



Shinzen Young: Enlightenment East and West: An Invitation to Embodied Spirituality



Author, mindfulness teacher, and neuroscience research consultant. Explore meditative practices across the world and find a scientific framework.

TOP EMBODIMENT TIP: Practice, practice, practice.

Embodiment: Definitions across the world

- 'A way of being with your body that is desirable.'
- 'Away of being with your thoughts that is desirable (the wrong way of relating to your thoughts prevents you from being embodied and you cure that by having you focus on your body).'
- 'The surface way: embodiment is a theme in human culture but it's defined with vagueness and valence. It is a sort of positive concept but you couldn't really give a science informed discussion of it.'
- 'A way of being present. Fully inhabiting what you say, how you move, how you feel and fully experiencing your mind. Presence and lightness.'

Contemplative Experience and Science: The beginning

- In the 1980's Jon Kabat-Zinn helped patients, experiencing pain, with a practice that involved deconstructing the discomfort and observing it in a state of equanimity.
- This work was important in validating the clinical effect of mindfulness but lacked the basic scientific theory, scientific notation, and mathematical formalism.

Contemplative Traditions: Differential dimensions

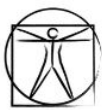
- West: Abrahamic tradition, meditative practices that already existed in the Greco-Roman era.
- East: meditative practices that come out of India and China.
- Ancient: shamanic ancestor practices and experiences still preserved, in some places.
- Modern: Mindfulness Based Stress Reduction; and Unified Mindfulness (as designed by Shinzen Young - being easily researchable by science, with clear terminology and rigorous precision around concepts and procedures).

Contemplative Traditions: Common dimensions that are scientifically reachable

- Concentration: ability to focus on what you want to focus on.
- Clarity: resolution power and detection power of all your sensory sensors.
- Equanimity: subconscious circuits stop interfering with themselves which leads to a profound integration of the person.

Resources

- ❖ **Website:** <https://www.shinzen.org/>
- ❖ **Website:** <https://unifiedmindfulness.com/>



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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.

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