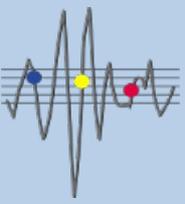
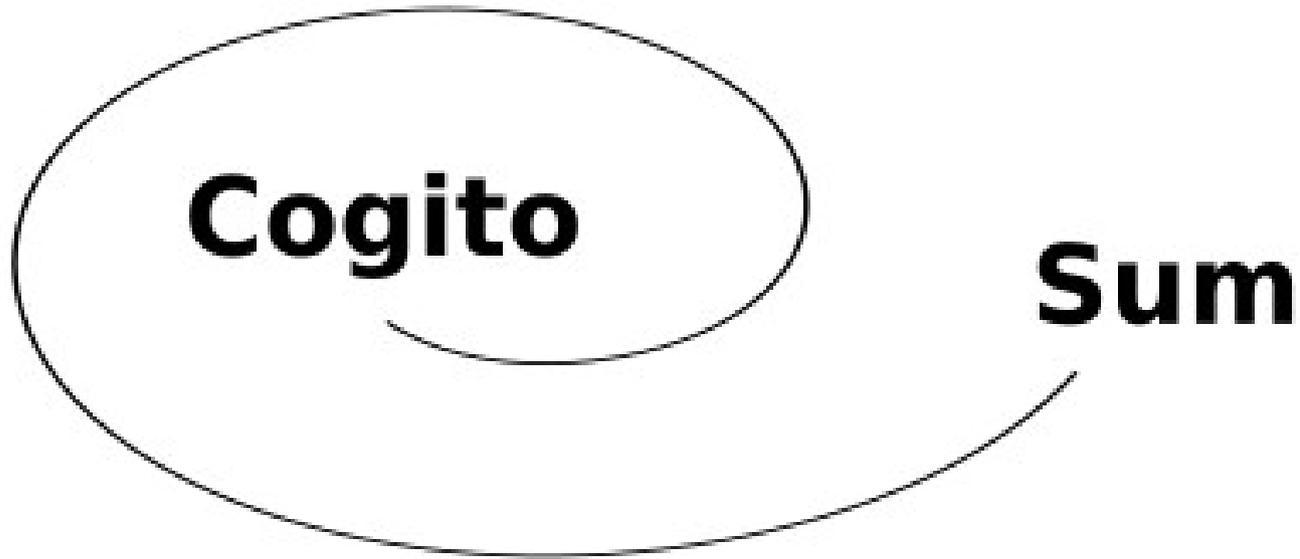


il Sé

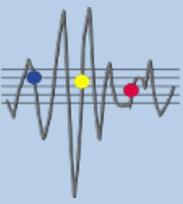


il Sé :

- ego cogito ergo sum
- la tripartizione del SNC
- la specializzazione della corteccia
- la propriocezione
- propriocezione + attenzione
- la tripartizione del sé
- le pratiche quotidiane



“Penso quindi esisto” (Descartes, 1596 – 1650)



(mind & brain)

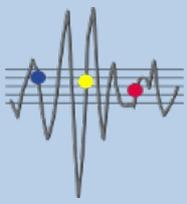
cognition

Ego

the **Self**



Neuroscienze cognitive (1990 ca. – oggi)



