



Roger Walsh: Guided Meditations for Deepening Insight and Wisdom: The Art and Science of Contemplative Reflection



Roger Walsh is an award-winning Professor of Psychiatry, Philosophy, Religious Studies and Anthropology at UC-Irvine. He is deeply immersed in contemplative practices as a student, researcher, teacher and author of several books on Spirituality and Wisdom. Turn inwards, deepen insight and meet your Inner Sage as you experience several guided meditations for cultivating Wisdom in this session.

TOP EMBODIMENT TIP: Take the time to turn inwards and quiet down. Remember that we have many resources and much wisdom within us that is always available.

The Cultivation of Wisdom:

- **Develop Quality Relationships:** Many spiritual traditions urge us to select our friendships very carefully and to find wise teachers, mentors and guides.
- **Study and Reflect:** Read for transformation, not knowledge. Reflect deeply on shorter excerpts, as in the Christian practice of 'lectio divina' (divine reading) which consists: reading, reflecting, opening the heart and dropping into silence.
- **Lifestyle:** Many spiritual traditions urge us to spend time in nature, in solitude, and create space for quiet time as a way of connecting to what is really important and how best to contribute to what is needed.
- **Meditation Practices:** There is an array of practices developed over the millenia for qualities of heart and mind, including love, compassion, joy, empathy, wisdom, generosity and service. Some examples are Insight Meditation (Buddhist Vipassana), Insight Reflection (Daoism), Exploring our Experience and Visualization.

Developing Wisdom Skills, Psychological and Spiritual Maturation:

- **Perspectival Fluidity and Perspectival Span:** The capacity to take multiple and different perspectives on the same thing develops our wisdom and maturity.
- **Meta-Perspectives:** The ability to step back and look at WHAT we were looking at AND WHERE we were looking from. It is like climbing a mountain and looking around from a certain place on the mountain. Then, as you climb higher, you can see more AND you can see where you were previously looking from.
- **Boundless Awareness:** Experiencing the eternal and infinite nature of awareness helps us to recognize that consciousness (Spirit) is Trans-spatial (transcends space) and Trans-temporal (transcends time).
- **Transpersonal Identity:** Visualization and meditation practices that encourage opening to the wisdom of others and of the universe develop a recognition of your own potential, and a realization that the Outer Sage and your Inner Sage are one.

Resources

- ❖ **Website:** <https://drrogerwalsh.com/>



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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.

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