



The Extended Self Program

A Whole Person Approach to Life Transitions

Tacit Journey

Virtual Sessions With The Extended Self

Hosted by Dr. Mark Filippi and Alethea Jacob

Course Outline

Below is a simple checklist of topics we'll cover in this self-study course. Please read the overview to get a better sense of each concept before beginning the listening portion.

- A Life Transition Profile - PDF Form Available in the YES Store
- A Life Transition Index - PDF Form Available in the YES Store
- Basics of The Extended Self Program
 - 1) The 4-Second Window
 - a) Intention - Attention - Retention - feeds emotional intuition
 - b) Three levels of attention - intra, inter and extrapersonal
 - c) Three Stages of Social Exchange
{Immobilization, Mobilization, Communication}
 - 2) Open Identity/Extended Self vs. Closed Identity/Immediate Self
 - 3) Universal Life Transitions
 - a) Age 4 - Time & Body - emergence of "Through Time"
 - b) Late Adolescence - Space & Mind - Life Story Formation
 - 4) The Big Six
 - a) The Cycle of Transition
{status quo-1st shock-provisional adjustment-contradiction-crisis-recovery}
 - b) The Somatic Terrain {BREATHE-MOVE-FEEL-ACT-RELATE-EXPRESS}
 - c) The YES Factors - Interactive Stages of Dyadic Communication
 - d) The T- State Management of Vision & Posture
 - e) The Seasonal Systems - Transition Surveys & Inner Work
 - 5) The Bigger Three
 - a) Rest/Activity Cycle (ultradian rhythm)
 - b) Sleep/Wake Cycle (circadian rhythm)
 - c) Life & Death Cycle (infradian rhythm)
 - 6) This Time (Perceive) - Next Time (Conceive)- Meantime (Leave!)
 - a) Sense of Interconnectedness (Venn Diagram of Time)
 - b) Flowering of the Soma (a 'biological belief' in transformation)

© Dr. Mark Filippi 2005

www.markfilippi.com

Course Overview

I'd like to begin by congratulating you for taking this course. What you'll come to realize is that the consciousness that brought you to this work will be preserved well after you've gotten used to the lingo, adopted what is useful to you and feel at home with it. This particular course will bring you to the level of self-regulation, which usually takes people a full year to appreciate. Be prepared for a new flavor of clarity in your life.

Rather than plod through each concept before you even know what we're discussing, I want to offer a path back to The Extended Self Program *proper* so you understand how this Self-Study Course fits in the big picture. These are Virtual Sessions that can be used to supplement, but not supercede Live Sessions, which are skill-building. You use these Virtual Sessions to get results, plain and simple. Practice brings you to integration.

The Extended Self Program works as a personal and social development guide that offers people an opportunity to 're-write' they're biography and the lives of the people in it. Unlike most tools you get, this one is already installed and running in you right now, in the background of your awareness. The best in any field knows 90% of communication is delivered nonverbally. What percentage of connection to others is nonverbal though? Or the relationship we have with our physical surroundings? Or our thoughts themselves? In actuality 99% of what we learn isn't conscious to us at all. We live awash in second and third wave messages. Even perception of the present moment is delayed a half-second, just so we can experience it. Still with all that stacked against us, we have this capacity to realign our lives with a more universal design and flexibility.

The Extended Self Program, a byproduct of my 13+ years of clinical practice and brain research, offers a set of resources for individuals, families and organizations to adopt group healing practices that promote better brain function and bodily awareness, which are a portal to interconnectedness. This feeds the overall theme of how identity and well-being are impacted by the manner in which we process *Life Change Units*, which are relative stress values ascribed to 43 common life events by Dr. Thomas Holmes & Dr. Richard Rahe. Their ground-breaking work with The Social Readjustment Rating Scale (SRRS) was first published in the Journal of Psychosomatic Research. 1967.

