



Oren Jay Sofer: Embodied Awareness for Mindful Communication



Oren Jay Sofer is the author and co-founder of Mindful Healthcare and the founder of Next Step Dharma. In this session, we will explore the foundations of an embodied approach to interpersonal communication.

TOP EMBODIMENT TIP: Slow down.

Mindful Communication: Presence, Intention and Attention

- Communication permeates all aspects of our life. All cultures and religious traditions recognize the power of words. The holistic way of life in the Buddhist tradition, referred to as the Noble Eightfold Path, considers one key aspect is our speech.
- Presence: lead with presence.
- Intention: comes from curiosity and care. **Understanding is the currency of communication.**
- Attention: focus on what matters. Considering our shared humanity.

Presence: Benefits

- When we send the message *“I’m willing to put everything else aside and give you this non renewable resource of my life energy and time”*, we create the conditions for having a meaningful conversation.
- Bringing presence to our conversations and communications gives us the space to take a pause and make a different choice.
- Bringing presence to our conversations and communications gives us the steadiness and courage to tolerate the discomfort and the intense energy to have difficult conversations and to set boundaries and limits to speak up for our values and integrity in defense of the most vulnerable.

Presence: Impediments and Practices

- We are not instructed to pay attention to our body while communicating. We live in an age where we are continually bombarded with information and demands on our attention. Our whole economy is based upon consumption and instant gratification.
- We can only experience being alive in the present moment, relaxed and oriented to our environment. **Leading with presence does not mean creating something new. It means returning to a more natural state.**
- Mindfulness practices: gravity, center-line/spine, breathing, touch-points and sound.
- Grounding in the body, pausing, pace and relational awareness.

Resources

- ❖ **Website:** orenjaysofer.com
- ❖ **Website:** Who's land am I living on?
- ❖ **Social:** [@orenjaysofer](https://www.instagram.com/orenjaysofer)



Oren Jay Sofer





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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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