



The Extended Self Program
A Whole Person Approach to Life Transitions

February 15th FREE Teleclass



Gun Shy?
Soma says take cover!

“Fun With Phobia” **How Culture Uses Fear**

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.

Human beings have two primary modes of perception. One works off of the electrical activity of the brain's web of neural networks, which gives rise to an _____ world. The other works off of the brain's metabolic activity, which more closely reflects the body's physical expression. This type of perception brings us back to the _____ world that we all share.

Together they create the patterns of _____ Fiction that are the building blocks of all human behavior.

Now let's look at some facts on the subject.

Fact #1

When fear strikes, there is an imbalance in these worlds of perception. We are reminded over and over again that the _____ is not the _____.

Fact #2

From a 3rd person perspective, we notice fear in another person somatically through the _____ response.

Fact #3

When this pattern is manifested developmentally, it activates what is known as the _____ reflex. Thomas Hanna then re-named this the _____ Light reflex. Repeated triggering of this reflex results in a _____ - _____ posture of anticipation.

Fact #4

A phobia is conditioned into the _____ world of perception through the _____ visual process, by converting _____ light into _____ frequencies.

Fact #5

If a phobic reaction is triggered through _____ input, the individual can experience a _____ attack. When the phobia develops from physical trauma, the individual must re-educate the _____ system first. It's in this manner that _____-motor integration allows the person to overcome a state of _____ incompetence.

Fact #6

“Mass sociogenic illness” (MSI) is a form of shared hysteria that occurs when a sudden threat is perceived by a group of people all at once. When it happens in an unstable environment, a _____ may erupt. When the threat is held over a group for prolonged periods of time, the conditions for _____ are established.

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Society regulates civil disorder through \_\_\_\_\_ Law.  
People regulate social disorder through \_\_\_\_\_ Law.

Forget milk....Got phobias? ☺

## 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!