



# **The YES Factors**

## **Blissful Practices For Somatic Awakening**

**An E-Book For Virtual Inspiration**  
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# Welcome to my world!

**"Well we all have a face  
That we hide away forever  
And we take them out and show ourselves  
When everyone has gone  
Some are satin some are steel  
Some are silk and some are leather  
They're the faces of the stranger  
But we love to try them on."**

## **Billy Joel, "The Stranger"**

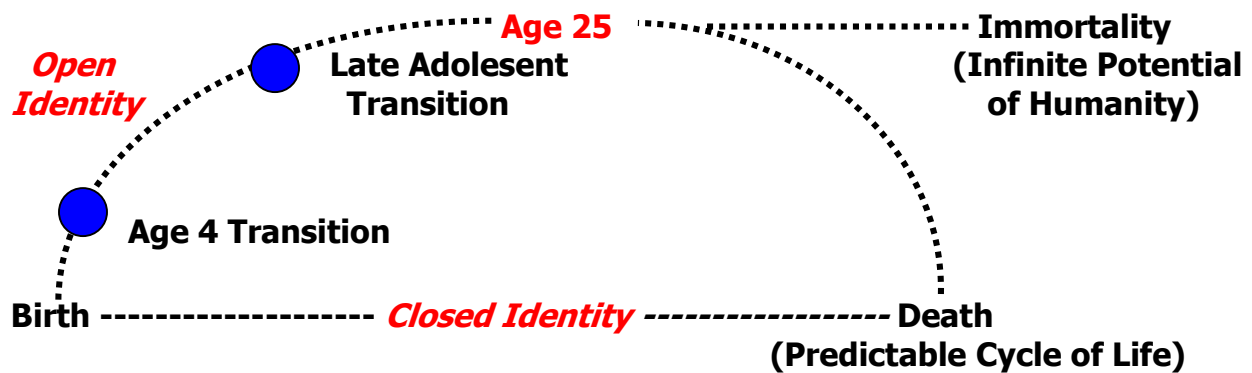
Until recently, the notion that someone's personal life could impact the lives of people beyond that individual's immediate circle was still science fiction. Our sense of identity was always bound by what was inside our skin. This border, like many others, has been proven false. Humanity exists as an interwoven network of consciousness; with a level of complexity so vast we're only in the foothills of understanding its magic. What I've assembled here is a quick, easy and fun way to peel back this veil that has been conditioning us to so loosely aware of our own perceptual filters.

What's your working definition of bliss? Do you brief a sigh of relief or are you instantly exhilarated when you experience it? What happens after the 'ahhhhh' fades away? Are you empty inside again? Does the dread of everyday life flood back? These are the unexplored issues we cannot easily put into words for others. By sharing the practices in this e-book, you are taking the first step toward knowing how powerful your 'little world' is to all the other 'little worlds' revolving around it. And when you get down to it, isn't bliss best when it's a group experience? That's what makes 'our bliss' so healing to us on such a primal level. Let me explain how this works.

# What is Your Extended Self (YES) Anyway?

Right now you are holding an artifact of your extended self or YES. I'm part of the 6 billion plus 'others' that comprise a collective consciousness you are tapping into every time you attempt to connect to the world socially. Human beings are complex adaptive systems that have a lot of untamed consciousness to explore. Most of us are so enmeshed in our limitations, concerns, dramas and daily aggravation that it's no small wonder we tune out this dimension of our being. Before you slam the book shut and call me names, let me make YES real for you. It concerns your identity so listen!

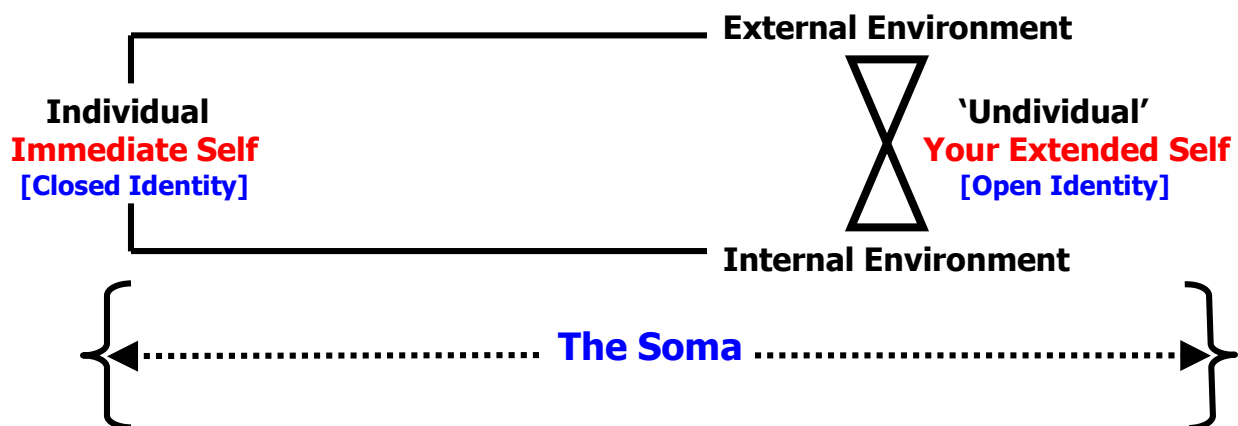
Identity has two dimensions...



