



**Helen Weng:** This is your brain on meditation: Using individualized brain signals to track



Dr. Weng is a neuroscientist, clinical psychologist, and assistant professor of psychiatry and behavioral sciences at the University of California. Explore a new measure of tracking people's attention to their bodies and the role of mindful body awareness to understand and process emotions.

**TOP EMBODIMENT TIP:** Save time to find things you naturally enjoy in your routine.

Measurement challenge: **From internal practice to external change**

- Meditation practices: qualities of attention and mental states that are difficult to measure.
- Psychological processes: attention, thoughts, feelings, emotional regulation, and social connection.
- Micro-behaviors: self-awareness, self-care, eating, exercising, and social interactions.
- Health outcomes: depression, anxiety, pain, stress, engagement, enjoyment, purpose, and relationship quality.

Compassion meditation: **Bring kindness**

- Allow all experiences, honor and integrate selves and creative solutions.
- Compassion training is related to increased empathic concern and decreased personal distress. It is related to more activation in the dorsolateral prefrontal cortex, the nucleus accumbens and the insula, and less activation in the amygdala.
- Compassion training is related to more altruistic behavior in a redistribution game. Also, the compassion group was able to look longer at suffering.

Breath-focused meditation: **Slow it down**

- Use bodily awareness to identify experiences and self-knowledge.
- Try cultivating interoception.
- Multi-voxel pattern analysis allows us to detect activations and fluctuations of brain networks related to paying attention to the breath, mind wandering and self-referential processing. These patterns are unique for each individual during meditation.
- Improvement is achieved in the specific areas of practice.

## Resources

- ❖ **Websites:** <https://osher.ucsf.edu/research/research-team/helen-weng>  
<https://eastbaymeditation.org>  
<https://embodystudy.org>  
<http://centerhealthy minds.org/well-being-tools/compassion-training/>
- ❖ **Email:** [helen.weng@ucsf.edu](mailto:helen.weng@ucsf.edu)



## 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

### Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
<b>Recordings</b>	<b>Cheat notes</b>	<b>Bookmarks</b>	<b>Learning lists</b>	<b>Recommendations</b>
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)