



Mary McHenry: Full Presence on a Flat Screen



Mary McHenry is an educator, coach and facilitator of leadership development. Explore exercises and tips to be more fully present and embodied in our online interactions.

TOP EMBODIMENT TIP: Remember the whole of you, bring all of you

Exercises and Tips:

- Practice being in your **length, width and depth**. **Inhabit more space** in the room, and for the screen.
- **Change things up**. Change geography, move in front of the camera, move with the camera, include your body in your screen interactions, try a desk standing, or using a swivel chair.
- If you are not able to do these things: imagine you are doing this, visualise it, experience it.
- Bring your presence to each other: **check in with yourself and the other** person, invite breaks.
- **Name what is present** in the room and reflect back.
- Hide your own **screen view.**
- Check in with the direction you are looking: the camera is the eyes.
- **Practice intention** of being fully present and connected.
- **Remind yourself** that you are in a space, and not just on a screen. Bring your whole self into vision.
- Notice where you might be gripping your organs, or holding tension in your fascia. Allow to soften.
- Open up the five senses (smell, sight, sound, taste, touch), connect with your breath, open up the peripheral vision.

<u>Resources</u>

Website: <u>https://www.naropa.edu/faculty/mary-mchenry.php</u>



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THE EMBODIMENT

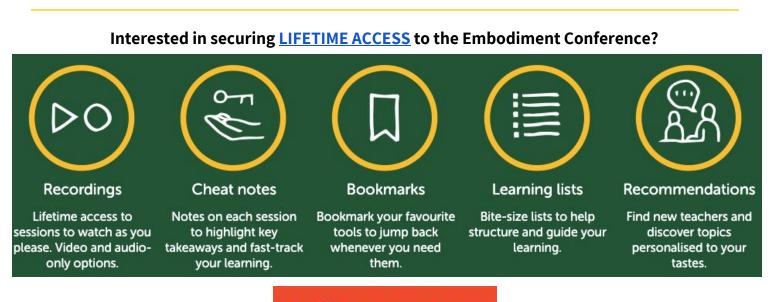
CONFERENCE



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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