



Jess Huon: Why the Body?



Jess Huon has been engaged in meditative and embodiment practices since the age of seventeen. She is an authorised dharma teacher and author of 'The Dark Wet'. Find out how to come home to your body through an embodied way of living.

**TOP EMBODIMENT TIP:** Trust the resourcefulness of your own body!

An Embodied Meditation:

- Feel where you meet the ground.
- The Dharma is sort of speaking to the natural law and how to meet this rawness of experience of life in a way that can be liberating and connecting.
- Understand that we are in motion.

The Body:

- The body is the vehicle for our practice. It is a living anchor!
- The body is our profound refuge. It is a resource for our practice.
- There is something painful in that feeling to neglect and to mistreat the life of our own body.
- We can have a direct relationship with life through our body.
- We can live disconnected but the body will want to signal itself to us to have a deeper intimacy with our life.
- Contemporary culture gives us a lot of opportunities but where do we want to lay down our heart? Where do we want to place our refuge?
- The Buddha says that refuge is in my deep humanity, which is inside my own body.
- An embodied meditation practice will help us keep coming home.

A Call to Come Home:

- Cultivate genuine kindness for our own experience.
- Find an emotional maturity to find your way through.
- Bring your own unique Dharma through to respond to these times with more peace and resources.
- The best book is the book of your own body and the book of your own experience.
- Trust in your own life and your own wisdom.

Resources

- ❖ **Books:** The Dark Wet
- ❖ **Website:** <https://jesshuon.com/>
- ❖ **Facebook:** <https://www.facebook.com/JessHuonMeditation>
- ❖ **Instagram:** <https://www.instagram.com/jesshuon/?hl=en>



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**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.

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