



## Shilpa Jain: Building Bridges Towards Your Impossible



Shilpa Jain serves as the Executive Director of YES! which connects, inspires, and collaborates with changemakers for thriving, just, and regenerative ways of life for all. Join us for exploration, using practical tools and skills, of what we can unlock in ourselves and with each other to open up and build the bridges that are vital for creating the world we want to see.

**TOP EMBODIMENT TIP:** The process of slowing down and giving ourselves space and grace, especially when we are in our panic zone - give yourself grace in that space.

### Embodied Grounding: Guided Meditation

- Join Shilpa in a guided, interactive grounding practice to open the session. An embodiment practice to sense your wholeness and connectivity, beginning with grounding down into Mother Earth, spiraling up through your body, and finishing with our connection to spirit and recognition of your holiness.

### Building authentic relationships: The Zones of Awareness and Learning Tool

- Living within our comfort zone doesn't allow growth. On the other hand, being in our panic zone means we are no longer able to be present to what is happening. Leaning into our stretch zones means learning to be comfortable with discomfort, to speak from the heart, to listen and bear witness to others, to listen to ourselves, and have the courage to make mistakes - these are the fundamentals of building bridges.

### Questions for Connection: Appreciative Inquiry Tool

- A core component of building bridges - and a powerful embodiment tool - is appreciative inquiry - **you grow what you ask, or: so you asked, so you shall receive**. Appreciative inquiry means looking at questions that have these four qualities: are of substance, from genuine curiosity, have integrity, and evoke positivity. A movement from critical analysis to bringing curiosity to the forefront, and leading with the heart.



All Ecology & Research Presentations are Proudly Sponsored by  
[Forests Without Frontiers](#)



Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

**OUR MISSION** is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.

---

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?



**Recordings**

Lifetime access to sessions to watch as you please. Video and audio-only options.



**Cheat notes**

Notes on each session to highlight key takeaways and fast-track your learning.



**Bookmarks**

Bookmark your favourite tools to jump back whenever you need them.



**Learning lists**

Bite-size lists to help structure and guide your learning.



**Recommendations**

Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)