

Body Mind Balancing: Using Your Mind to Heal Your Body; 2007; Osho; St. Martin's Press, 2007; 9781429907750; 192 pages

After a short time using this relaxing and meditation process, readers will begin to appreciate how much the body is working for them and supporting them, and from this new perspective can find a more harmonious balance of body and mind. Product Identifiers. Publisher.Â Divination Mind, Body & Spirit Books. French Mind, Body and Spirit Books. English Mind, Body and Spirit Books. Body Mind Balancing: Using Your Mind to Heal Your Body by Osho (Mixed media product, 2005). 2 product ratings | Write a review About this product. New (other): Lowest price. Using Your Mind to Heal Your Body. Year of publication : 2004. Publisher : St. Martin's Press.Â Special thanks to the many friends who contributed to the production of the audio, "Reminding Yourself of the Forgotten Language of Talking to Your Body Mind," including Veet Marco for composing and playing the intuitive and supportive music for this process, Anando Hefley for the translation and recording of the English language version, and Antar Alok for production and sound engineering. Book design by Ellen Cipriano. Foreword (excerpt from Om Shantih Shantih Shantih, ch.27). Introduction: Carol Neiman, Editor. Body Mind Balancing. Using Your Mind to Heal Your Body. Year of publication : 20 The book I just recently finished is titled "Body Mind Balancing" written by OSHO. I've been seeking ways to establish my inter-peace for quite some time so, I started studying and practicing Zen, and I read this book. The book is written to give guidance on how one should get to know their body and how to be good to the body.Â Mind Body balancing confronts contradictions in our thoughts about our traditions, religions, politics, social status, race, nationality, origin, sexuality, and even who and what we are taught to be. How many times have you heard someone they need balance in their life?Â I expected Body and Mind to be more keeping with the title but found the included CD to be quite helpful. Offering some new methods to add to my own healing meditations. Read more.