Your extended self is created (or not) in two stages...

- #1 Birth to Age 4 Transition – Separation of Time and Body
- #2 Post-Age 4 to Late Adolescent Transition – Formation of A Life Story

YES Awareness is achieved by allowing your self-perspective to expand...



The 12 Blissful Practices just make this reality come to life in you.

## The Basics...

Human beings are wired for survival first, evolution second. The trick to learn is that they are not sequential, but parallel and intertwined processes. When we work through words, it's easy to divide things up into nice, neat categories and keep things organized. Yet our direct experience is not that clean cut, right? The more we try to separate the world into pieces, the more artificial it gets. We are never guided to an awareness of the whole. That's been a given and as a result we wade through map after map of how to break down our lives into these prepared action plans. The self-help industry is only about 30 years old. So we're not even two generations into this movement. We keep applying quick fixes to lifelong problems. And if we're really *unlucky*, they work and we get a guest pass to nirvana for awhile. When I speak of a 'blissful practice', I'm suggesting a deeper path.

This e-book will NOT follow the code of fluff that has become so commonplace in the world of self-help. Below is a list of common tactics as enumerated by Mariva Hannah Aviram in her JAN 2001 article on The Self-Help Industry...<http://www.mariva.com/essays/self-help.html>

*My comments appear in italics*

- 1) Change your life in 30 days – *The only thing that changes in 30 days is the calendar*
- 2) Avoid the "limited pie" approach to life – *The lather-rinse-repeat of self-help!*
- 3) Learn this model and consistently apply it to your life. – *Ha! You already do!*
- 4) I did it; you can, too! Here's how. – *I'm the opposite, you do it and get back to me.*
- 5) Here's more evidence – *I used to think science and politics were different things. Nope.*
- 6) Land your dream job – *Work and bliss are a good thing to combine...it's called a hobby!*
- 7) If you have too much to do, delegate tasks to others – *Sorry, bliss is on you.*
- 8) Quit whining and just do it. – *Bliss isn't a 'to do' thing. It's a state to visit more often.*
- 9) Reward yourself – *If the only other choice is to punish yourself, then OK, have a parade!*
- 10) Don't be judgmental – *On the contrary, be very judgmental. Just be aware you are too.*
- 11) There is power in forgiveness – *Power is in everything. Empowerment is another story.*
- 12) Rely on religion – *That's almost redundant! Relating bliss to a formal religion proves elusive.*
- 13) The disclaimer – *If inspiration and bliss need one, I'm glad I wrote this and didn't buy it!*

The book leads you to one conclusion: There's more. In fact, plenty! Somehow just realizing the sheer vastness of consciousness transforms us.

## A Brief Orientation

Chances are pretty strong that you're going to have a conversation today. Some will be with other people, some with yourself, some with inanimate objects, body parts, and other 'things' that you encounter, like say traffic, weather, and Fox TV. Each conversation has a living structure to it. They follow a path that leads you from the known to the unknown. What this e-book does is make that journey visible to you in the form of 12 Blissful Practices that illuminate something called the soma. My aim in this introduction is to get you in touch with the soma and it's daily migration across the verbal plain of our existence. Once that's done, bliss will follow...

Before I go any further, let me be dirt clear about bliss. The bliss emerges from the practice, not the other way around. So this is not just about relaxation, joy, release and all those great things. Bliss contains an awareness of how connected we all are. The bridge of conversation has many tolls. The first truth to internalize is that whatever is on the other side is *really* there. Sometimes we're in a conversation and we have an unengaged partner. They're distracted, preoccupied, self-conflicted, in pain or whatever. You can't join a person there. You can only join them where they're open and willing to receive you. Lucky for us, we aren't aware of just how open we are no matter what try to we do to close ourselves off.

Let me walk you through a nice, neat example and let that be your guide. You park your car in a shopping mall and it's raining. As you open your umbrella, someone suddenly bumps into you. After regaining your composure, an unexpected conversation begins. That's YES Factor #1, which is **Crossing Paths**. You have encountered the 'other' again. Within a few moments, both of you make an instinctive call. How? That's YES Factor #2, which is **Reading the Eyes**. Once you made the assessment that this person is not a threat to you, the loop folds back into you. That's YES Factor #3, **Silent Partnering**. If you feel they're friendly, some chemistry begins to develop. Most conversations trail off at this point. We get past the initial hit, get into some small talk and slink away 'satisfied'. But YES Factor #4, **Picture Patterning** keeps working. We compare that person to everyone we've met that is even remotely similar to them. If we get some positive matches, YES Factor #5, **Beyond The Body** kicks in.

