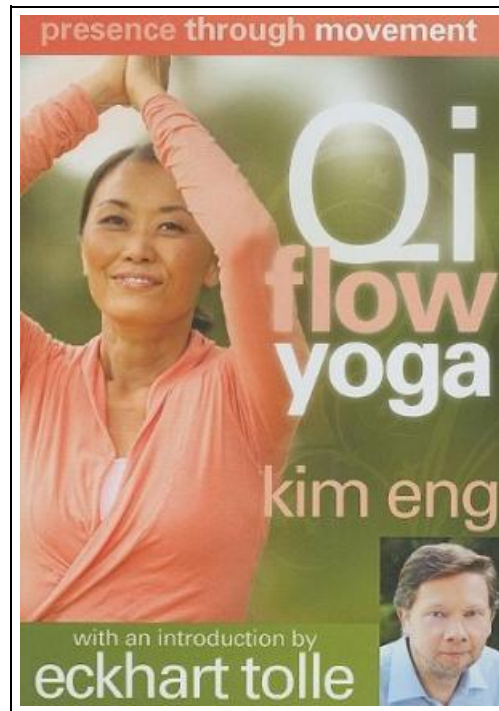


## Presence Through Movement



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### ***Reviews***

*Comprehensive guideline! Its this sort of good read. It is actually written in simple terms and never hard to understand. Its been developed in an exceedingly simple way which is just after i finished reading through this ebook where actually changed me, modify the way in my opinion.*

*(Mabelle Wuckert)*

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SOUNDS TRUE INC, United States, 2009. DVD video. Condition: New. Language: English . Brand New Book. Eckhart Tolle teaches that the present moment can t be experienced through the thinking mind. So what s one of the best ways to turn it off and experience presence? Put your body in motion. Now Kim Eng, Eckhart Tolle s teaching partner, shares some of the intuitive movements that have spontaneously arisen during her process of spiritual awakening. Inspired by t ai chi, Yin yoga, and qigong, these practices open the doorway to what Eckhart Tolle calls the joy of being. Filmed in a natural setting in southern California, this instructional DVD features an introduction by Eckhart Tolle about the value of moving meditation as well as Kim Eng s gentle step-by-step guidance for: The Dragon Awakens, an invigorating yet gentle movement based on t ai chi to wake up your energy A shaking exercise from the qigong tradition that helps connect you to the inner body The Bamboo Tree, a standing exercise that sends energy into the earth to help you feel grounded Eckhart Tolle believes that spiritual awakening requires full embodiment. With Presence Through Movement, you have a practical program to awaken your whole being to the transformational power of the present moment.



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