



Timothea Goddard: Breath, Rest and Our Connection with the Natural World



Timothea Goddard is the Director of Openground – an Australia-wide network of clinicians and teachers offering MBSR and related programs. She has worked in private practice for 30 years as a psychotherapist and educator. Follow Timothea into a practice that invites deep rest and some ease to your nervous system.

TOP EMBODIMENT TIP: Find something you love and really pay attention to it.

Practice as Rest: Invitation to lie down to allow more release and relaxation.

- Resting in our meditation, resting our body on this earth, resting our mind in our body.

Impermanence: We find both groundedness and transience in our body.

- Sensing in our body the flow of things, fragility, our capacity for change and transformation.

Interdependence: We are not only located in an atmosphere, but an integral part of it!

- With every breath, we're participating in the great cycles of water and gases.
- With each breath, we're joining in the single great breath.
- This very moment, there are more living beings in you than all the humans who ever lived on Earth. Billions of bacteria and microbes. It's like each of us is a walking community - hardly an individual.

This Body like All Others: Embodied exploration into the journey of evolution.

- This body, like all other bodies on this earth: mammals, marsupials, birds, reptiles, insects, slugs, sea creatures!
- Honoring the capacity and complexity that's come down through millions of years of evolution.

All Parts of you are Welcome: Honouring both parasympathetic rest and sympathetic activation

- Meditation and body activity often leads us to the activation of the parasympathetic nervous system.
- But also honouring our capacity for fast, active mobilization when we feel threatened: our reactivity..
- 'Wilderness' by Carl Sandburg puts this reactivity in a beautiful perspective: that we can see it as part of our wild nature that we share with so many other creatures on the earth, which has evolved over millions of years and enabled us to survive.

Resources:

- ❖ **Courses:** [Weekly Free Online Community Practice](#); [Urban Retreats](#); [Silent Mindfulness Retreats](#); [Mindfulness Based Stress Reduction Training](#);
- ❖ **Website:** [Mindfulness Training Institute](#); [Openground Mindfulness Training](#)
- ❖ **References:** Buddha's Nature: Evolution as a Guide to Enlightenment, by Wes Nisker, (Bantam Books, 1998); Wilderness: Poem by Carl Sandburg.



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Philip Shepherd, TEPP [The Embodied Present Process](#)



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.

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