



## Richard Davidson: The Four Pillars of Wellbeing



Dr. Richard Davidson is the William James and Vilas Research Professor of Psychology and Psychiatry and Founder and Director of the Center for Healthy Minds, University of Wisconsin-Madison.

Find out how to promote human flourishing through contemplative practices.

**TOP EMBODIMENT TIP:** Take a few minutes a day to promote our well-being.

### Wellbeing: A Skill Developed Through Practice.

- Declarative (conceptual) and procedural (embodied) learning are both necessary for transformation and enduring change. Concentration is a requirement for practice and a byproduct of it.
- Neuroplasticity: our brains are constantly being shaped wittingly or unwittingly. We can take more responsibility for our own brains. Epigenetics: how our genes are regulated can change through practice.

### Awareness: Capacity to Regulate our Attention.

- Meta-awareness (knowing what our minds are doing) is a necessary component of any kind of personal transformation.

### Connection: Promote Healthy Social Relationships

- Every human being comes into the world with a predisposition for preferring prosocial warm hearted altruistic interactions.
- Meditation practices designed to cultivate kindness and compassion have more robust effects on objective measures in a shorter period of time

### Insight: Defuse From our Beliefs.

- If we can see how our minds are operating and that that is not the whole story but a narrow lens, it gives us more space. It is a core ingredient for resilience.
- There is no need to fight with our mind. Our thoughts about ourselves will naturally change over time.

### Purpose: Sense of Direction in Life.

- For people in their 70s a strong sense of purpose is the single most important psychological predictor of longevity.
- Asking ourselves what are the values important in our life and why are we doing what we're doing. Let our experience of sense of purpose to eventually encompass everything that we do.

### Resources:

- ❖ **Website:** [Richard J Davidson](#); [Healthy Minds Program](#); [Health Minds Program App](#).



## Dr. Richard Davidson





## 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