



### Philip Shepherd: The Forgotten Harmony



Philip is the founder of Embodied Present Process and author of *Radical Wholeness* and *New Self, New World*. Discover what “True Embodiment” is, the cultural myths that are getting in the way of it, and how this all contributes to our current ecological crises.

**TOP EMBODIMENT TIP:** 1) Explore what it is to breathe and to feel the world gently; It opens a realm of sensitivity that our culture tends to obscure. 2) Allow your awareness to drop out of the head and down into the body towards the pelvic floor, and see where that takes you when it lands.

What is “True Embodiment”?: Rather than ‘listening to the body’ or ‘being aware of the body,’ embodiment is being aware of **the world *from* the body, and listening to the world *through* the body.**

- This attunes the body to the Present: *“All the currents of everything that has ever been and the potential of everything that will ever unfold.”* The present resonates through the body but that our culture can make it difficult for us to feel the present.

#### Eight Cultural Fictions That Live In Our Bodies:

1. **You are alone.** *Everything a person experiences is a shared experience.*
2. **You should be independent.** *Everything depends on everything.*
3. **Your head should be in charge.** *If the head is in charge, embodiment becomes a top-down experience.*
4. **Up is good, down is bad.** *As a result of the internalised idea that everything we do is top-down, we have distanced ourselves from the intelligence of the pelvic bowl, which is the ‘ground’ of our being.*
5. **You have five senses.** *Our five senses are a cultural artefact, and that this will hamper our efforts to become fully embodied. Real listening means feeling the sounds of the world in your body, and real sight means seeing the sights of the world and feeling them in your body*
6. **Intelligence is abstract reasoning.** *This definition of intelligence is extremely narrow because actually intelligence exists on a massive spectrum and even the spectrum can be redefined.*
7. **Knowledge will save us.** *Knowledge can be dangerous if it is not counterbalanced with self-knowledge.*
8. **Your intelligence belongs to you.** *Intelligence is an emergent property, something that happens when unity achieves a coherence.*

#### The Forgotten Harmony

- Turning away from the body means turning away from nature. Nature loves change, diversity and service. The crisis of disorder, imbalance and disharmony in the world is *humans’* disorder, imbalance and harmony, not nature’s. The forgotten harmony exists as a living continuum in the world around us, and embodiment is vital in order for us to rejoin this living continuum.