



Lorin Roche: SOMA -Meditating with The Radiance Sutras



Lorin Roche Ph.D is the author of 6 books and the creator of Instinctive Meditation. He trains meditation teachers worldwide and specializes in helping people customize meditation practices to align with their unique nature. In this presentation, you will discover Lorin's passion and life-affirming approach to meditation and experience it for yourself.

TOP EMBODIMENT TIP: All the sensations you feel, everything you think of as an obstacle is not - it's a doorway. Welcome it all and it will change and become your own life energy.

About Meditation: Falling Through the Space-Time Continuum

- Lorin's first taste of the magic of meditation was in an ongoing physiology lab experiment in 1968, where he would come out feeling like he was in a different reality: in *actual* reality, where all his senses were wide open.
- He says that **meditation is a completely natural state** and is part of our animal instinct. It is a capacity that nature built into our bodies to help our senses, nervous system and bodies to function better. **It is a survival skill.**

Customising Meditations: What Do You Love?

- Lorin's inspiration has always been in developing approaches to meditation specifically for people who live in the world - busy people, people with responsibilities.
- How to be here in the midst of daily life? **If you build your practice out of what you love, it feels natural to you and will suit your nature.**
- You must give yourself **choice** - 4 or 5 different meditations to suit all your moods and all the parts you play in life.
- What do you love so much that you want to merge or dissolve into, and be filled with? Meditating in this way accesses your own capacity for healing and pleasure, and this is the essence of his approach.

Evaluation: Work, Love, Play

- How do you know if meditation is working for you? Simple - it will make you better at work, at love and play.

SOMA: An Inner Elixir

- Soma moments - when the world lights up, you are in love and your senses come alive....a feeling of immortality, renewal, inspiration, total flow and harmony, time in nature, a lovers' embrace, the look in a baby's eyes.
- These are our **innate natural pathways**, doorways into the juicy essence of life that *you know*. They are continual teachers that life offers us.

Practices: The Radiance Sutras

- Lorin guides us through some simple yet profound meditative practices, and shares a beautiful passage from his book.

Resources

- ❖ **Books:** *The Radiance Sutras: 112 Gateways to the Yoga of Wonder and Delight, Meditation Secrets for Women: Discovering Your Passion, Pleasure, and Inner Peace* (with his wife Camille Maurine)
- ❖ **Website:** www.meditationtt.com, www.lorinroche.com



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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.

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