

Contents

Introduction	1
1. Viriditas: Claiming New Body Stories	13
2. Breath: The Gateway to the Body	33
3. Senses: The Threshold and Sacrament of Experience	53
4. Feelings and Desire: The Ocean of Emotion	73
5. Thoughts: The Inner Witness	93
6. Exile and Lament: The Vulnerability of the Body	109
7. Holiness Made Flesh: The Incarnation and Embodied Life	131
8. Ecstasy and Reclaiming Joy: Expanding Our Threshold of Tolerance	151
9. The Greening of the Body: The Earth as Matrix	173
10. Coming Home to Your Body: The Vocation of the Body	189
Conclusion	203
Acknowledgments	207
Notes	209
Additional Resources	213