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Heaven Is Empty Filippo Marsili, 2018-11-01 *Heaven Is Empty* offers a new comparative perspective on the role of the sacred in the formation of China's early empires 221 BCE–9 CE and shows how the unification of the Central States was possible without a unitary and universalistic conception of religion The cohesive function of the ancient Mediterranean cult of the divinized ruler was crucial for the legitimization of Rome's empire across geographical and social boundaries Eventually reelaborated in Christian terms it came to embody the timelessness and universality of Western conceptions of legitimate authority while representing an analytical template for studying other ancient empires Filippo Marsili challenges such approaches in his examination of the reign of Emperor Wu of the Han 141–87 BCE Wu purposely drew from regional traditions and tried to gain the support of local communities through his patronage of local cults He was interested in rituals that envisioned the monarch as a military leader who directly controlled the land and its resources as a means for legitimizing radical administrative and economic centralization In reconstructing this imperial model Marsili reinterprets fragmentary official accounts in light of material evidence and noncanonical and recently excavated texts In bringing to life the courts battlefields markets shrines and pleasure quarters of early imperial China *Heaven Is Empty* provides a postmodern and postcolonial reassessment of religion before the arrival of Buddhism and challenges the application of Greco-Roman and Abrahamic systemic identity and exclusionary notions of the sacred to the analysis of pre-Christian and non-Western realities

An Urban Geography of the Roman World, 100 BC to AD 300 J. W. Hanson, 2016-11-07 This book provides a new account of the urbanism of the Roman world between 100 BC and AD 300 To

do so it draws on a combination of textual sources and archaeological material to provide a new catalogue of cities calculates new estimates of their areas and uses a range of population densities to estimate their populations

The Cambridge Companion to Ancient Rome Paul Erdkamp, 2013-09-05 Rome was the largest city in the ancient world As the capital of the Roman Empire it was clearly an exceptional city in terms of size diversity and complexity While the Colosseum imperial palaces and Pantheon are among its most famous features this volume explores Rome primarily as a city in which many thousands of men and women were born lived and died The thirty one chapters by leading historians classicists and archaeologists discuss issues ranging from the monuments and the games to the food and water supply from policing and riots to domestic housing from death and disease to pagan cults and the impact of Christianity Richly illustrated the volume introduces groundbreaking new research against the background of current debates and is designed as a readable survey accessible in particular to undergraduates and non specialists

Materialising the Roman Empire Jeremy Tanner, Andrew Gardner, 2024-03-19 Materialising the Roman Empire defines an innovative research agenda for Roman archaeology highlighting the diverse ways in which the Empire was made materially tangible in the lives of its inhabitants The volume explores how material culture was integral to the processes of imperialism both as the Empire grew and as it fragmented and in doing so provide up to date overviews of major topics in Roman archaeology Each chapter offers a critical overview of a major field within the archaeology of the Roman Empire The book's authors explore the distinctive contribution that archaeology and the study of material culture can make to our understanding of the key institutions and fields of activity in the Roman Empire The initial chapters address major technologies which at first glance appear to be mechanisms of integration across the Roman Empire roads writing and coinage The focus then shifts to analysis of key social structures oriented around material forms and activities found all over the Roman world such as trade urbanism slavery craft production and frontiers Finally the book extends to more abstract dimensions of the Roman world art empire religion and ideology in which the significant themes remain the dynamics of power and influence The whole builds towards a broad exploration of the nature of imperial power and the inter connections that stimulated new community identities and created new social divisions

Global Formation Christopher K. Chase-Dunn, 1998 The fall of communism the emergence of the information age and the expansion of economic globalism are the point of departure for this text The author shows how these seemingly new developments fit with earlier patterns of global formation and change This edition also evaluates studies of the modern world system and assesses the implications for the future of the contemporary system

Waves, Formations and Values in the World System Volker Bornschier, Peter Lengyel, 1992-01-01

