



Jeff Brown: Grounded Spirituality: Here Meets Why



Jeff Brown, a former criminal lawyer and spiritual psychotherapist, is an iconoclastic spiritual activist. He is the author of *Grounded Spirituality* and the forthcoming *Hearticulations*, and the producer of the award-winning spiritual documentary *Karmageddon*. He is the founder of the Soulshaping Institute. In this talk Jeff makes an impassioned case for an embodied way of being and against spiritual patriarchy, with its inherent dangers for trauma survivors.

TOP EMBODIMENT TIP: Start with your feet. Embodiment begins from the ground up.

Embodied Spirituality:

- We need to find presence and life's purpose through an embodied spirituality that involves a profound experience of the body in all ways in order to address unhealed psychic pain.
- Jeff's story of learning how to be in his body and opening up his consciousness from his lawyer days to the present.

The Spiritual Patriarchy:

- Cultural dissociation results in the splitting of the spirit and the body and leads to the danger of spiritual gurus.
- Non-embodied notions of spirituality as a bypass and dissociative patriarchal cultural influences.

Grounded Spirituality:

- The way towards an embodied way of being that leaves us integrated and purposeful.
- The way to find 'enreachment' deep within the self, not enlightenment independent of it.

Practices that Support Grounded Spirituality:

- Alexander Lowen's Holotropic Breathwork, Bio-energetic Healing and Osho Meditation and more.
- Incorporating all of your life experience into a spiritual practice rather than denying it.
- Working with the right practitioner: integrity, good transference and finding someone who has gone down the spiritual road.

Moving Forward: Grounded Spirituality and Your Life's Purpose:

- The dire situation of the planet and a need right now to find our unique purpose through grounded spirituality.
- Intuition and how being connected to our body will help us to take the next steps.

Resources:

- ❖ **Books:** *Grounded Spirituality*
- ❖ **Courses:** <https://www.soulshapinginstitute.com/events/finding-and-living-your-sacred-purpose-11/>
- ❖ **Website:** <https://jeffbrowncol/>
- ❖ **Social:** Instagram: @jeffbrownssoulshaping, Facebook: <https://www.facebook.com/pg/SOULSHAPING/posts/>
- ❖ **References:** <http://karmageddonthemovie.com/>, <https://www.lowenfoundation.org/breathing-exercise>



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As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.

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