



Neil McKinlay: The Embodied Heart



Neil McKinlay is a somatic meditation teacher. He also teaches how this work is relevant in our everyday lives. He is inspired by helping others access the stability and insight of this practice. In this session, Neil will guide us into embracing the embodied heart.

TOP EMBODIMENT TIP:

Look for simple tips to bring this work into your moment to moment everyday life.

Somatic Meditation: **Explicit and Extensive, Directing our Attention into the Body**

- Somatic meditation sees the body as the ground, the path and the fruition of our human lives.
- Guided somatic practices bring our attention into the body and stabilizes our attention in the body, working explicitly with the embodied heart.
- Somatic Meditation is done best slowly, gently and gradually.

Embodied Heart: **It is the Heart that Allows us Access to our Necessarily Unique Relationships**

- You can reconnect with the clarity and tenderness that is fundamental to our human lives.
- Witness the embodied basis of our desire to be of benefit in this world.

Guided Meditation: **Give Attention to Your Body**

- Experience the process of **an open, tender heart, welcoming whatever arises through meditation.**
- Always take your time as begin meditation, to orient toward the body and then more specifically toward the heart

Resources

- ❖ **Courses:** <https://www.neilmckinlay.com/training-1>
- ❖ **Website:** <https://www.neilmckinlay.com/ground-yana>
- ❖ **References:** Reggie Ray



Neil McKinlay





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Philip Shepherd, TEPP [The Embodied Present Process](#)



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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.

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.