



Steve New: The Embodied Practice of Personality



Steve New is an embodiment teacher and coach with a practice background in meditation, martial arts, yoga, breathwork, and dance. He is also Events Manager and Assistant Manager of the Meditation & Breathwork Channel of The Embodiment Conference. Benefit your life through meditation as an everyday practice to bring awareness to your breathing, posture and bring consciousness with movement. Implement it in your life now!

TOP EMBODIMENT TIP: We are what we do and we become what we practice.

Self-Care: Take care of yourself.

- Drink water.
- If something is challenging, observe what discomfort it brings.

An Introduction to a Meditative Practice: Bring awareness to your breathing, your body and temperature.

- Take a few stronger deeper breaths if you need to relax
- Ask how you can use less energy to perform a task.
- Ask yourself, how are you now?
- Embodiment is the depth level with our body and actions.

A guided meditation: Bring awareness to your posture and observe the pace of your breath.

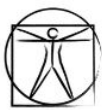
- Sit in a comfortable position with eyes open or closed.
- Notice the shape of your spine and the balance. Sink into your roots to find stability and organisation in yourself.
- Body scan observing the sensations to tune into yourself. Wish yourself well: may I be happy, safe, at ease.

Movement: Bring awareness to everyday tasks.

- Move normally and observe the pace, the breath.
- What is your normal mode of being?
- Increase more movement, a stretch or a challenging position and observe how that makes you feel.

Resources:

- ❖ **Website:** <https://airtable.com/shrHGhSMbuh5QoCeB>
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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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