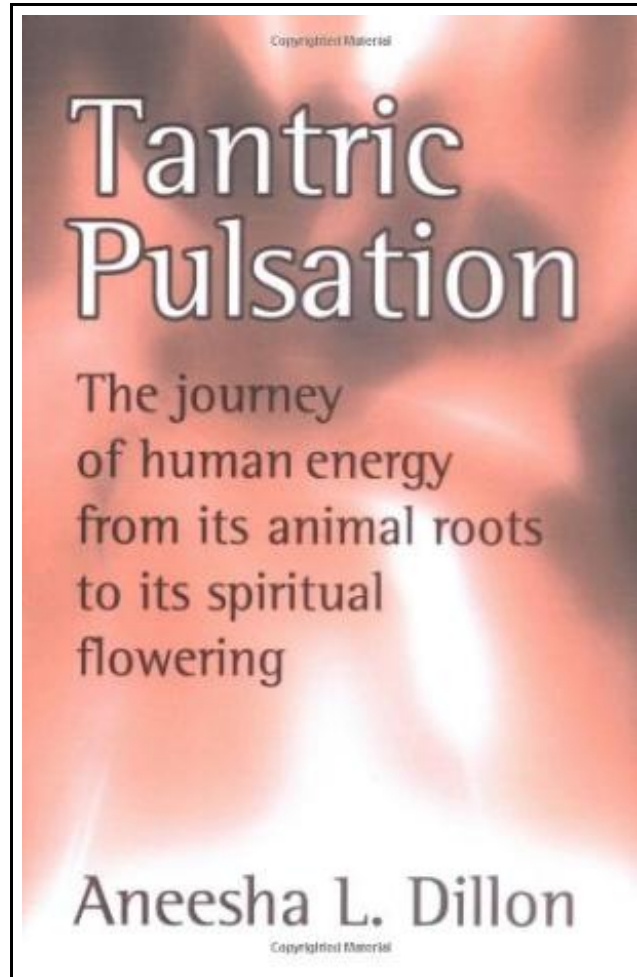


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Perfect Publishers Ltd, United Kingdom, 2005. Paperback. Book Condition: New. 212 x 140 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book celebrates Aneesha s thirty years of experience working with neo-Reichian methods of energy release, combined with meditation. It contains both theoretical and descriptive information about her work with people, which she calls Pulsation, and also traces the development of a new branch of her work, Tantric Pulsation. Aneesha s book, Tantric Pulsation, is rooted in the insights of two of the most controversial figures of the twentieth century, Wilhelm Reich and Osho Rajneesh. Reich was a disciple of Sigmund Freud, the founder of modern psychology. Reich agreed with Freud that sexual repression lies at the root of psychological neurosis, and went on to state that even ordinary, normal human beings are incapable enjoying their lives because of widespread sexual and emotional repression practiced by all civilized societies. Reich found that the physical body stores these repressed energies as tension in the muscles, which he called muscular armoring. He developed a system which uses breathing and body movement to release this tension, including strong emotional expression. This, in turn, allows energy to flow freely and naturally throughout the whole body, inducing a physical state of tremendous aliveness, together with feelings of relaxation and well-being. Osho Rajneesh, an Indian mystic considered by many a modern Tantra master, also works with life energy through his extraordinary and transforming Active meditations. His Tantra vision, wholly life affirmative, is rooted in acceptance, let-go, meditation, and celebration of life. This is a vision which embraces all human experience, from sex to superconsciousness. Aneesha s methods have grown from these two streams of understanding, one western, one eastern. The result is a unique process of self experience and transformation, both delightful and profound.



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