It's at this point, that a bond is created. It's new, it's fragile, but it's there. As the conversation filters back to the world within you again, YES Factor #6, **Attention Management** shifts our gears and we allow all of the other YES Factors to dovetail into the fabric our day. How is all this possible? All six YES Factors are running the whole conversation. Everyone we interact with has a particular code they run at us to meet us where we're most open at that moment. Like the keys on a chain, we get used to the texture of another person's rhythm and just seem to 'know' how to connect. It's not a mind-body thing at all. This is deeper. This is somatic.

We're all somas, living systems with self-awareness. When we enter into a conversation, the infrastructure of that system is activated. As with the YES Factors, they're constantly running. What we need to do is learn to notice them in their native language – nonverbal cues. What the soma does is take all our gestures, facial expressions, bodily tensions, voice tones, etc... and filters them into it's other-than-conscious processes. What develops is an interface, one within us and one with our conversational partner. If we can 'fill in' the soma's needs, our self-expression gets clearer and clearer.

Let's revisit that example from the somatic side this time...

You get out of your car and it's raining. You get bumped by the other person. The 1<sup>st</sup> Somatic Function, **Timing** is activated. You regain your coordination internally and then attempt to access what's happened. In the process of doing that, the 2<sup>nd</sup> Somatic Function, **Standing** is activated. In the midst of initiating the conversation, your body will attempt to find 'up'. It'll seek a vertical point of least tension. Once it peaks out on that task, the 3<sup>rd</sup> Somatic Function, **Facing** is activated. We now see and are seen. Most conversations flatten out at that point. But the soma's not done yet.

The 4<sup>th</sup> Somatic Function, **Maneuvering** allows us to turn and alter the way we move and sense the other person. Ever notice when someone's head tilts to one side when they're thinking during a conversation? If we are having a lively exchange, this function gets a workout. It's like a slow boil until the 5<sup>th</sup> Somatic Function, **Wanting** is activated. This is we make an overt effort in the direction of desire. It's a passionate step. The 6<sup>th</sup> Somatic Function, **Intending** completes the conversational arc. It brings the other five functions together to coalesce the experience into its core.

# Reader's Guide

I wrote this e-book so people could take a different approach to their social interactions, one that emphasized the interconnectedness of the soma. Each practice serves you in 4 ways. Getting adept at recognizing how it's serving you now is the bliss of this process. After awhile, you'll begin to notice that you can consciously reframe your conversational experiences and engage the soma across all 4 domains interchangeably. All paths lead to inspiration...

## Windows

To apply this perspective, use each blissful practice to see 'into' yourself and other people. Ask short, choppy **WHY** questions, like "Why this person?", "Why right now?". Let the practice reveal meaning. But stay in context! Design the type of window you want to perceive through also. Is it a tinted one, where you can look out and other can't see in? Is it a stained-glass window, where the light comes in, but you can't see out? Can you open the window and feel what's outside? Spend a moment realizing just that. What kind of window do you view the world through? Or yourself? Or your life as it is now? Then go practice...

## Floors

To apply this perspective, use each blissful practice to physically sense the ground. Ask questions, **WHERE** questions like "Where's my heart?", "Where's the truth?". Let the practice reveal meaning. But stay in context! What kind of floor do you contact the world through? Is it a thick, carpeted one you feel at home on? Or is it a seaside surf that makes every step contemplative? Take time each day to befriend the ground. Notice when your feet want to uncouple from it during phone calls, short chats, etc.. What does it take for you to be present with others? Can you feel someone's absence? Then go and practice...

## Ceilings

To apply this perspective, use each blissful practice to see 'into' yourself and other people. Ask questions, **WHO** questions like "Who's my hero?", "Who am I now?". Let the practice reveal meaning. But stay in context! Design the type of ceiling you want to perceive through also. What's the roof over your head like? Do you have a black cloud up there? Or is someone watching over you? Do you feel connected to the sky? The stars? Can you watch a bird fly by and sense it's exhilaration, it's living energy? How often to you break through the glass ceilings in your world? Or in your relationships? Or in your career? Then go practice...

## Doors

To apply this perspective, use each blissful practice to see 'into' yourself and other people. Ask questions, **WHAT** questions like "What's next for me?", "What's possible now?". Let the practice reveal meaning. But stay in context! Design the type of door you want to perceive through also. Is it locked from the inside? Can you see out the peephole? Do people knock or ring a bell to get you to open it? Are other people locking you out? Are you happier outside or inside the door? These are the keys to progress. Make each time you open a car door, a cabinet or the fridge contemplative. What doors open you? Then go practice...

Feel free to ignore, mutate, alter, warp or faithfully apply these suggestions. The 12 Blissful Practices are meant to prompt to explore beyond their words. Bring them to your family, your partner, your life at the pace that feeds you.