



### Joel Levey: Wisdom at Work



Joel is an Elder in the Mindfulness field whose work has been praised by the Dalai Lama. Envision what it would be like to live your awakened embodied existence in a way that is truly dedicated to activating the highest, deepest, truest potentials for all beings.

**TOP EMBODIMENT TIP:** Try and fathom the full dimension of your true embodiment; Light your body up in all of its dimensions with the light of your awareness and sense that it is reflected within the deepest dimension of the true minds, hearts, and bodies of all beings everywhere; May we find opportunities to deepen in this exploration together.

Embodied Awareness: **Activating the highest, deepest, truest potentials for all beings.**

- Try and fathom the full dimension of your true embodiment; Light your body up in all of its dimensions with the light of your awareness and sense that it is a reflection within the deepest dimension of the true hearts, bodies and minds of all beings everywhere

Center Yourself as a Cell within this Larger Body of Life

- Explore trying to comprehend what it might be like to live your life as a cell within the larger body of life that you share with all living things and beings.

Embracing the Miraculous Mystery of Life: The body, mind, consciousness, the nature of the universe...

- We can only measure 4% of what exists in the universe, and of that 4% that we can measure, 3.96% of that is just gas and dust blowing between the galaxy and .04% of what we can measure are things like devices, bodies, buildings and furniture; **99.96% of your true embodied existence may be beyond measurement, but within the range of your conscious, intuitive knowing.**

The Body is the Vehicle: As you quiet the turbulence, reduce the stress, tension and confusion in the mind and just rest in a clear, open sky like awareness, you can sense and tune into absolutely everything in every dimension across the vastness of all it is -- the body is the vehicle to do that.

Empathy Fatigue: **Compassion is an Embodied Response to Pain / Suffering**

- When we come into resonance with the suffering of the world it can be totally overwhelming, and we can become toxically overloaded with empathic distress. The cure to that is an energetic and embodied response to that suffering that we feel; Compassionate responses give us the capacity to wake up to what's really going on within us and around us, rather than finding ways to protect ourselves and shed our awareness down. All of this is based in our capacity to be still, awake, and open within our bodies.

The Cyber Body: **The Capacity of Humanity is Increasing in Inconceivable Ways**

- Through our words, we enter each other's minds, and we move, shape and stimulate each other's bodies... regardless of the platform that we're using.