



The Extended Self Program
A Whole Person Approach to Life Transitions

April 19th FREE Teleclass



Got A Beef?
Soma says press mute!

“Spring Cleaning”
Raging Against The Routine

This class will help you:

- **Align with the Cycle of Life Transitions**
- **Learn about The Extended Self Program**
- **Meet people in my global network**

Everything we experience runs in cycles of transition

**When we face change, we impact our
relationship with three rhythms...**

1. _____ and _____
2. _____ and _____
3. _____ and _____

Each breath, blink and heartbeat we renew our relationship with our environment. In order to connect ourselves to the living intelligence we are, we need to learn to be more self-aware of the Cycle of Life Transitions.

Let's take a look at one of those now.

The building blocks of human experience are _____ and _____

Learning to distinguish these two elements is the key to revealing how an individual, family, community or society forms it's _____, _____, and eventually it's _____.

An _____ consists of an experience of what's unknown which 'breaks code' with the status quo. The universal response to this is called _____.

_____ can be better defined as an emergent, highly provocative state, that serves to both protect and support what is inherent in the status quo. Don't confuse this with _____ which surfaces prior to and after _____ has marked the moment.

A _____ consists of an experience of what's known that 'makes code' within the status quo. The universal response to this is called _____.

_____ is what is used to derive meaning, which helps to shape a purpose and direction for intent. _____ of that intent shifts that derived meaning *into* matter, which *informs* the status quo.

To break the hold of rage, a different type of intent is used. This intent focuses on an _____ and all of its unique nature – in the moment.

This frees the status quo from its point of _____ and diminishes the need for support and protection (rage).

We can notice the connection between rage and routine by tracking our _____ dialogue.

As a sensory-motor coupling _____, a parallel process of _____ recurs. This process produces _____, which artificially links _____ and _____. This divides attention within the status quo.

Trigant Burrow called this _____. Through the work of _____-_____ he was able to detect a deeper form of integrated attention.

He named this form, _____. It applied the more fundamental level of intent to transform the _____ of _____, which raised the status quo, achieving _____.

In the Extended Self Program, this whole cycle is simply called _____ (occurrence)
_____ (reoccurrence)
_____ (status quo)

Let's look at some of the basic features of The Extended Self Program

All social interactions are guided by the _____ window. Practice this with strangers and work your way up to people closer to you over time. In each interaction, it's best to understand the roots of one's motivation, and recognize the biases involved in one's desires. The aim is to instill order in one's consciousness without causing too much disorder in the social or material environment. If we try for less than this we miss a chance of developing our potential, and if we try for much more, we set ourselves up for defeat.

Your identity has two dimensions

We're born with a _____ identity that is survival-based and relates to our _____ sense of self. We develop an _____ identity that is evolution-based and relates to our _____ sense of self

Everyone experiences Two Universal Life Transitions.

The first one occurs at Age ___ when we separate _____ from _____ and create a _____ that we'll use to form our _____ self. The second one occurs during _____ when we formulate a _____ that we'll use to connect our _____ self to our _____ self

We all have _____ ways to access the resources of the extended self. By attending to how we **BREATHE-MOVE-FEEL-ACT-RELATE-EXPRESS** we awaken a powerful communication system. In order to know which one is speaking to us now, we need to learn the language of the _____, which Thomas Hanna describes as “the living you, experienced from within.”



I hope this meeting has created some curiosity in you.
I look forward to sharing more soon.
Thank you for joining me!