TRAC 2014 Tom Brindle, Martyn Allen, Emma Durham, Alex Smith, 2015-04-02 This volume contains a selection of papers presented at TRAC 2014 as well as some invited contributions In keeping with the aims of TRAC several papers make innovative use of interdisciplinary theory in humanistic geography philosophy and archaeology social psychology and the cognitive science of religion in the

study of Roman monuments military social history and religion Other papers share a common theme the critical interpretation of archaeological evidence A more careful consideration of non grave good pottery sherds from graves suggests that these often disregarded items potentially shed light on funerary rites which are usually considered to be invisible the potential importance of plant remains particularly of exotic and rare species in ritual deposits is examined and a new perspective on the negative aspects of Roman conquest of Northern Gaul presented New approaches towards our understanding of space and landscape in the Roman world comprise an examination of the suburbs of ancient Rome and preliminary results of an ongoing project exploring the relationship between wetland landscapes and domestic settlements presenting a case study from Spain *Centre and Periphery in the Ancient World* Michael J. Rowlands, Mogens Larsen, Kristian Kristiansen, 1987-10-22 This collaborative volume is concerned with long term social change Envisaging individual societies as interlinked and interdependent parts of a global social system the aim of the contributors is to determine the extent to which ancient societies were shaped over time by their incorporation in or resistance to the larger system Their particular concern is the dependent relationship between technically and socially more developed societies with a strong state ideology at the centre and the simpler societies that functioned principally as sources of raw materials and manpower on the periphery of the system The papers in the first part of the book are all concerned with political developments in the Ancient Near East and the notion of a regional system as a framework for analysis Part 2 examines the problems of conceptualising local societies as discrete centres of development in the context of both the Near East and prehistoric Europe during the second millennium BC Part 3 then presents a comprehensive analytical study of the Roman Empire as a single system showing how its component parts often relate to each other in uneven even contradictory ways

People, Land, and Politics Luuk de Ligt, Simon Northwood, 2008-11-30 Recent research has called into question the orthodox view that the last two centuries of the Roman Republic witnessed a decline of the free rural population Yet the implications of the alternative reconstructions of Italy's demographic history that have been proposed have never been explored systematically This volume offers a series of in depth discussions not only of the republican manpower and census figures but also of the abundant archaeological data It also explores the growth of cities especially Rome and the changing distribution of the population over the Italian landscape On the rural side it addresses the interplay between demographic economic and legal developments and the background to the Gracchan land reforms Finally it examines the political implications of demographic growth and large scale migration to the provinces The volume as a whole demonstrates that demography is the key to many aspects of Italy's economic social military and political history

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welche online yoga videos für schwangere und welche yoga Übungen in der schwangerschaft wir empfehlen erfährst du hier passend zu jedem trimester die vorteile von schwangerschaftsyoga ein guter mix aus bewegung und entspannung fördert das wohlfinden auch in der schwangerschaft doch es gibt viel mehr gründe für

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jun 11 2019 höre auf deinen körper und dein wohlfinden 3yoga Übungen für schwangere schwangere sollten sich eher den langsameren und sanfteren yogastilen zuwenden bei denen die atmung körperwahrnehmung und meditation im vordergrund stehen folgende Übungen sind für schwangere geeignet

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speziell für schwangere empfohlene yogaübungen begleiten sie durch alle phasen dieser aufregenden zeit und können auch dabei helfen die geburt schmerzfreier und einfacher zu gestalten welche effekte kann pränatales yoga haben verbessert den schlaf reduziert stress mindert schmerzen im unteren rücken und beugt kopfschmerzen vor

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stärkung der muskelgruppen yoga Übungen für schwangere sprechen gezielt die muskeln an die sie brauchen um gut durch die schwangerschaft zu kommen obendrein können sie mit yoga sogar rückenschmerzen in der schwangerschaft vorbeugen
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apr 27 2022 april 2022 10 min lesezeit du möchtest während deiner schwangerschaft aktiv bleiben yoga ist eine der besten möglichkeiten um dein vorhaben in die tat umzusetzen yoga eignet sich für alle fitnesslevel körpertypen und schwangerschaftsphasen

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in dieser phase der schwangerschaft ist yoga wirklich sehr wohltuend denn trotz kleinem bauch ist es noch nicht zu beschwerlich die yogaübungen auszuführen und wenn du einen speziellen yogakurs für schwangere z b yoga köln besuchst hast du auch die gelegenheit kontakte zu anderen schwangeren zu knüpfen und dich mit ihnen auszutauschen

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