



Mark Nepo: Living at the Pace of What Is Real



Mark Nepo, the New York Times bestselling author of *The Book of Awakening*, has been called “one of the finest spiritual guides of our time,” “a consummate storyteller,” and “an eloquent spiritual teacher.” In this session, Mark will invite you to surface part of your own story with a chance to discover how we all connect in the one conversation of life.

TOP EMBODIMENT TIP: The mystery is that whoever shows up when we dare to give has exactly what we need hidden in their trouble.

Living at the Pace of What Is Real: Align Mind, Heart and Body

- When one can align mind, heart and body, moving and breathing at the same pace; a feeling of peace and peak moments, a glimpse of wholeness and eternity, a glimpse of the universe appears.
- As humans, always course correcting to get back to this state.

3 Spiritual Elements: Presence, Meaning and Relationship

- Presence - the way we restore our direct experience of life with nothing in the way, returns us to this precious human birth and how rare it is to be here.
- Meaning - how we connect with others and grow beyond our own experience, always course correcting on our spiritual path.
- Relationship - holds everything together, it always involves course correction, we are more together than alone.

Story: Returns Us To What Matters

- A practice that helps us stay embodied and connected, stories keep us in our body and act as our teachers.
- The building blocks of the universe are stories; stories have to come alive.

Native American Culture: Four Questions to Ask Yourself

- When was the last time you danced?
- When was the last time you sang?
- When was the last time you told your story? And, when was the last time you listened to another's story?

Road to Inner Freedom: Listening To Our Authentic Voice

- How do we say yes to life? Listening to our voice, a guide that is within, staying authentic and embodied.

Resources

- ❖ **Books:** *The Book of Awakening*, *The Book of Soul: 52 Paths to Living What Matters*", *The One Life We're Given*
- ❖ **Courses:** [Webinar Series](#)
- ❖ **Website:** [Mark Nepo](#)
- ❖ **Social:** [Facebook: Mark Nepo](#); [Instagram: Mark Nepo](#)



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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. 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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