
Contents

<i>Acknowledgments</i>	15
<i>Introduction</i>	19
<i>Overview</i>	29

BREATH AND VOICE **Connecting Body and Soul**

The Gift of Breath	39
The Breath of Life	40
More About the Natural Breath	48
Experiences of Breath	56
How the Body Breathes	61
Explorations	68
The Miracle of Voice	79
The Divine Quality of Voice	81
The Anatomy of Voice	85
Voice as an Instrument of Soul and Self	87
The Healing Capacity of Voice	100
Song of the Soul	103
Explorations	107

THE BODY
Portal to the Heart and Mind,
Home of the Soul

Softening and Opening the Heart	115
Explorations	123
Grounding – Standing Solidly on Two Feet	127
Physical and Emotional Grounding	131
Grounding and Energy Flow	135
The Impact of Fear on Grounding	137
Spiritual Grounding	140
Explorations	143
Centering through the Legs and Mid-Body	149
Explorations	156
Releasing the Neck, Back, and Spine	161
The Physical Spine	163
The Emotional Spine	166
Movement	170
The Spiritual Spine	174
Explorations	178
Connecting to the Hands	185
Hands of Holiness	186
The Power of Touch	192
Explorations	199

Exploring the Face	203
The Face	205
Eyes and Vision	212
Nose and the Sense of Smell.....	219
Explorations	224
Getting to Know the Energy Body	233
Becoming Energetically Self-Aware.....	236
Energetic Boundaries and Movement.....	242
Learning to Work with Energy	260
Explorations	269
Understanding Sensory Processing	275
Embodied Life – Wholeness and Holiness	283
Appendices	
The Relationship of Body and Soul	291
A Torah Perspective on Body and Breath.....	307
A Look at Color	319
<i>Glossary</i>	325