



Sally Kempton: Meditation And The Sacred Body



Sally Kempton teaches meditation as a process of inner exploration, informed by the teachings of Swami Mukthananda, neuroscience, depth psychology, and integral philosophy. Explore secrets of the subtle body, revealed through meditation.

TOP EMBODIMENT TIP: Focus on your inner body; focus on the energy in your core, and allow it to expand.

The Sacred Body and the Subtle Body: Is there a difference? Why are these words interchangeable?

- The Subtle Body is the technical name for the energetic body, which penetrates and extends beyond the physical body.
- Sally calls this the Sacred Body because the subtle body is our Real body, travelling with us through lifetimes.
- Whereas the physical body is temporary; the subtle body is home to Deities, suns, moons, stars. When we enter into the subtle body, we can travel to other worlds and experience states of consciousness that can transform our experience of the physical world.

Energy and Physicality: By accessing the subtle body, we can address and resolve the root causes of physical ailments.

- For most of us, dis-ease and wellness start on the subtle level, and they have to do with the way *pranas* are moving (or not moving) in the subtle body.
- Subtle body practices, as well as physical practices such as Aikido or Tai Chi, move the energy in the physical body.
- To experience really good health, which means a good mind and a deep understanding of one's own soul, we must connect the physical and the subtle body. Thus, we have practices such as *pranayama*, martial arts, hatha yoga.

The Central Channel: Located directly in front of the spine, this is the centre of consciousness in the subtle body.

- By expanding the Central Channel, we recognize that: we are immortal, our nature is wisdom and love, we are much bigger than we imagined, and our connections to other beings and the physical world is identity. The potential to expand consciousness is the ultimate empowerment.
- The central channel holds our chakras, the physical and energetic centres that determine our experience of life.
- Subtle body practices enhance your natural energy so it can affect the outer world.

One Plus One Plus More: We can connect with others at the level of the subtle body.

- Two or more people can connect at the subtle level, and when they do so, consciousness expands. This understanding will change all of our relationships: *everyone* we encounter can become a conduit into higher states of awareness.
- Consciousness naturally wants to merge.

The Heart: The heart is not only a physical organ, it is an organ of wisdom.

- The physical heart has a very deep connection to our individual karmas, souls, and personalities. The heart is said to contain worlds; the heart in the *Tantras* is one of the names for God.

Resources

- ❖ **Website:** <https://sallykempton.com>
- ❖ **Courses and other resources:** [Doorways to the Infinite](#), [Circles of Light](#), [a weekly meditation with Sally](#), [Big Mind](#)
- ❖ **Social:** [@sallykemptonofficial](#); [Facebook: sallykemptonawakenedheart/](#)



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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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