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Selvam, PhD.

Embodied attunement is the ability to experience in our bodies emotions in the bodies of others. The article explores how we can develop this important capacity.

What is Embodied Attunement? Why is it Important in ...

The purpose of Attunement is this: To establish alignment in the body and mind and

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heart with the natural
life forces of Being, and
alignment in the body
with the forces of life
from Source. We can
experience
alignment—those
changes necessary to
the fulness of health
and strength in body
and mind and
spirit—only as we
remain true in ...

**The Purpose of
Attunement |
Attunement**

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The emotions are always felt in and through the body. Sometimes your moods are subtle, on the hazy horizon of your felt-sense, but learning what they feel like in your body is a first step on making the changes that you want to make for a healthier, more satisfying life.

Attunement Through the Body – FCMA

Attunement is the

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practice of opening thought and feeling to the source of wisdom and love which is within all people, increasing the flow of life-giving energy through the body, into the world. Attunement is an energy medicine practice and a consciousness practice.

Attunement

Attunement practitioners believe that positive shifts in

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consciousness release
a healing energy
through a person's
body, mind and
emotions. Traditionally,
the Attunement
practitioner is referred
to as a server and the
recipient is referred to
as a servee.

Attunement - Wikipedia

Attunement is the
practice of opening
thought and feeling to
the source of wisdom

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and love which is within all people, increasing the flow of life-giving energy through the body, into the world. Attunement is an energy healing and spiritual practice.

Attunement healing - Doctor Ken Harris

Attunement is a non-invasive therapy incorporating non-touch and occasional light touch that balances the

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physiologic and energetic functions of the body. Attunement opens the sacred space for health, healing and well-being. -

International
Association of
Attunement
Practitioners, 2000

About Attunement - International Association of Attunement ...

The process of
attunement looks very

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similar in these situations, except for some biological differences. The body produces a pleasure-producing hormone called oxytocin during birth. Following birth, production of this hormone continues through breastfeeding and physical touch.

**What Is Attunement
(And Why It Is
Important in
Parenting ...**

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Attunement: An attunement is a spiritual energy that is transferred to you as a remote energy transfer. It feels like an energy shower, flowing through your entire aura and body. After the attunement this energy is always at your disposal. That is done by activating the attunement. After receiving it, just say the name of the attunement in your

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mind or aloud and the energy will start to flow again.

CHAKRA 2: FEELING FINE IN A PHYSICAL BODY ... -

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DNA Activation & Attunement is an energy healing and breathwork process facilitated through a series of attunements that work with a spiraling vortex of energy that directs frequencies of high vibrational light through all systems of the body, chakras & meridians to bring

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mental, emotional &
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Attunement through the body (Book, 1992)

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Architecture is shown to endow experience with attunements that are equally material, spatial, and linguistic, apprehended by both the body and the mind, through emotions and

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ideas, providing us with the kind of architectural atmospheres we would not only love to inhabit but dream of designing. For that last purpose there will be no better guide than this book

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