



Vidyamala Burch: Living Well with Pain and Illness



Vidyamala Burch is the Founder of Breathworks and an International Leader in Mindfulness Based Pain Management. She has found practising mindfulness to be transformative in her relationship with her own injury and pain. Discover how to live well even when the body is causing us pain, causing us illness. Explore how breath can change your experience and alleviate your own suffering.

TOP EMBODIMENT TIP: When in doubt, breathe out: You can't be in the out-breath without being in Your body!

The Mystery of Embodiment:

- Turn towards the body even when it hurts; **We turn towards it with a kindly investigative awareness.**
- Be with direct experience moment to moment and use our awareness to return to experiencing when we begin evaluating our experience.

What is Mindfulness?:

- **“A particular way of paying attention: on purpose, in the present moment, and non judgmentally”** Jon Kabat-Zinn
- Attention- Intention- Attitude : a non judgemental attitude .

Mindfulness and Spinal Injury: a Lived Experience:

- Mindfulness doesn't get rid of pain; learning to live with pain rather than having resistance and fighting it.
- **Freedom comes from living with my body as it is.**

How Mindfulness Eases Suffering:

- There are two issues: **Pain and our response to it.**
- Primary suffering: basic unpleasant sensations/experience in moment.
- Secondary suffering : mental (catastrophizing), emotional (anxiety/ fear/depression) and physical reactions.
- **Mindfulness helps us accept Primary Suffering in each given moment.**

Centrality of Breath Awareness:

- **Whole-body breath awareness is a crucial way to regulate the nervous system and bring us back into balance.**

Resources

- ❖ **Books:** Mindfulness and Health, Piatkus 2013
- ❖ **Courses:** Mindfulness For Health
- ❖ **Website:** vidyamala-burch.com
- ❖ **Social:** Instagram: [breathworks](https://www.instagram.com/breathworks) FaceBook: [breathworks](https://www.facebook.com/breathworks)
- ❖ **References:** Richard Davidson; David Treleaven: Sensitive Mindfulness, W.W.Norton, 2018

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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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