



Barry Boyce: Mindful Speaking and Writing





















Barry Boyce is a long-time meditation practitioner and teacher specializing in applications of mindfulness to everyday life. He is the Founding Editor of Mindful Magazine and <u>mindful.org</u>. Explore how to take pauses, appreciate silence. Discover aspects of mindful speaking, and learn tips for mindful writing.

TOP EMBODIMENT TIP: Pause. When you pause, the silence rushes in. Let it be there.

Speech is Magical: There's great magic and power in speech.

- Speech yields results. When something is put out on social media, the effects can ripple to hundreds of thousands, even millions of people.

Taking Pauses: It can be helpful to insert pauses in our speech.

- Pauses in speech give us an opportunity to see how our speech has landed. We can't control how people will react.

Appreciating Silence: When we speak, we are breaking silence.

- We can fear silence, and it can be awkward, especially on retreat. We have a tendency to want to fill it.
- Part of mindfulness and embodiment is becoming more comfortable with silence.

Four Aspects of Speech: We notice these with our whole body.

- Space: what surrounds the words.
- Volume: how loud or soft we say something.
- **Speed:** noticing pace.
- **Listening:** to yourself and to others (meta-awareness).

Contemplative Reading or Recitation:

- **Begin with three conscious breaths,** speak the line out loud, contemplate each word, then each line, and speak it out loud again.
- Rest attention on the outbreath.

Mindful Writing:

- **Reflective** free writing, e.g. journaling.
- **Intentional** writing, where the purpose is to communicate.

Resources

Books: Humankind, a Hopeful History

♦ Website: mindful.org





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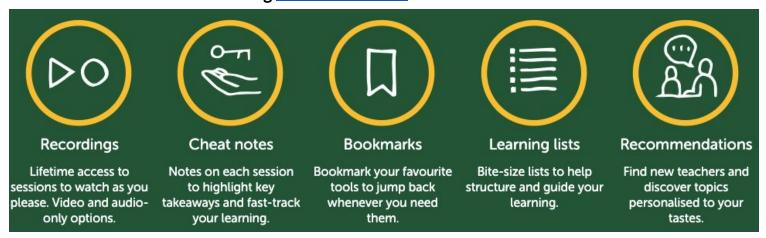
embodied present process

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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