



Panel: What is Embodied Meditation?



Explore embodiment and embodied meditation with Tamara Russell - clinical psychologist, martial artist and neuroscientist, and Philip Shepherd - Founder of The Embodied Presence Process (TEPP) and author of *Radical Wholeness* and *New Self, New World*.

TOP EMBODIMENT TIP:

Tamara: Move your body, just move; your body knows what to do.

Philip: We are trying to come into relationship with the parts of ourselves that have been orphaned and the path to relationship is gentleness. Be gentle with the breath, be gentle with everything that comes up.

Tamara Russell:

- Take a 'micro pause' and tune into the body. **Get grounded. Go into the body where there is pain and suffering: this is the portal through which our insights and our growth can arise.**
- Have **Courage, Curiosity and Compassion** for the difficult parts of self with alert attention, then sit back to receive.
- Our conscious experience is not just contained in the head, or the body, but also in everything around us. Our culture is so 'up' / head-focused that we need to pay extra attention to grounding and connecting to the earth: alertness in the spine but relaxed in the body to receive sensations. Begin with a meditation on the hands. **Deep, embodied present listening is a type of hug** from one mind or heart to another.

Philip Shepherd:

- **Embodiment is a state in which the whole of your intelligence and all of the energies of the body come into coherence, because everything passes through the body: the body feels it all.**
- Meditation, at its root, is an attunement to wholeness, and that can't happen without the body. **Embodiment is a deliberate remembrance.** We orphan unacceptable, overwhelming parts of ourselves; they become 'shadows of desensitivity in the body', and unintegrated energy in the body will remain reactive. **Loving, being present with and giving unconditional acceptance to your own shadows is the precursor to integration.** We need a place to land in the body, to recover the ground of our being, and the pelvic floor can be this place.

'Wholosapiens':

- Our senses are culturally determined; our culture is all about 'think, think', but we have the ability to sense wholeness, to feel the wholeness of the self and the present, and to speak and listen from our wholeness. When you don't feel the wholeness, you don't feel its guidance. **Embodied meditation is a potent step through desensitization to the recovery of a sense of your ability to feel the wholeness that holds you.**
- The greatest gift you can offer anyone is to be fully present to them.

Resources

- ❖ **Books:** *Klein's Comprehensive Etymological Dictionary of the English Language*
- ❖ **References:** "Christopher" from the US - qigong and movement-based practices to enhance therapy skills



All Meditation & Breathwork Presentations are Proudly Sponsored by

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.

the
**embodied
present**
process

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

| | | | | |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |  |  |  |  |
| Recordings | Cheat notes | Bookmarks | Learning lists | Recommendations |
| Lifetime access to sessions to watch as you please. Video and audio-only options. | Notes on each session to highlight key takeaways and fast-track your learning. | Bookmark your favourite tools to jump back whenever you need them. | Bite-size lists to help structure and guide your learning. | Find new teachers and discover topics personalised to your tastes. |

[Get lifetime access now](#)