(mind & brain)
cognition

Ego

the "enriched" **Self**

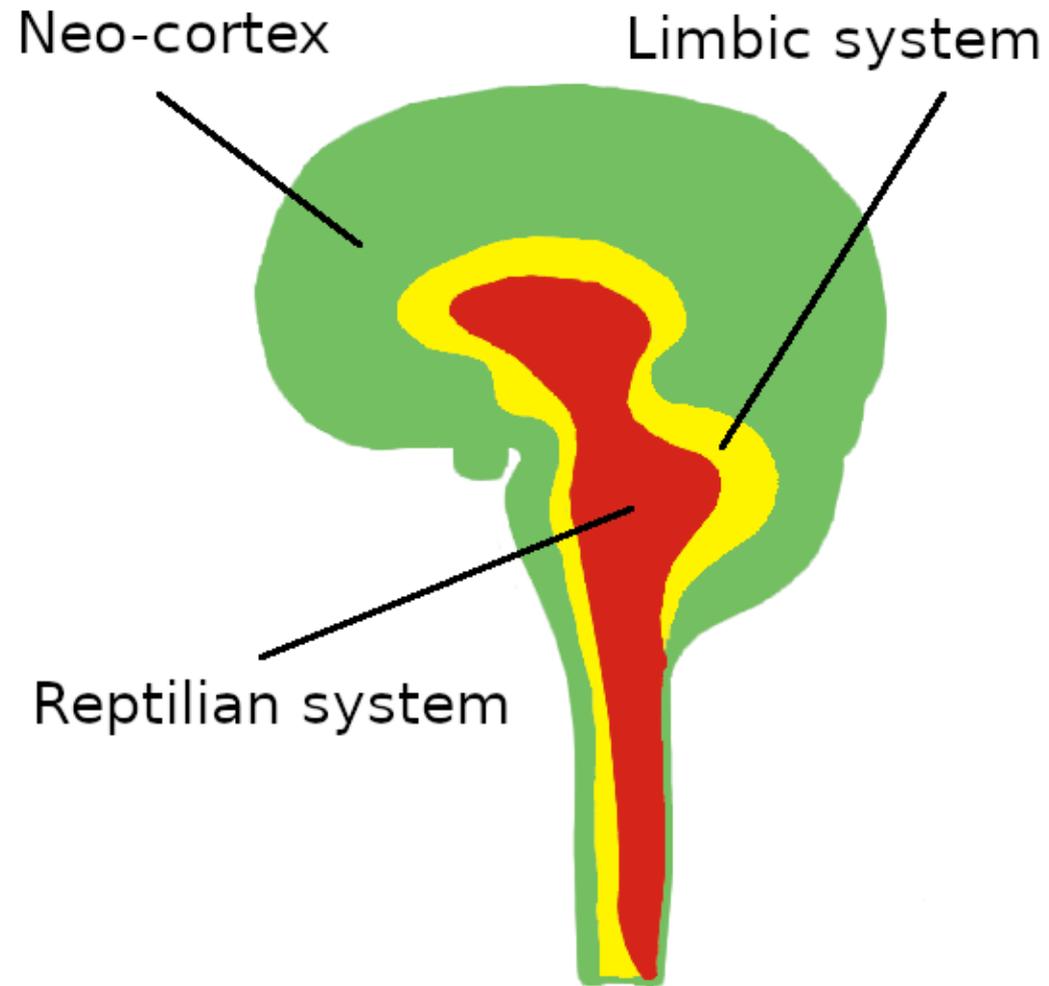
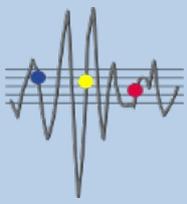
+

Proprioception

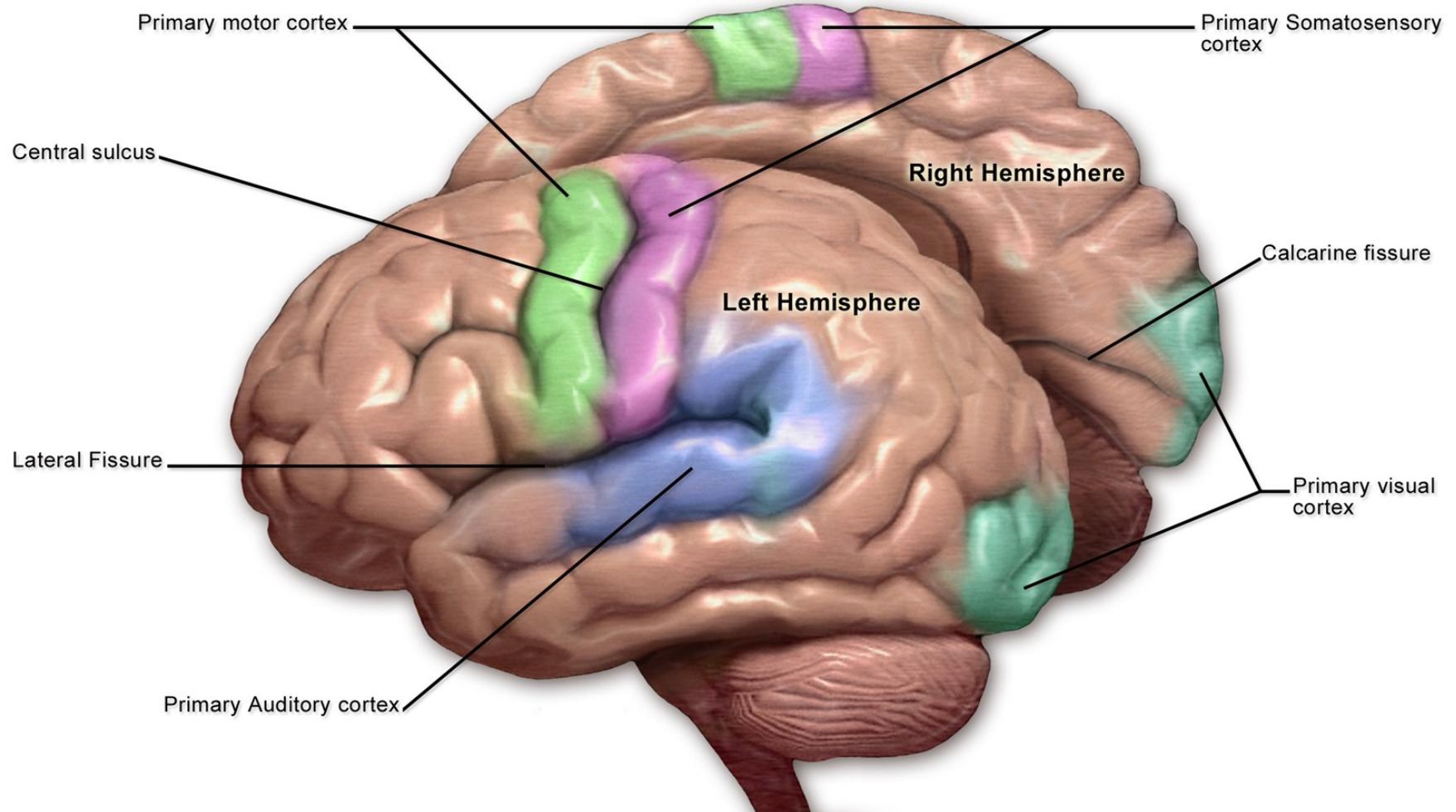
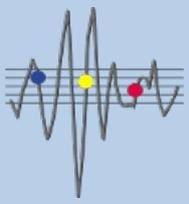
Embodied cognition



