

# Radical Wholeness: The Embodied Present and the Ordinary Grace of Being

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There are qualities we all yearn to experience in our lives—peace, simplicity, grace, connection, clarity. Yet these qualities evade us because each of them arises from an experience of wholeness, and we live in a culture that enforces divisions within each of us. In *Radical Wholeness*, Philip Shepherd shows the countless ways in which we are persuaded to separate from the body and live in the head. Disconnected from the body's intelligence, we also disconnect from the wholeness of the present. This schism within us is the primary source of stress not just in our personal lives, but for the systems of the planet.

Drawing from neuroscience, anthropology, physics, the arts, myth, personal stories and his experiences helping people around the world to experience wholeness, Philip Shepherd illuminates what true wholeness means and offers practices designed to help readers soften into the intelligence of the body. *Radical Wholeness* is a call to action: to recover wholeness and experience a new way of being.

*Radical Wholeness* reveals that our culture is whole-blind, and it documents the devastation inflicted by that disability on our personal lives and the planet. But the book is also a practical guide for initiating a personal revolution. By finding your way out of the head and reuniting with your body's intelligence, you can ground yourself in a wholeness of being that feels and supports the harmonies not just of your life, but of our wakeful world. Philip Shepherd is an internationally recognized embodiment expert and the author of *New Self*, *New World* and *Radical Wholeness*. He travels the world teaching people how to ground their thinking in the calm, deep-dwelling intelligence of the body.

#### Other Books

*The Force of Tradition*, "The essays in this volume offer analyses of religious, literary, and cultural traditions and both responses and resistance to them including works by Hans-Georg Gadamer, Josiah Royce, Alasdair MacIntyre, Jacques Derrida, Charlotte Brontë, Søren Kierkegaard, Ludwig Wittgenstein, Edith Wharton, Chinua Achebe, Samuel Taylor Coleridge, Thomas Kuhn, Donald Davidson, antebellum, African-American women preachers, and Christian and Jewish thinkers in the wake of the Holocaust, among others."--BOOK JACKET.

☞ ☞ ☞ ☞ ☞ . The "I" confers on the other as gift , as grace , the vision of the other's wholeness and receives the same gift in ... In Christian thought , God's gaze and grace confers whole-ness on embodied persons , history , and the world ..."