



Dr. Tamara Russell: What Does Embodiment Really Mean?



As a clinical psychologist, martial artist and neuroscientist, Tamara brings a unique, multiple perspective to her mindfulness teaching, therapy, and research. Her particular interest is the embodiment of mindfulness.

TOP EMBODIMENT TIP: Play with your feet. Honor your feet.

What is embodiment?

- **Embodiment is the deep presence of the practitioner. It is bringing your practice into every step you take, every relationship you have, into the workplace etc.**
- The core theme is meeting people where they're at.
- During these times, with high technology use and the confusion and lack of trust stemming from the pandemic, it's important to come back to our bodies throughout the day with simple and effective practices.
- **Movement is an essential element that supports embodiment when a person is experiencing high levels of stress and arousal for any reason.**
- Her research has found that shorter practices, more often throughout the day is helpful.

The Transitional Pause

- A meditation with 3 tools that helps to tune in:
 - **Tool 1:** Settling into the present moment.
 - **Tool 2:** Shoulder rolls.
 - **Tool 3:** Swaying side to side on soles of the feet.

The brain and the body

- Dr. Russell believes that our brain is all throughout the body
- **The three C's of mental orientation of what to do (when you don't know what to do):**
 - Courage.
 - Curiosity.
 - Compassion.

Resources

- ❖ **Website:** www.mindfulnesscentreofexcellence.com
- ❖ **Social:** [Facebook: Mindfulness Centre of Excellence](#)
- ❖ **References:** Dr. Peter Levine, Jim Morningstar,

Dr. Tamara Russell





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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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