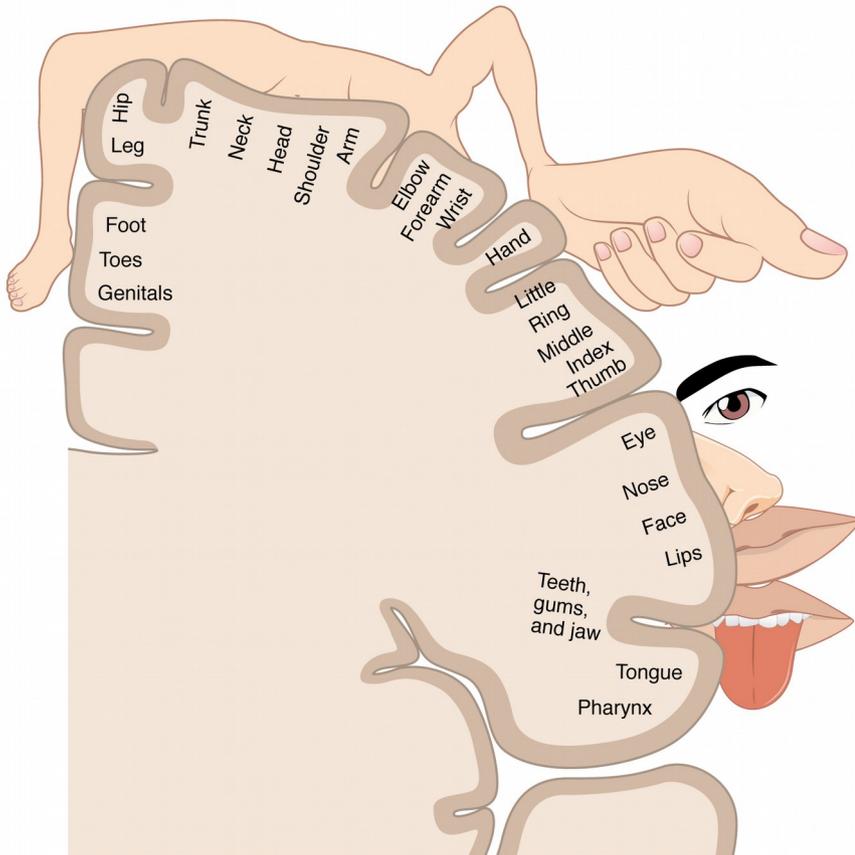
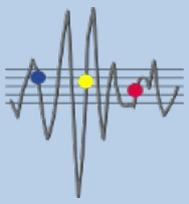
la tripartizione del SNC



