



Keli Carpenter: Three Essential Meditations to Cultivate Conscious, Connected Families and Relationships



Kelli Carpenter is the founder of The Other Side of Average (TOSA): Therapy for the Soul. Through her own childhood and experience raising three kids, discover how to create better connections with your family members by healing and deepening the inherent wisdom within yourself.

TOP EMBODIMENT TIP: Our ability to unravel the narrative to evolve beyond the story, understanding what it means to be fully grounded, and utilizing a transcendental meditation practice.

The Importance of a Support System

- Having a strong support system, that recognizes your humanness, allows one to fulfill their potential. Living without one can create various levels of fragmentation in our psyche that will be projected onto our family and cause cycles of pain.

Deeper Connection and Inner Calm

- How trauma changes someone is a choice. Working to heal the trauma and let go of the story, or narrative, of the event(s) will help navigate the person into a state of inner calm.

Better Reactions for Emotional Stability for You and Your Children

- By not allowing heavy emotions to pass through the body, one can project those hurts and expectations onto others. Learn to process difficult emotions.

Use Meditation to Impact You and Your Family

- The impact of meditation in relation to your children: children will develop a learned practice and obtain tools of mindfulness, patience, thinking of future growth, and processing life.

Resources

- ❖ **Courses:** Guided Recorded and Training of the [Guided Meditation] process on website
- ❖ **Website:** TheOtherSideofAverage.com/TEC
- ❖ **Social:** @theothersideofaverage
- ❖ **References:** Transcendental Meditation Particularly PSM



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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.

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