



## 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](#);
- ❖ **References:** *Richard Nelson: Searching for the lost arrow: Physical and spiritual ecology in the hunter's world*, *Robert Wolff: Original Wisdom: Stories of an Ancient Way of Knowing*, *Wade Davis: The Wayfinders: Why Ancient Wisdom Matters in the Modern World*



All Keynote Presentations are Proudly Sponsored by [Ilan Stephani](#)



**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!

# ILAN STEPHANI

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

Website [ilanstephani.com](http://ilanstephani.com) Instagram [@ilianstephani](https://www.instagram.com/ilianstephani)

Facebook [www.facebook.com/ilanstephani](https://www.facebook.com/ilanstephani)

## 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](#)