

Larry Goldfarb

The Peculiar Power of PRAYER



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The Peculiar Power of Prayer: Considering prayer as a physical practice 2018

Inspired by how Moshe Feldenkrais explored the potential of the position of prayer in a few of the *Awareness Through Movement® (ATM®)* lessons he created, the lessons in this series are good for folks who want to improve their dexterity, including musicians, athletes, sculptors, painters, knitters, magicians, and so on. These ATMs are also helpful for freeing the shoulders, neck, chest, and spine. Because you'll find and improve the connection between your hands and your heart as well as your hands and feet, they can be of benefit to may. One more consideration: One of the recurring themes in these lessons is exploring and expanding how you pay attention.

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02	MP3 Audio	Hands clasped: Reaching beyond
03	MP3 Audio	Hands clasped: Reaching beyond (free)
04	MP3 Audio	Hands clasped: Untangling the roots
05	MP3 Audio	Hands clasped: Uplifting
06	MP3 Audio	Hands clasped: Illuminating
07	MP3 Audio	Hands clasped: The wave
08	MP3 Audio	Hands clasped: Unlocking potential
09	MP3 Audio	Hands clasped: One way around
11	MP3 Audio	Hands clasped: Underpinnings
12	MP3 Audio	Hands clasped: A gentle turn
13	MP3 Audio	Hands clasped: Encompassing

Archived Resources - 13 x MP3 audio files