



Tilke Platteel-Deur: A Quick Fix or Deep Growth - Why Deep Growth Needs Time and Commitment



Tilke Platteel-Deur is the Co-founder and Co-leader of the Institute for Integrative Breath Therapy. She has been practicing and teaching Breathwork, Voice Dialogue, NLP and the dynamics of relationship, in Holland, Germany, France and Spain for a number of years. Explore the topic of deep growth and discover how conscious connected breathing can help you on your path to being present.

TOP EMBODIMENT TIP:

Come back home into your body and make your body into a home, so that if your inner child is scared or sad, there is someone there to run home to and feel safe again.

The Important Things in Life Still Need Time: **There is No Highway to Enlightenment.**

- We don't repair the things we own, instead, we throw them away and buy newer ones, yet we often long for more commitment and a real binding force.
- The human psyche is complex with belief systems and fears that are deeply hidden, so long-term training is needed to develop a truly balanced personality.
- Everything meaningful in life takes time, so when we achieve something very fast, there is a part of us that doesn't feel satisfied, it seems a bit cheap and not well earned. We have a longing to act with real commitment and with attention and intention, so something worthwhile comes into existence.

Time:

- Time seems to be moving forward in one direction, but in fact there is only this moment and this here and now.
- It's good to be present in the moment, but it's also good to have plans - the trick is to enjoy every step you take towards your vision while you stay in your particular here and now.

Conscious Connected Breathing: **Breathing Consciously and Connectedly Means Listening to our Hearts Again.**

- Paying attention to your breath forces your attention out of your thoughts and into your body.
- There is a lot to be discovered in the adventure of moving into yourself, some of it is painful and not pretty.
- When we start to integrate limiting thoughts and emotions, we return to being originally who we are meant to be. We listen to the voice of the soul that is showing us the direction.
- If we really live inside the body where we belong, then we experience reality, instead of thinking about reality.
- Our mind lives in the past, but the heart lives in the present.

Resources

- ❖ **Books:** *The Art of Integrative Therapy*
- ❖ **Website:** tilkeplatteel.nl, breathwork-institute.com

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Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

The Embodied Present Process is a unique, gentle, far-reaching series of practices that illuminate those hidden limitations within the body, undo their hold, and newly sensitize you to the present. Discover how an embodied meditation can open you to a whole-body experience of the present in just a few minutes. This transformative practice is one of more than a hundred practices developed by Philip Shepherd, and offers an inner journey you can navigate again for yourself at any time.

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