



## Dr. William Bloom: From Stardust to Embodiment: Humanity's Next Big Step



Dr. William Bloom is one of the UK's leading authors and educators on holistic spirituality and health, and director of the Spiritual Companions Trust. **Learn how to use the intersection of body, mind, and spirit to cultivate the compassion the world needs to integrate its own physical and spiritual aspects.**

**TOP EMBODIMENT TIP:** Trust Your Practice.

### Shifting Biological States: Brain Shifts Body

- Through the story of a woman in dire trouble who finds beauty amidst the struggle, Dr. Bloom introduces the idea that you can shift your biological state through what happens in your brain.
- Meditation, particularly meditation that cultivates compassion, can affect endorphins in the body.
- The takeaway: **use your mind to give good things to your body.**

### History of Meditation Science: The Evolution of Embodiment

- There has been a shift over the past fifty years in how meditation is studied and taught. Fifty years ago, we were focused on the brain. About thirty years ago, focus shifted inside the body - to the heart center. And fifteen years ago, our attention was pulled even further into the body, into the gut. Today we know that **the gut is our second brain** and affects our mental health.

### Creation Stories: Integrating Energy Fields

- It's true that the universe emerged from the big bang to be a harmonic, proportional, intelligent, physical world. It's also true that **there's another creation story - one with a different vibration.** This event brought spirit - our souls - into being.
- What we're experiencing now on earth is the integration of these two energy fields as the soul lands fully in the human body so it can spread a different vibration - love - out into the cosmos.

### Going Forward: How to Be Part of the Evolution

- The theory doesn't really matter, but the practice does. Practice meditation for compassion.
- **Open to what's going on**, but do not join in the "arousal" of the moment.
- Don't forget to pray for help.

### Resources

- ❖ **Books:** *The Endorphin Effect, Feeling Safe, The Power of Modern Spirituality, Psychic Protection*, more.
- ❖ **Courses:** Meditation Masterclasses, Secrets of Spiritual Happiness, more.
- ❖ **Website:** [williambloom.com](http://williambloom.com)



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**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.

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