



Dunya McPherson: Dance Meditation



Dunya McPherson is the Founder of Dancemeditation™, pioneer in the field of embodied mysticism, author, NEA choreographer/dancer, Shattari Sufi adept. Dancemeditation is gentle and quiet, suitable for non-english speakers.

TOP EMBODIMENT TIP: As long as we are alive, an exquisite infinity of motion moves through us through it. This is incarnation, the greatest blessing is to choose to savor our embodiment.

Lead: Relaxation

- Begin with a led dance, following along as Dunya guides you into deeper states of meditation and breathing.
- Attune to your body with repetitive flows and movements.
- Close your eyes, and go inside

Follow: Receptivity

- Go deeper into states of entrainment within yourself; receive guidance and wisdom.
- In your own flow now, begin to feel what your body asks for
- Move with your own guidance and freedom

Gift: Reciprocity

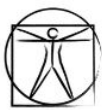
- Turning into yourself, and then flowing it out.
- Cracking through the crust to your own natural self

In: Rest

- Rest within.
- Tune into your authentic self, without the masks of daily life

Resources:

- ❖ **Books:** *Skin of Glass: Finding Spirit in the Flesh*
- ❖ **Website:** dancemeditation.org
- ❖ **Social:** [@dancemeditation](https://www.instagram.com/dancemeditation)
- ❖ **Facebook:** [facebook.com/Dancemeditation](https://www.facebook.com/Dancemeditation)
- ❖ **References:** Music, Joe Zeytoonian



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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.

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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