated shaman reveals the long hidden female roots of the world's oldest form of religion and medicine. Here is a fascinating expedition into this ancient tradition from its prehistoric beginnings to the work of women shamans across the globe today. Shamanism was not only humankind's first spiritual and healing practice; it was originally the domain of women. This is the claim of Barbara Tedlock's provocative and myth-shattering book. Reinterpreting generations of scholarship, Tedlock herself an expert in dreamwork, divination, and healing, explains how and why the role of women in shamanism was misinterpreted and suppressed, and offers a dazzling array of evidence from

prehistoric African rock art to modern Mongolian ceremonies for women's shamanic powers Tedlock combines firsthand accounts of her own training among the Maya of Guatemala with the rich record of women warriors and hunters spiritual guides and prophets from many cultures and times Probing the practices that distinguish female shamanism from the much better known male traditions she reveals The key role of body wisdom and women's eroticism in shamanic trance and ecstasy The female forms of dream witnessing vision questing and use of hallucinogenic drugs Shamanic midwifery and the spiritual powers released in childbirth and monthly female cycles Shamanic symbolism in weaving and other feminine arts Gender shifting and male female partnership in shamanic practice Filled with illuminating stories and illustrations The Woman in the Shaman's Body restores women to their essential place in the history of spirituality and celebrates their continuing role in the worldwide resurgence of shamanism today *Eating in the Light of the Moon* Anita Johnston, Ph.D.,2010-07-01 By weaving practical insights and exercises through a rich tapestry of multicultural myths ancient legends and folktales Anita Johnston helps the millions of women preoccupied with their weight discover and address the issues behind their negative attitudes toward food *The Pleasure Is All Yours* Rachel Allyn,2021-07-27 Reconnect to your inner sense of pleasure and joy through embodiment practices which put you in touch with the natural wisdom of your body and enhance your ability to connect with others In this time of increased fatigue loneliness and anxiety disconnection from our bodies and from each other is at the core of our personal pain and our collective suffering Women in particular are rewarded for and expected to participate in self denial By weaving together historical and cultural commentary humorous and poignant anecdotes and experiential tools backed by science The Pleasure Is All Yours is a step by step guide to help you release barriers to receiving life's pleasures and deeper connections with others In this timely guide holistic psychologist relationship and sex therapist and yoga teacher Dr Rachel Allyn introduces bodyfulness an embodiment method she developed to help you to awaken into your body's own capacity for healing and deeper connection Allyn explains how bodyfulness can connect you to four essential and overlooked types of pleasure sensual playful lively and erotic which overlap in many ways and helps you identify what can inspire your own pleasure in each category Through bodyful activities such as breathing exercises mindfulness yoga auditory release and dynamic movements this book helps you reunite with your inherent wisdom and soulful delight What the Body Wants Cynthia Winton-Henry,2004 Readers can learn the practice of InterPlay Interplay teaches the language and ethic of play in its deepest and most powerful sense It is based on a series of easy to learn incremental forms that lead participants to movement and stories silence and song ease and amusement These forms lead us to the wisdom of the individual and community body We come to know what has been locked inside us A full length audio CD is included with the book **Connecting Through Touch** Peggy Horan,2008-02 From a founding member of the famous Esalen Massage program at the Esalen Institute in Big Sur CA this book guides couples through a sensual and restorative massage exchange This intimate practice can enhance communication relieve stress and tension and to bring more joy into readers lives



thorough the healing power of touch      **Body & Soul, Healed & Whole** Tabitha K. Westbrook, LMFT-S, LCMHC-QS, LPC-S, LPC, 2025-04-01 If you re a survivor of sexual harm recovering your sexuality is possible You are worthy of good care The toxic effects of sexual trauma and abuse can be devastating and lasting Victims ability to experience healthy sexuality even if they free themselves from the abuse is often shattered If sexual abuse violence or coercive control is part of your story certified sex addiction therapist CSAT and trauma specialist Tabitha Westbrook wants you to know you are not alone and healing is possible In *Body Soul Healed Whole* Tabitha draws on her specialized expertise her own personal story of abuse and a deep knowledge of Scripture to create a safe and compassionate place for you to start recovering or even finding the healthy sexuality God intended for you With honest wisdom and empathetic understanding *Body Soul Healed Whole* will help you discover how to process your story of abuse whether it occurred as a child within marriage or by someone in a position of power without shame develop healthy relationships with God with ourselves and with others including those of the opposite sex reconnect with your good body and establish a foundation for healthy sexuality whether currently married or single identify and address any spiritual abuse that may have taken place within sexually abusive relationships understand what arousal structures are how they re formed and distorted by abuse and how to shift them when needed for healing and incorporate practical skills for self care during your healing process Sexuality does not have to be forever broken Rest assured in a God who understands and loves you in the deepest of deep ways and begin your journey toward wholeness restoration and healing      *The Return of the Feminine and the World Soul* Llewellyn Vaughan-Lee, 2009-11-01 The feminine holds the mystery of creation This simple and primordial truth is often overlooked but at this time of global crisis which also carries the seeds of a global transformation we need to reawaken to the spiritual power and potential of the feminine Feminine qualities belong to both men and women and they draw us into the depths within us into the mysteries of the soul whose wisdom is called Sophia Without the feminine nothing new can be born nothing new can come into existence we will remain caught in the materialistic images of life that are polluting our planet and desecrating our souls We need to return to the core of our being to where the sacred comes into existence And the mystical feminine holds the key to this work of redemption and transformation Over the past two decades Llewellyn Vaughan Lee has given different teachings on the feminine and the anima mundi the World Soul They are compiled here for the first time Llewellyn Vaughan Lee presents us with a clear picture of the Feminine which is now essential to building a new vision and value for our dear planet earth MARION WOODMAN Ph D Jungian Analyst and author This book is the work of an alchemist a vitally important contribution to the Great Work of rescuing the human soul from the darkness that currently shrouds it In this dangerous transitional time where ignorance confusion and cruelty abound its theme of the need for us to recover and comprehend the Feminine is of absolute and urgent relevance Few people are able to define and evoke the Feminine in the way that Llewellyn Vaughan Lee does in poetic and beautiful prose he speaks directly from his soul to ours acting as advocate for the longing of the anima

mundi the World Soul to be welcomed once again into our lives and our culture He knows that this is the time of humanity's awakening each one of us participates in the mystery of the light hidden within us and within all nature that is being awakened For exploring this mystery so directly and deeply and with such insight he deserves our deepest gratitude Women and men alike will welcome and treasure this book ANNE BARING co author The Myth of the Goddess Evolution of an Image and The Dream of the Cosmos A Quest for the Soul

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