



Philip Shepherd: Opening to the Body's Deeper Intelligence



Join Philip Shepherd, a leader in the global embodiment movement and creator of The Embodied Present Process (TEPP) as well as the author of *Radical Wholeness*, and *New Self, New World* in an exploration of somatic intelligence. You will practice using breath and meditation to feel the body's energy and ground it in the spaciousness of the present.

TOP EMBODIMENT TIP: Tension held in the body is a resistance to presence. Breath is the energy that brings unity to the scattered landscape of our being.

The Purpose of Meditation is to Attune to Wholeness: **all there is is relationship**

- You can't 'know' wholeness, and we are desensitized to it, but **you can feel it**.
- Tension held in the body is a **resistance to presence**, embodied dullness, a fullness, 'shadows buried in flesh'.
- We can't attain wholeness, we surrender to it, a process of 'self achieved **surrender and integration**'.
- We **bring together the shattered parts** of ourselves and our world so that they come into relationship.

Integration as Embodied Process: **feeling the body's energy integrates the body's intelligence**, brings it into coherence

- We need to relearn how to **rest on the earth - the center that orients our wholeness** - to be at rest in the present
- The breath is the energy that brings unity to the scattered landscape of our being.

The Geography of the Body's Intelligence: **the whole of the body can be available to the breath**

- Head: like a lighthouse - from here you gain **perspective (you know, but don't feel)**.
- Pelvic bowl: the center of your being, **source of felt relationship** to the world around you.
- Pelvic floor: the **ground of your being**, where you return to when you come home to yourself.
- Perineum: the **still point** from which everything can be felt, from which you connect to wholeness.
- Legs: the roots of your being, connecting you to the earth, the **center on which you rest**, here & now.
- Heart: the **portal** through which your wholeness meets the wholeness of the world.

The Practice: **an unending process of surrender**

- Feel the shadows, **welcome them with love; bring them to the center of your being**, and invite them to integrate.
- The body comes into unity, which is not a state of fullness but of emptiness.
- **Being is spacious**, the present is spaciousness, alive, no longer 'out there' but within your being.
- Entering into a **mutual relationship with the present** you have truly opened to your body's deepest intelligence.

Resources

- ❖ **Books:** *Radical Wholeness*, and *New Self, New World*
- ❖ **Website:** embodiedpresent.com/questions to get the 9 questions on which this talk was based



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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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