



The Extended Self Program
A Whole Person Approach to Life Transitions

January 18th FREE Teleclass



**Feeling a bit jumpy?
Soma says dance!**

“Manic Impression”
Anxiety’s Silent Scream

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 interaction.
_____ and _____.

Both operate along a spectrum of intensity, frequency and duration. If we learn to recognize how they manifest in us we can use their _____ to impact our well-being.

Dance Step #1

The spectrum of _____ begins with _____ and peaks with _____.

From a somatic perspective, there is a _____ pattern of _____ we must work to regulate as we begin each day. When we fail to do this, our posture is involuntarily oriented into _____ to arrest it.

Dance Step #2

In terms of our interpersonal experience, anxiety biases us on an other-than-consciousness or precognitive level as well. The brain runs on a network of _____. When apprehension becomes anxiety, the brain moves us _____ undesired targets more easily than it moves us _____ desired targets. This impairs the mode of _____, fragmenting our self-awareness.

Dance Step #3

A great way to screen this process is the _____. Simply close your eyes and move them up toward your forehead. If your eyelids begin to _____, you're experiencing apprehension more than comprehension.

Learn more about The Extended Self Program's
Somatic Integration Resources

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and download some FREE Stuff

**Dance Step #4**

In order to release anxiety, we must uncouple \_\_\_\_\_  
of the future from \_\_\_\_\_ patterns of the \_\_\_\_\_.  
This process is called \_\_\_\_\_. This shows  
how memory can work independent of our experiences.

**Dance Step #5**

Fear is an innate property of human adaptation. Anxiety's  
content is socially-conditioned into us. We can break  
down fear propagation into two instinctive categories:  
\_\_\_\_\_ and \_\_\_\_\_.

The \_\_\_\_\_-based fears ward off \_\_\_\_\_.  
We can trace this back to breaking our bond with \_\_\_\_\_.  
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We can trace this back to breaking our bond with \_\_\_\_\_.

**Dance Step #6**

It is estimated that \_\_\_\_\_% of the adult population  
develops \_\_\_\_\_ or \_\_\_\_\_.  
What is not known is the percentage of the population  
that expresses the pattern of a \_\_\_\_\_ or I call  
\_\_\_\_\_. Who's scaring who?

## 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.”

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