



## My Body, My Earth: The Practice of Somatic Archaeology (Paperback)

By Ruby Gibson

iUniverse, United States, 2008. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. My Body, My Earth provides the tools to explore your somatic warehouse of generational memory in order to decipher the cause and effect of your experiences and life patterns. When your personal stories go unremembered they become dormant, and typically translate into a symptom- which is your body talking to you, saying, Wake up, pay attention, don't forget about this! Historical amnesia locks these stories in the body, manifesting as pain, disease, addictions, emotional patterns, and repetitive circumstances. Somatically excavating your personal legend unearths memories of the past that can be reconciled and healed in order to create a new myth-for your body and for your Earth. When we experience a symptom as painful, we are taught to suppress or ignore it. Doing this for long periods of time aggravates the symptom, establishing chronic, generational physical or emotional conditions. Expressing or tending to symptom through the process of somatic remembering, helps to relieve pain and creates spiritual well-being, emotional optimism, and physical freedom. This guidebook for personal transformation reveals the Five Steps of Somatic Archaeology so that...

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