



**Shelley Pearce: Embodied Receptivity**



Shelley Pearce LMFT is an Integrative Psychotherapist, Educator, Community Leader, & Interfaith Minister based in California. In this session discover how embodied receptivity, empathy, and compassion can amplify healing in a therapeutic container.

**TOP EMBODIMENT TIP:** Open your heart. Embrace anyone and everyone that you can. Everyone who is alive deserves to survive and thrive. Work together to create a better world.

**Have A Personal Practice: We Need to Be Embodied, Centered and Breathing to Listen**

- Centering is a continual engagement with experience. Going to your belly-- it's the base from where you emanate; it's not a withdrawal.

**Embodied Receptivity: How to Hold The Other?**

- Register an intention towards goodness. You want to be able to hold the person with as close to an unconditional goodwill as possible, and inquire into their essential nature and uniqueness.

**Silence: Listen For and Extend The Pause**

- When the inner and outer monologues recede, that's where something new arises. Aspire to be in the sacred ground of silence, that is embodied receptivity. Sense into their intrinsic nature. Look at the inner world in an unaltered way.

**Empathy: Empathy Heals**

- Empathy invites the vulnerabilities and traumas to be seen and cared for so they can become less stuck and arthritic. Empathic listening includes looking for that creative intelligence that is the wounding itself.

**Sensing the true nature:**

- When we inquire into the essential nature of someone's heart we are in deep celebration of self and the other.

**Resources**

- ❖ **Website:** [www.shelleypearce.org](http://www.shelleypearce.org), [www.theglobalbridge.org](http://www.theglobalbridge.org)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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