



Panel with Philip Shepherd and David Abram: Embodiment and the Sacred



Philip Shepherd is the founder of The Embodied Present Process (TEPP) and author of 'Radical Wholeness' and 'New Self, New World'. David Abram is a cultural ecologist, Geophilosopher, and author of 'The Spell of the Sensuous' and 'Becoming Animal'. Explore perspectives on the interplay of embodiment and the sacred.

TOP EMBODIMENT TIP: You Are, Therefore I Am; I relate, therefore I am; I feel this relationship, therefore I am.

Unfolding of the Mystery: Objectivity to Mystery and Harmony. Ideas are Static Energy.

- We have been lured by the idea of objective knowledge. But as we try to contain the world, it leaks out, and we are moved by the mystery that can never be contained or objectively known. We are taught that answers are important, but questions shape life. When we name instead of feel we are not integrated, the world is blocked from our view.
- Looking upon the world to find an objective finished viewpoint of how it works is mad. It assumes we are outside the world, looking at it. But instead, we are embedded in the depths of the blooming mystery.
- Our connection with the sacred often gets interrupted and we become ungrounded. In an ungrounded state, we suffer disconnection, anxiety, and restlessness. Groundedness is always right there to notice, recover, and return to.
- Our path is how to come into harmony with the natural world.

We are the Sacred: Awakening to its Imminence.

- It's not just about putting a belief out that everything is connected, that we are one. It's about surrendering the impediments, the beliefs that hold our flesh in locked-up patterns of dullness.
- Example: seeing a blade of grass not as a photosynthetic machine but as a living awareness of the world itself.

Changing How We Look at our Senses: Stepping Out of the Story.

- When we look at the world like it's 'out there', this results in feeling separate from the world.
- Our senses are meant to blend with one another, and the reverberation allows us to come together into wholeness.
- The body is our capacity to shapeshift and re-associate differently, after interaction with the 'other'.
- As kids, we need a cultural story to orient ourselves, but there is a point when a young person steps out and encounters reality in an unmediated way, which teaches them the limits of the story. This is the primary purpose of initiation rights.

Beyond the Body: Animal Presence and Spacioception.

- In full animal presence, we are in rich interplay with this vast flesh (of Earth) that holds us; Interbreathing exchange.
- Spacioception tells us where there is spaciousness in the body. Standing on a mountain, feel the vast space in your body.
- There is an emergent intelligence that harmonizes with the environment; it is available to us.

Come Back to the Sacred: Part of our Sacred Purpose; To be Fully Embodied and Present to the World.

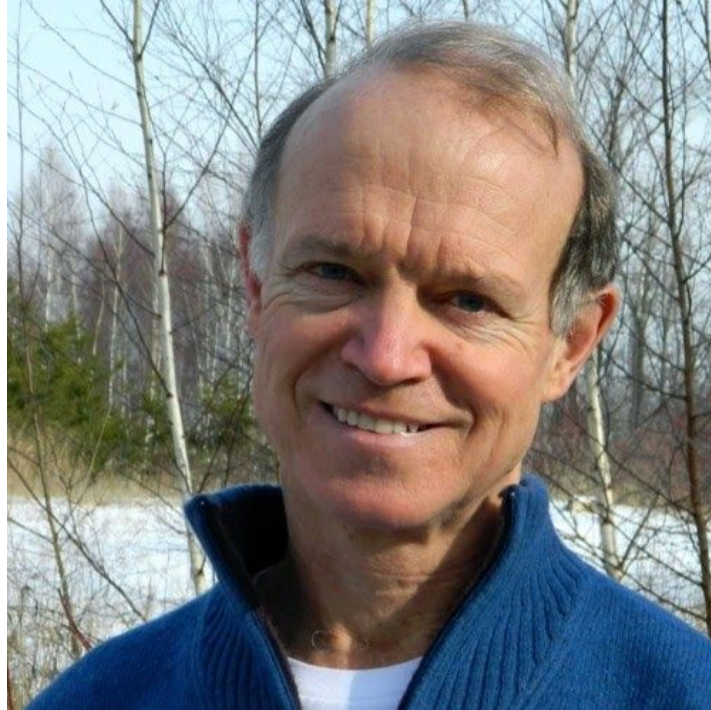
- The world seeks to know itself through ourselves.
- To say we inhabit a common spirit means we are all participants in this common sentience, linked to this sense of the sacred, to being inside this sense of vastness. **Not only am I inside it, but it is inside of me. There is no division.**

Resources:

- ❖ **Books:** Shepherd: 'Radical Wholeness', 'New Self, New World'; Abram: 'The Spell of the Sensuous', 'Becoming Animal'.
- ❖ **Websites:** Philip Shepherd: [Embodied Present; The Hourglass](#); David Abram: [Alliance for Wild Ethics](#)



Philip Shepherd



David Abram





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Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

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ILAN STEPHANI

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