



**The Extended Self Program**  
A Whole Person Approach to Life Transitions

**March 15<sup>th</sup> FREE Teleclass**



**Losing It?**

**Soma says compose yourself!**

***“Spring Thaw”***

**Building the ‘Arc’ of Irritability**

**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 Spring System offers us access to the most primitive and raw aspects of our being. It is rooted in novelty and provides the fuel for renewal. It's the passkey to our experience of ourselves. When you set the table for guests, re-cycle your old newspapers, or prepare your shopping list, you are in the Spring System's circuits.

The mood swing in the Spring System is between \_\_\_\_\_ and \_\_\_\_\_

Alignment with this system is best done during the \_\_\_\_\_, between the hours of \_\_\_\_\_ and \_\_\_\_\_

The Spring System moves us to be more aware of the \_\_\_\_\_ we encounter. How we satisfy that need is a function of how "at home" we feel with ourselves.

As we enter the day and cross paths with others, the Spring System seeks out new \_\_\_\_\_.

When anger is viewed from this angle, it may just indicate that we need more variety to start a cycle of self-renewal.

Learn how The Extended Self Program connects the soma to all 4 of these recurring seasonal transitions.  
<http://www.markfilippi.com/store/pdfs/SI-Introduction%20to%20the%20Seasonal%20Systems.pdf>

Visit the YES Store for the latest resources to deepen your experience of somatic integration.

Human beings have two primary modes of adaptation.  
\_\_\_\_\_ and \_\_\_\_\_.

\_\_\_\_\_ uses the biological drivers of  
\_\_\_\_\_ and \_\_\_\_\_ when we perceive  
a \_\_\_\_\_ that we are compelled to remove or be  
removed from. \_\_\_\_\_ uses  
\_\_\_\_\_ and \_\_\_\_\_ when we perceive  
something in the environment we \_\_\_\_\_ to 'ingest'.

\_\_\_\_\_ cannot be carried beyond the moment  
without triggering a repair/recovery process. The Institute  
of HeartMath found that a \_\_\_\_\_ minute experience of  
anger produced a significant inhibition of S-IgA from  
one to five hours after the emotional experience.

[http://www.heartmath.org/research/science-of-the-heart/soh\\_28.html](http://www.heartmath.org/research/science-of-the-heart/soh_28.html)

If we view anger as a form of sensory input though, it has  
yet another developmental value to consider.

Irritability is an old term from biology that means the  
"ability to respond to stimuli". DD Palmer's fundamental  
diagnostic assumption was that disease (and health) are  
caused by \_\_\_\_\_ of the nervous system; and that  
health is caused by SOMETHING which is ALWAYS  
irritating the nervous system to cause health. He called  
that something our \_\_\_\_\_ intelligence.

In that 'sense', anger may be a form of biofeedback.  
How can we use our somatic tools to test that out?

We can begin by breaking it down to levels of attention. Shifting attention from the ecosomatic (environmental) to the phylosomatic level may trigger somatic recall.

*I am angry here and now.* (ecosomatic)  
*I am angry at \_\_\_\_\_ now.* (phylosomatic)

Then go one more step to the ontosomatic level...

*I choose anger now because \_\_\_\_\_.* (ontosomatic)

Another way is to become more sensitive to social space.

Hall (1966) called the study of interpersonal distance *proxemics*. From observing Americans, Hall concluded that four interpersonal distances were important in our social interactions: \_\_\_\_\_

Anger distorts \_\_\_\_\_ space to the \_\_\_\_\_ foot limit.

Just as fear triggered interpersonal patterns of myopia, anger triggers interpersonal patterns of \_\_\_\_\_ or \_\_\_\_\_-sightedness. On a somatic level, this pattern offers two more clues to help us find the source point.

The \_\_\_\_\_-heavy pattern produces \_\_\_\_\_ in the chest in an effort to override \_\_\_\_\_ held in the lungs.

*This is an example of emotional overload-physical breakdown.*

The \_\_\_\_\_-heavy pattern produces \_\_\_\_\_ in the upper thighs in an effort to override \_\_\_\_\_ held in the small intestine/heart/thyroid/adrenal energetics.

*This is an example of physical overload-emotional breakdown*

If you discover both patterns, the source of disharmony is more socially-rooted.

# 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!