la specializzazione della corteccia

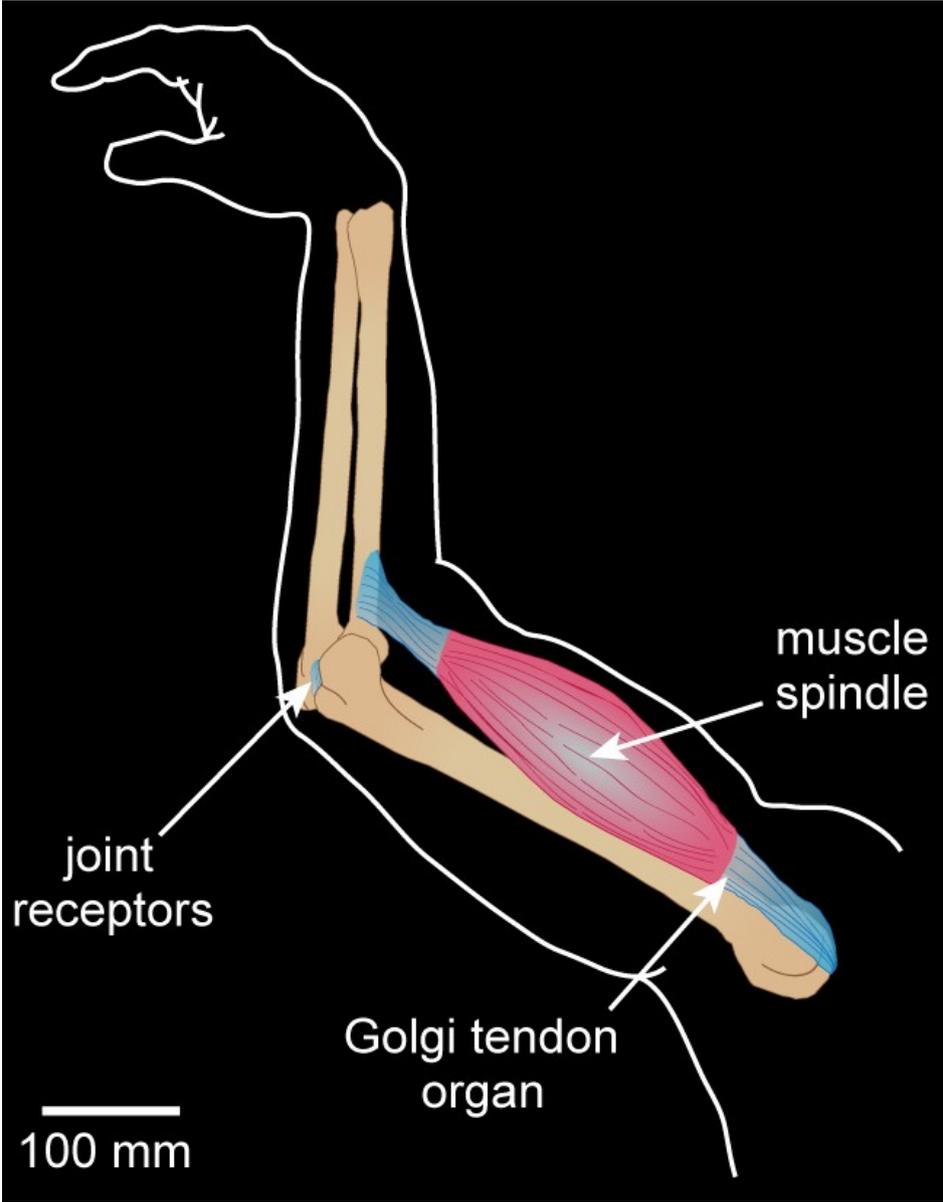
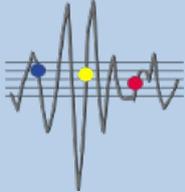


