Philip Shepherd: What Embodiment Means to Me

Founder of The Embodied Present Process (TEPP) and author of Radical Wholeness and New Self, New World. Join Philip as he discusses his personal journey back to his body, and the priceless gifts from cultures other than his own.

**TOP EMBODIMENT TIP:** Discover what the risk is for you, in coming to rest at this point, in this place.

*Whale-Hunting, Navigating, Sleeping Safely, Avoiding Snakes; Attuning to the Natural World Through the Body.*
- Alaskan Elder whale-hunting; accurately sensing when a whale is nearby and about to surface.
- Polynesian navigators; sailing to islands they can’t see, feeling refraction patterns from far away.
- Aboriginal Sng’oi people of Malaysia; able to feel the movements of animals in the jungle.

**Embodied Intelligence: Grounded Sensitivity.**
- There is more sensitivity in the body than we can possibly name.
- Any sensitivity is a form of intelligence. Intelligence is the quality of grounded sensitivity, it’s an entirely embodied quality. Sensitivity has to become grounded in order to become coherent, otherwise it’s just reactivity.

**Cultural Stories: Liberating Ourselves and Moving Towards Each Other.**
- Tendency to insist our own culture story is the true reality; dangerous, can lead to racism.
- Embodiment is the antidote to this error; our body understands that we belong to each other.
- People from other cultures can be our liberators; our own culture may be limited or prohibitive.

**Accessing Our Full Embodied Potential: Profoundly Being Our Body.**
- Speech; we speak from the thinking of our heads, rather than the thinking of our beings.
- Legs; thrum with a calm knowing intelligence, but we experience them as prosthetics that perambulate us around.
- Back; breathing into the back, we can feel the whole of our lived life there, our ancestors.
- Pelvic bowl; the place of rest in the body, neuroscience has established that there’s a brain in the pelvic bowl.
- Okanagan People believe that of the belly, heart and head, it’s the belly that’s the most profound.

**Practical Exercises From Other Cultures: Connecting our Two Brains, Being Rather than Doing, Feeling the Background.**
- Connecting the head with the pelvic bowl: Energy of the head gently descending to the pelvic floor, resting there.
- Exploring the background and foreground: Saying text aloud while focusing on the background, place of being.

**Resources:**
- **Website:** The Embodied Present Process; Take the TEPP Journey;
Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “Skin and Games – What Sexwork Taught Me About Love”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to #LoveAndRage - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. #LoveAndRage explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

Love and Rage Embodiment Training [ilanstephani.com/loveandrage](https://ilanstephani.com/loveandrage)
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