



Jessica Dibb: Elevated Breathwork: Ethics to Enlightenment



Jessica Dibb, Founder, Spiritual Director, Principal Teacher of Inspiration Consciousness School and Co-Director of the Global Professional Breathwork Alliance invites you to access your boundless potential and masterfully create more embodiment in your life.

**TOP EMBODIMENT TIP:** The more we connect with our breath consciously, the more embodied we will live.

Recognition: **The Higher Consciousness That We Seek is Actually Embodiment**

- False: There's higher consciousness and then there's the body or Embodiment is just part of higher consciousness.
- Truth: Embodiment is higher consciousness: **Love, Wisdom, Presence.**

Gateway: **Breathing Consciously is the Most Immediately Accessible Way to Embodiment**

- Breathing is our most accessible way to remember about embodiment and to develop embodiment. The breath can connect us with our unconditioned self, with our unlimited potential.
- Conscious breathing is not divided against any aspect of ourselves. Not against our shadow, not against our light. It brings us to a place where we're not thinking what is right or wrong, good or bad.
- **Breathwork can be cultivated, in order to awaken a more integrated, embodied consciousness.**
- The breath helps in understanding that we do not have to defend ourselves or create an image for other people.
- Breathwork dissolves tension, accesses creativity, builds the bridge between consciousness and behavior, brings us into a state of wholeness.
- Ethics and training standards: Breathwork facilitators need to be able to work with trauma and enlightenment.

Vision: **A World Where All Humans are United in Higher Consciousness**

- **When we breathe consciously**, it becomes less and less easy to hold judgment or anger against another person. The polyvagal system gets stimulated and **we become the best version of ourselves.**
- The emotional regulation that happens through conscious breathing has us wanting to connect rather than defend or attack. And so we become more creative, more awake, more calm. We seek engagement, rather than discord.
- **We humans have the survival instinct to divide in in-groups and out-groups. "Dividing against" creates war.**
- There is only one group of people in which it would be impossible to create another in-group and out-group, and that is the group of breathers: there's only one group, and everyone is included in this group.

Resources

- ❖ **Courses:** [Workshops and on-going trainings](#)
- ❖ **Website:** [inspirationcommunity.org](https://inspirationcommunity.org), [breathworkalliance.com](https://breathworkalliance.com)
- ❖ **Resource:** TEC Session [Opening to Breath: An Experiential Journey into Embodied Love, Wisdom, and Presence](#)

**Jessica Dibb**





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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.

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