



The Extended Self Program

Strategies for Life's 'Second Half'

The Somatic Terrain

Somatic Integration has six key components...I'll break them down to three broad domains

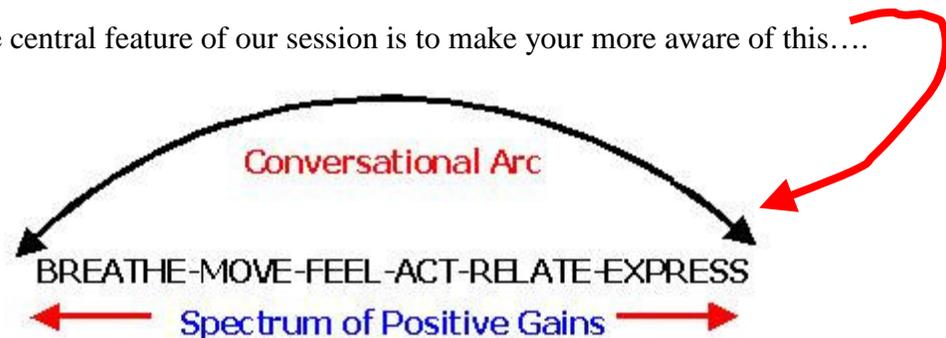
- Metabolic** - Timing or Rhythm (Coordination)
- Mechanical** - Standing, Facing, Maneuvering (Spatial Integration)
- Ecological** - Wanting (Primary Behavioral Drivers), Intending (Cognitive Ability)

These areas are discussed in detail in the article [The Field Of Somatics](#)¹ by Thomas Hanna. I also have the practical side of this covered in my [e-book](#), so we'll be making this part of the way we view your changes. I observe Hanna's model through six cyclical, nonverbal cues called The Somatic Terrain.. My aim is to make those last two words as vital to you as your name, address and phone number. While those other three may help other people identify and locate you, the Somatic Terrain is what they find when they get there. It's the living landscape of the world that people sense when they cross your path...

The Somatic Terrain consists of the composite pattern of HOW people BREATHE-MOVE-FEEL-ACT-RELATE-EXPRESS. Notice it doesn't have a thing to do with HOW or WHAT you *think* at all. That's because your thoughts are not fully your own. A full 99% of them aren't even conscious to you. Only 7% of what you do to communicate with yourself and others is from words. So The Extended Self Program is not limited to what goes on during the Live Session time. All interactions are cleverly laced deeply into the Somatic Terrain.

The wider your conversational arc gets, the more positive gains you'll make. My [e-book](#) explains each one, so just learn that piece now. Think of it like driver's ed. At first, every little aspect of each task required total concentration. At some point, your attention shifted from what you were doing inside the car, to what is going on around the car as you drive from Point A to Point B. Now, remember EVERYBODY goes through this. The trouble is, when we're stuck in a rut, we get sloppy as we travel through the spectrum. That's when we start to lose contact with the soma.

The central feature of our session is to make you more aware of this....



¹ <http://somatics.org/somaticscenter/library/htl-fieldofsomatics.html>