la specializzazione della corteccia

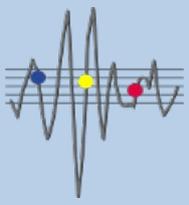


Corteccia somato-sensoriale

la propiocezione



propriocezione + attenzione

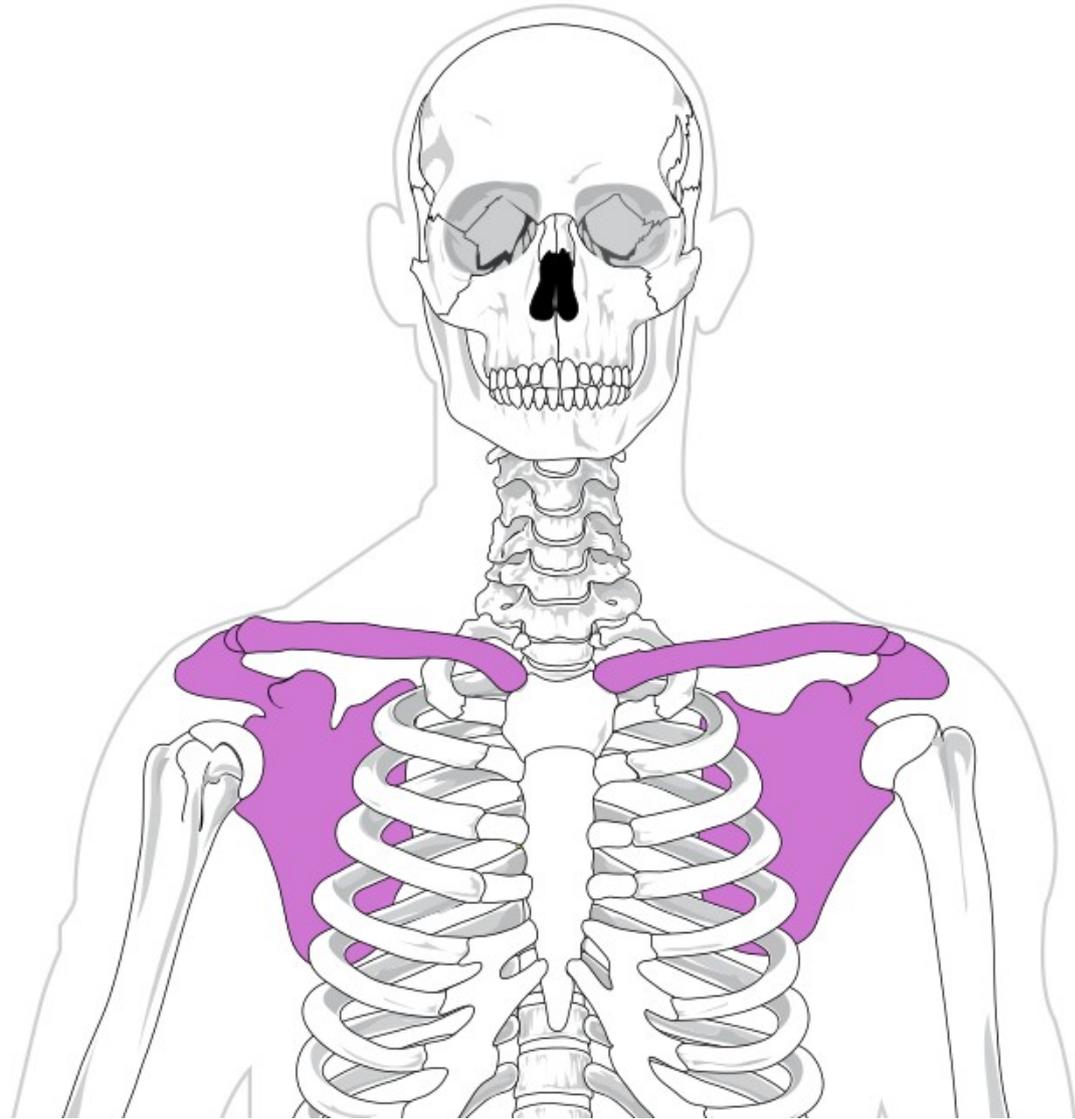


