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Body-Centered Inquiry: Meditation Training to Awaken Your Inner Guidance, Vitality, and Loving Heart

Jonathan Foust

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When we say we're "going with our gut" or "listening to our heart," we often mean we're consulting a source of intuition that we don't really understand. But what if you could develop a consistent and reliable way to receive guidance from a deeper level than the thinking mind? Now teacher Jonathan Foust presents a unique method for tapping our deepest wisdom through the body-combining mindfulness meditation, focusing, and intuitive inquiry into a practice he calls Body-Centered Inquiry. On *Body-Centered Inquiry*, he offers a complete course on accessing the "still, small voice within" to find answers to persistent problems, set free your creativity, and deepen the connection between your body and mind.

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