



Anthony Abbagnano: Embodiment - Reclaiming Innocence



Anthony Abbagnano is the founder of Alchemy of Breath, and he's taken breath work into festivals, yoga spaces, the corporate world, prisons, hospitals and to the dying. In this practice you can explore shame through meditation and breathwork.

TOP EMBODIMENT TIP: Your body, your beautiful thriving pulsing body, has got so much to teach you, more than you could learn in a lifetime! Open up that doorway! With any emotion that you have, open that door to where it exists in your body and go discover what lies behind that doorway!

Exploring Shame: How Does it Feel in Your Body?

- How does the word “shame” feel when you say it to yourself? Where does it weigh heavily in your body and how many tactics might you have to avoid feeling it? If you lift the lid off shame, what’s underneath? Jamie Catto is a specialist in shadow work, and shame is to me a trapdoor: If we open to this space of inner darkness where we judge ourselves, what will we find? Our tendency as humans is to block the feeling of shame. I encourage you to feel safe enough to **consider if shame could be the door to the beauty inside you!**

Shame Was Laid Upon Us As Children, A Long Time Ago

- We have this wonderful capability of using our will to retrieve the parts of ourselves that have been damaged or separated or archived away because it was just too much to bear. With the will of our conscious mind, we still have enough left that we can rescue them. We can bring those parts into the benign being of our heart.

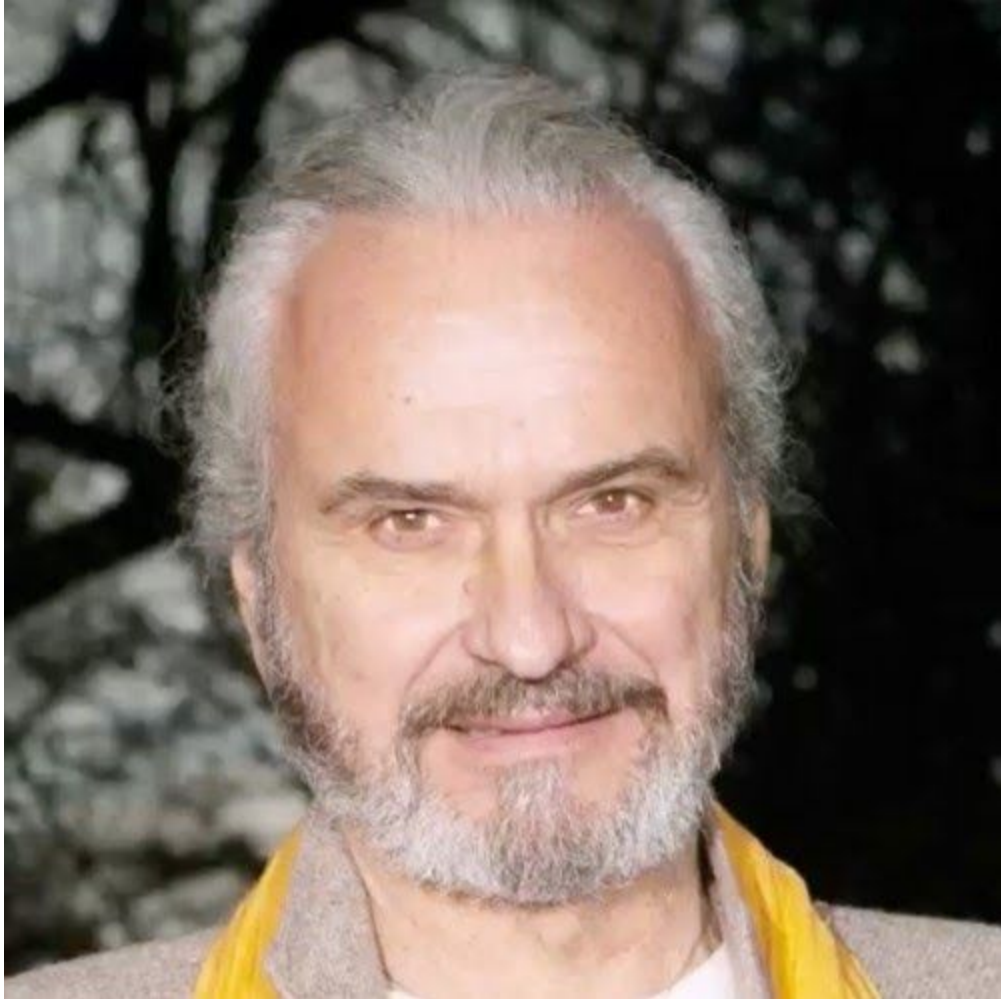
Conscious Connected Breath: Be Gentle!

- Breathing through your mouth (you can also breathe through your nose, if that feels more comfortable).
- Stay connected to your breathing, no pause between inbreath and outbreath.
- A wonderful way to find out what’s going on in your body.

Resources

- ❖ **Courses:** [Breathwork Facilitator Training](#)
- ❖ **Website:** [Alchemy of Breath](#)
- ❖ **Free online:** [Breathwork Sessions](#) on Sundays
- ❖ **Free online:** [Alchemy Meditation Sessions](#) with Pablo Castro every second Friday
- ❖ **Facebook:** [Breathwork community](#)
- ❖ **References:** [Jamie Catto](#)

Anthony Abbagnano





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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.

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