Sottile

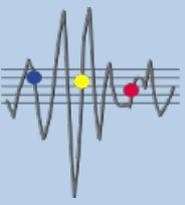
Gassoso

Liquido

Solido



propriocezione + attenzione

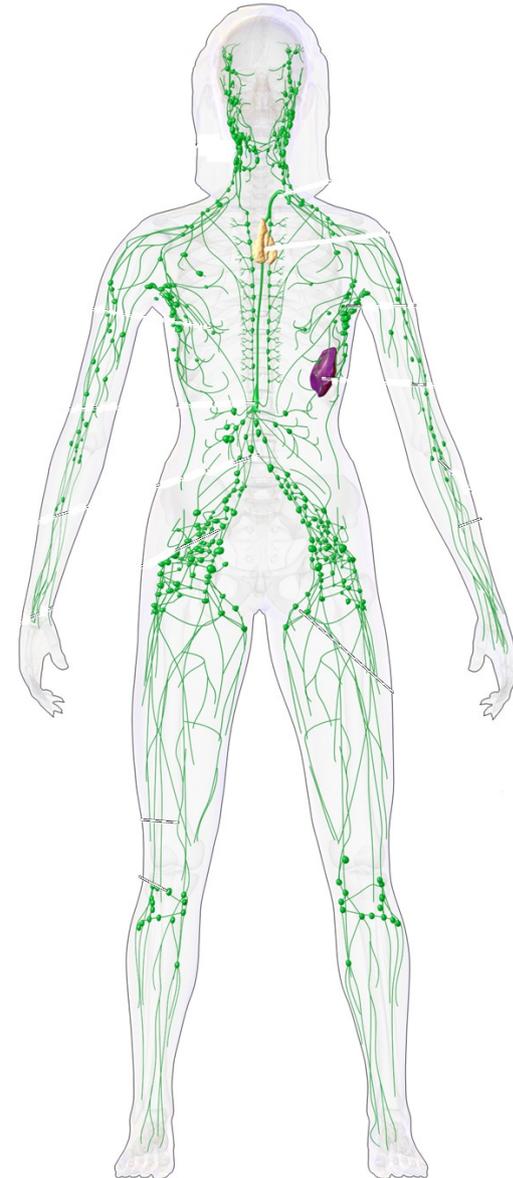
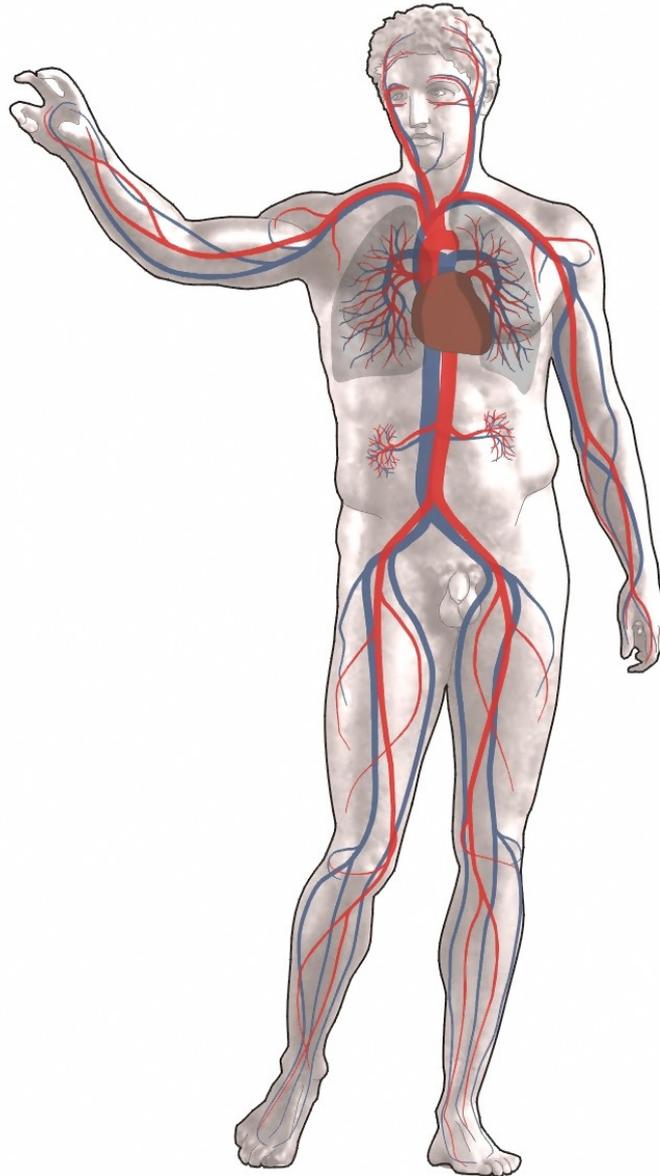


