



Laurence Galloway: Whole-Body Pleasure and the Foundations of Samadhi



Laurence is a meditation teacher, Samadhi & Jhana enthusiast, attendant to the late Rob Burbea, embodied facilitator, stand-up storyteller, chicken whisperer, and mystic. Laurence began studying and practising meditation in 2004, following a spontaneous awakening experience. Discover Samadhi: this spectrum of well being that is available to us as human beings.

TOP EMBODIMENT TIP: Enjoy. Enjoy. Enjoy.

Pleasure and Happiness are not Dependent on External Conditions:

- Pleasure and happiness and peace and **deeper states of well being are available to us through meditative practice.**
- Pleasure and whole-body happiness is reached **through the cultivation of sensitivity and appreciation** for the way we attend to our experience, intentions, and attention.
- This, together with our conceptual frameworks, is what shapes our experience.

Whole-body Pleasure is Good for us and for the World:

- Samadhi increases access to and cultivation of the reservoirs of well being.
- Samadhi is not only a gift to ourselves, but is **a gift to others** and to the world.
- Samadhi can be an **antidote** to a lot of the world's struggles.

What is Samadhi?:

- Samadhi means openness of being, of heart, of sensitivity, and has qualitative like **sensitivity, responsiveness, and non-judgement.** I can be defined as '**collectiveness**' of mind and body, in which the mind becomes more and more infused in the sense of the body.
- Samadhi exists on a spectrum.

How is Samadhi Achieved?:

- Through the practice of **meditation:** silence of the mind and stilling the body.
- By gladdening of the heart: practice the conditions that give rise to happiness (such as generosity, the **Five Precepts**).
- By addressing the barriers: the **Five Hindrances**.
- By practising the states of meditative absorption: specifically, the practice of the **Eight Jhanas**.

Resources

- ❖ **Email:** foundationsofsamadhi@gmail.com
- ❖ **Social:** <https://www.facebook.com/lardgalloway>
- ❖ **References:** [Jack Kornfield](#), [Tara Brach](#), [Christopher Titmuss](#)



All Meditation & Breathwork Presentations are Proudly Sponsored by

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.

the
**embodied
present**
process

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
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