



Shauna Shapiro, PhD: Overcoming Perfectionism and Shame through Mindfulness and Self-Compassion



Dr. Shauna Shapiro is a clinical psychologist, best selling author, professor at Santa Clara University and an international speaker. Learn the three key elements of mindfulness and find out how shame, mindfulness, compassion, and practice all influence our neurology and make it possible to change.

TOP EMBODIMENT TIP: Make sure you can feel your feet, before you speak, before you act.
The body is where your wisdom resides, so it's about slowing down and listening.

Benefits of Mindfulness:

- Learn the impacts of mindfulness, on the physical body, cognitive capabilities, and workplace productivity.
- Mindfulness strengthens compassion for others & ourselves, improves ethical decision making, and reduces cultural bias.
- **It's not just a meditation practice, it's a way of being, it's a way of living that we can practice moment to moment.**

Model of Mindfulness: 3 Key Elements

- Intention; Sets the compass of our heart, which way do I want to go? Our intention reminds us what truly matters.
- Attention; Training and stabilizing our mind in the present moment, so that we can see clearly and respond effectively.
- Your Attention is your most valuable resource. Where you put your attention determines your entire life.
- Attitude; Kindness and curiosity. **Mindfulness isn't just about paying attention, it's about how we pay attention.**
- What you practice grows stronger.

The Nervous System:

- **Shame shuts down the learning centers of the brain & robs you of the resources you need to learn, heal and grow.**
- The amygdala triggers this cascade of norepinephrine, adrenaline and cortisol, which floods the system, diverting all energy away from resources and shuttling to survival pathways.
- When we bring kindness to our experience, it bathes our system in dopamine, it turns on the learning center of the brain and gives us the resources we need to change.
- We activate the vagus nerve, which puts us into the parasympathetic state of restoration and rejuvenation.

The Science Behind Practice: We Can Literally Re-Architect the Very Fabric of Our Consciousness

- The reason people don't change is not because they can't, it's because they keep practicing the same mental pathways.
- Neuroplasticity is the fact that the brain is constantly changing, evolving, and growing throughout our lives.
- Anything can be trained, because the very structure of our brain can be modified.
- Cortical thickening is the growth of new neurons in response to repeated practice. It's never too late to rewire your brain.

Resources:

- ❖ **Books:** *Good Morning, I Love You: Mindfulness & Self Compassion Practices to Rewire Your Brain for Calm, Clarity & Joy*
- ❖ **Website:** [Dr Shauna Shapiro](#).
- ❖ **Social:** Instagram: [@drshaunashapiro](#)



❖ References: [Adyashanti](#), [Richard Davidson](#), [Albert Einstein](#)

Dr. Shauna Shapiro





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As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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