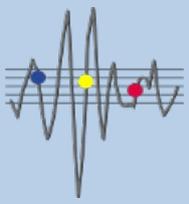
Sottile

Gassoso

Liquido

Solido



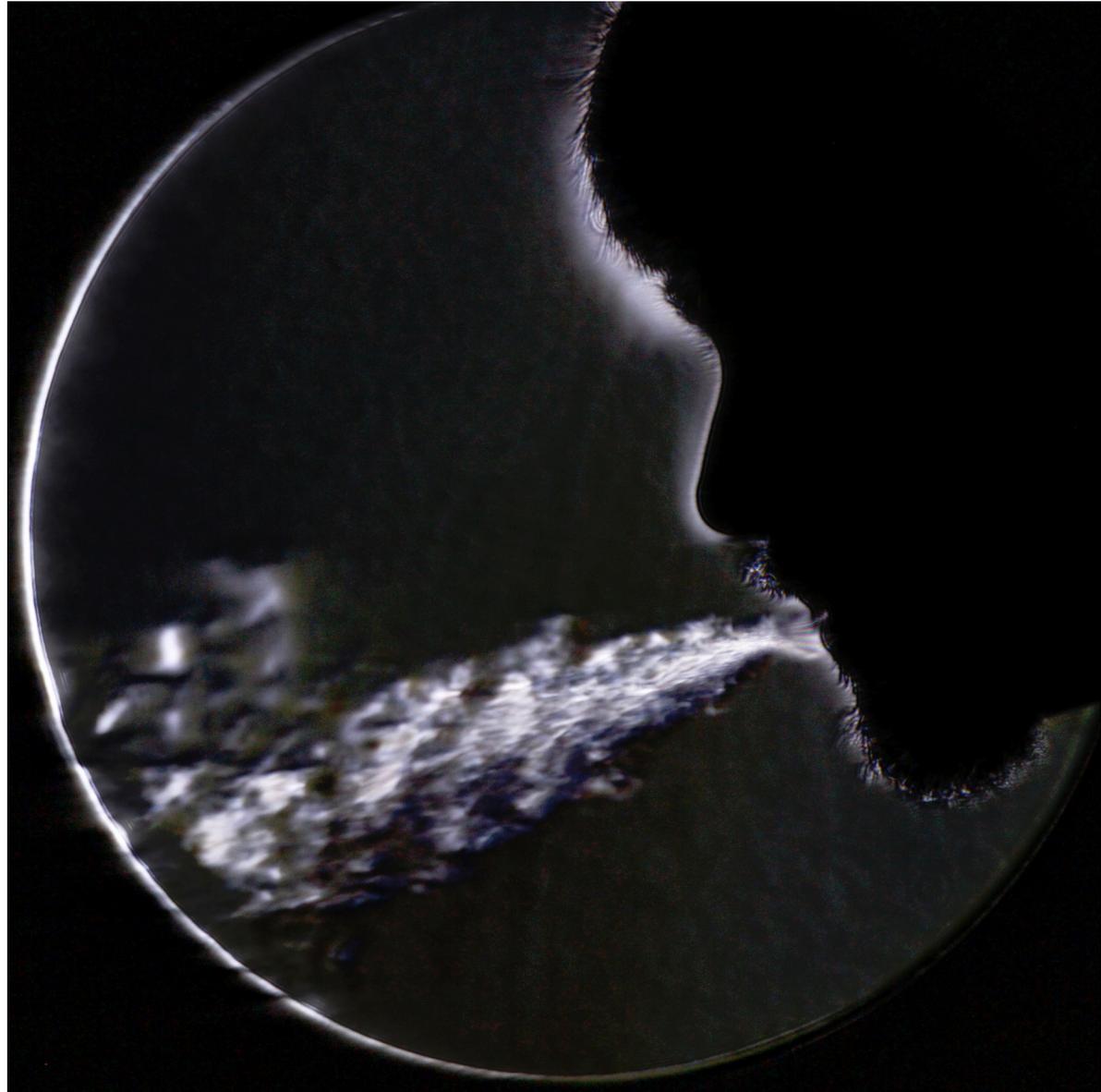


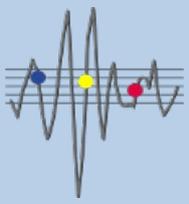
Sottile

Gassoso

Liquido

Solido



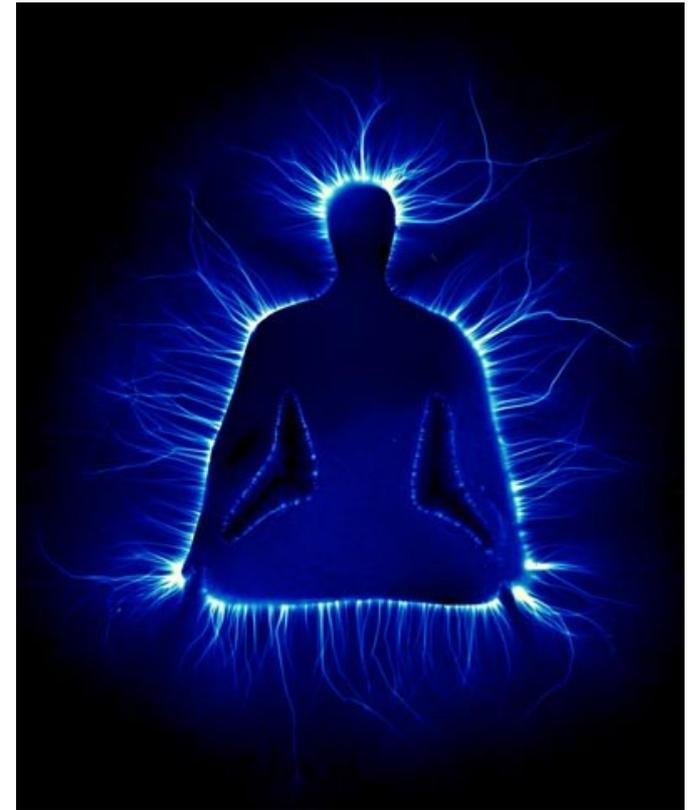


Sottile

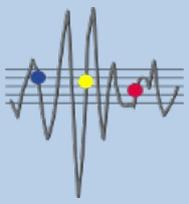
Gassoso

Liquido

Solido



riflessioni: la tripartizione del Sé



dimensione
mentale

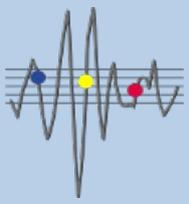
dimensione
emotiva

dimensione
fisica



Mi concentro su di una parte del corpo.

riflessioni: la tripartizione del Sé



dimensione
mentale

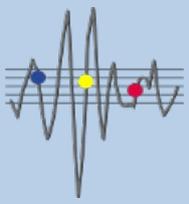
dimensione
emotiva

dimensione
fisica



Mi concentro su di una esperienza emotigena.

riflessioni: la tripartizione del Sé



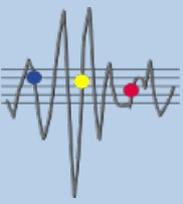
dimensione
mentale

dimensione
emotiva

dimensione
fisica



Zittisco la mia mente, come la racchiudessi in un punto nella testa.



COMINCIAMO DAL CORPO

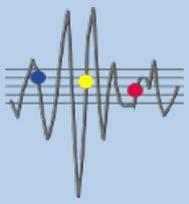
Questo esercizio dura circa 5 minuti e va praticato 1 volta al giorno.

Se non si riesce a trovare il tempo (?!?!?) rinuncerò a uno dei tre momenti dedicati alla respirazione (vedi pillola 1).

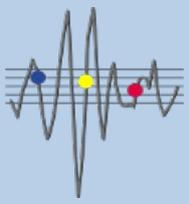
(il file audio-guida sarà pubblicato sul sito www.harmonio.org, come allegato nella pagina dedicata alle pillole)

