



Touching Enlightenment: Finding Realization in the Body

By Reginald A. Ray Ph.D.



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What does it mean to "meditate with the body"? Until you answer this question, explains Reggie Ray, meditation may be no more than a mental gymnastic ?something you can practice for years without fruitful results.

In *Touching Enlightenment*, the esteemed author of five books about Buddhist history and practice guides you back to the original practice of the Buddha: a systematic process that results in a profound awareness in your body rather than in your head.

Combining the scholarship that has earned him international renown with original insights from nearly four decades practicing and teaching meditation, Reggie Ray invites you to explore:

- How to enter fully into communion with your embodied nature
- The insights of Tibetan yoga, from guidance on breathing and working with discomfort to its challenge to modern practitioners on the path to realization
- Why "rejected" experience becomes imprinted in the body ?and how to receive it anew to reconstitute your human way of being
- Karma of cause and karma of result ?taking full responsibility for your life
- Your three bodies?the physical, the interpersonal, and the cosmic

"To be awake, to be enlightened, is to be fully and completely embodied. To be fully embodied means to be at one with who we are, in every respect, including our physical being, our emotions, and the totality of our karmic situation," writes Reggie Ray. In *Touching Enlightenment*, he offers you a map of unprecedented clarity and power for embarking on the journey toward ultimate realization in and through the body.

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Editorial Review

From Publishers Weekly

Ray, a student of Tibetan Buddhist master Chögyam Trungpa Rinpoche, has written several other books and very evidently knows a great deal about meditation and the Tibetan Buddhist tradition as passed down by his unconventional guru. This book about the ultimate nonconceptual wisdom—what we can know in our bodies—is, paradoxically, highly conceptual and very slow going. The prose is labored (a clear and accurate conceptual understanding of the subtle processes involved is necessary so we have the apparatus to receive, comprehend and give voice to our experience). Frequently, Buddhist teachers use concrete examples or real-life stories to illustrate difficult or subtle points. Ray shares one important anecdote from his own life, but more tales from his or his students' lives would help. The critique of Western overdependence on thinking is certainly familiar, so the author's starting point is not new. The visualization exercises he offers in the book's appendix are comparatively fresh. But these instructions are probably more effective heard than read, and Ray's publisher indeed offers an audio program of related meditation practices. This book could use hard editing and clearer, more concrete language and examples. (Jan.)

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Review

“Through his own deep experience, Reggie Ray skillfully guides us into an awakened bodily life. He offers necessary, wise, and liberating practices of realization within our mysterious human form.”

—**Jack Kornfield, PhD**, author of *A Path with Heart*

“*Touching Enlightenment* provides readers with a fresh look at the steps required to turn our understanding of enlightenment into full embodiment—a vital process that determines the way in which we actually conduct our lives. An indispensable book for the serious practitioner.”

—**John Daido Loori**, abbot of Zen Mountain Monastery and author of *True Dharma Eye: Master Dogen's Three Hundred Koans*

“Reggie Ray’s approach to the dharma is wonderfully fresh while also radically rooted in the foundation of the Buddha’s meditation instruction—mindfulness of body. He has a richly textured understanding of the lived body as the vessel of wisdom mind, as well as the carrier of all the karmic patterns that obscure this pristine awareness. Highly recommended.”

—**John Welwood**, author of *Toward a Psychology of Awakening*

About the Author

Reginald A. Ray

Reginald A. Ray, PhD, is the co-founder and spiritual director of Dharma Ocean Foundation, dedicated to the evolution and flowering of the somatic teachings of Tibetan Tantra. He is a lineage holder in the tradition of Chogyam Trungpa, Rinpoche. Reggie is the author of several books including *Touching Enlightenment* and *The Awakening Body*. He makes his residence in Crestone and Boulder, Colorado. For more, visit dharmaocean.org.

Users Review

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Andrew Sessions:

The feeling that you get from Touching Enlightenment: Finding Realization in the Body will be the more deep you searching the information that hide inside words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to comprehend but Touching Enlightenment: Finding Realization in the Body giving you thrill feeling of reading. The writer conveys their point in selected way that can be understood by means of anyone who read the item because the author of this reserve is well-known enough. This kind of book also makes your vocabulary increase well. It is therefore easy to understand then can go together with you, both in printed or e-book style are available. We highly recommend you for having this particular Touching Enlightenment: Finding Realization in the Body instantly.

Pete Dominguez:

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Beatrice Kennemer:

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Ronald Ruggles:

Many people said that they feel bored when they reading a book. They are directly felt that when they get a half elements of the book. You can choose the actual book Touching Enlightenment: Finding Realization in the Body to make your own personal reading is interesting. Your personal skill of reading expertise is developing when you such as reading. Try to choose very simple book to make you enjoy to read it and mingle the opinion about book and examining especially. It is to be very first opinion for you to like to open up a book and examine it. Beside that the publication Touching Enlightenment: Finding Realization in the Body can to be your friend when you're sense alone and confuse with what must you're doing of the time.

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