La sintesi è:

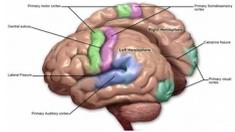
- seduta/o, chiudo gli occhi
- lascio andare l'aria lentamente (non la spingo fuori).
- Per circa un minuto mi concentro su ciascuna delle tre dimensioni, fisica, emotiva e mentale.
- E dopo ciascuna pratico il “silenzio interiore”.



**BUONA
SETTIMANA,
ALLA
(RI)SCOPERTA
DELLE PROPRIE
MOLTEPLICI
DIMENSIONI**



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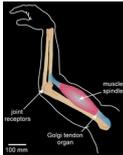
Blausen.com staff (2014). Medical gallery of Blausen Medical 2014". WikiJournal of Medicine 1 (2). DOI:10.15347/wjm/2014.010. ISSN 2002-4436. Blausen 0103 Brain Sensory&Motor, CC BY 3.0



OpenStax College, 1421 Sensory Homunculus, CC BY 3.0



Mpj29, Front_of_Sensory_Homunculus.gif, CC BY-SA 4.0



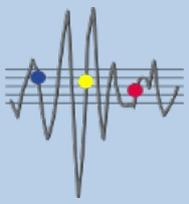
John Ththill, Proprioception image, CC BY-SA 4.0



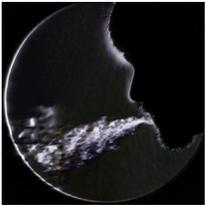
Anonymous, Blutkreislauf, CC BY-SA 2.5



Blausen.com staff (2014). Medical gallery of Blausen Medical 2014". WikiJournal of Medicine 1 (2). DOI:10.15347/wjm/2014.010. ISSN 2002-4436. Blausen 0623 LymphaticSystem Female, CC BY 3.0



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Ricardo André Frantz, Sé de Olinda 03, CC BY-SA 3.0



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