I wanted to design a program that didn't fight human nature. Human beings work off of a rhythm that answers to the beat of survival first, evolution second. We are all creatures of habit, so relapse and regression are a natural part of any growth or development we experience. People quit and re-commit over and over. Think about learning to walk. Some days we fall and fall and getting tired and cry and complain until we get picked up and carried. Other days we grab onto the armrest of a chair and cruise for a few steps and then make a beeline for the fridge and gleefully empty it until we find the tupperware of jello we wanted. That cycle doesn't change when we change careers, make new friends, balance our checkbook or install new software. The Extended Self Program takes your awareness beyond this cycle and allows you to perceive yourself 'meta-physically'. Once you're able to achieve that awareness, life *extends* itself to you.

© Dr. Mark Filippi 2005
www.markfilippi.com

Many Roads, One World

One major feature of The Extended Self Program is aloofness. That may sound harsh at first but it's an essential aspect of human development. You must learn to consider your path as solitary. We're living in a culture of extremes and often we're conditioned into [overcare](#)¹ which defeats our purpose. The world of your extended self, or (YES) is accessed from a centered and deepened awareness of the dynamic connection of self and surroundings. You can't get there without breaking the attachments we form out of raw survival. Think of YES as a common ground all humans can experience. It doesn't matter how we arrive. Like the passengers on a plane, we're all aboard. Some get sick on takeoff, some sleep through it and some enjoy the flight. When the plane lands, we're all there. So it doesn't matter what age, condition, attitude, religion or favorite color you have, the awareness of YES remains unchanged. In this way, the resources of The Extended Self Program are available to you in each new moment. The program is designed to meet you on familiar terms so the shift to this awareness doesn't enhance but doesn't replace the old one.

Soma Says...

I've always been very skeptical of the mind-body-spirit movement from both sides of the coin. On the one hand, you have the traditional view, which separates each one and then grudgingly admits they're connected. Each person has a mind, a body and a spirit, so we can study each of them in a vacuum. It got fancier when we started to blend them and called the mind-body connection a "psycho-somatic" one. The subject of the psyche actually blends the notion of mind with soul - but neither one really has as much a foothold in modern psychology, which has gone all the way to the other side, attributing our inner life to the combination of biochemistry and physiology, with a dash of genetics on the side. Meanwhile, the quantum biology movement has been revealing that our physical bodies may just be projections in some cosmic hologram. Help

The centerpiece in all this is called the soma - or 'living you'. When the traditionalists tell you a headache is somatic, they're saying it's from other-than-conscious muscle tension. What they're not telling you is the message encoded within it. The human brain straddles the fence. It runs the show both inside and outside our awareness. It's where we create meaning in our lives, where the soma -- the combination of self and surroundings is formed. Eighteen inches below, the human heart operates off that principle to access a biological version of the same story. This is how the soma converts meaning into matter. The heart gets a bad rap. We perceive it as an emotional, often flighty part of us. In actuality, it's the grounding wire we crave when the going gets real tough. The brain works as a superconductor, interfacing dimensions of experience and governing the process of self-regulation. Your brain holds the key to manifesting your heart's desire. The soma serves as a bridge to move us beyond the world of brains, hearts, minds, bodies and souls and into a world of grace, beauty and wonder filled with a wholeness we possess, but rarely use.

Breaking the Cycle

I'm not pining away for some astrological intervention to upgrade the human experience. The stars have their ongoing story and so do we. Down here on the sidewalks, people struggle with change. It doesn't matter if the changes are the ones they want or ones they fear. Once we started to include consciousness in our maps of life, the whole perception of the universe was tweaked.

We now live in a world of purposeful interactions, not random fluctuations. Taken to an extreme, people can get bogged down in getting endless explanations for every bump in the road that happens. On the other end, some people ignore the subtle signs of disharmony and fall prey to the realm of self-deception and live in denial. You may have a rolodex filled with both types. What about you? The way off this seesaw is through the soma's flavor of consciousness - sentience. It's through sentience, which is defined as "the readiness to perceive sensations; elementary or undifferentiated consciousness" that the soma can assess the extended self directly.

To get there, you transcend the space-time orientation you learned and 'return' to a thought-action world you left behind in infancy with the added awareness of the soma you've developed since. That's why people experience the phenomenon of 'somatic recall' in many healing modalities. It has been described as "flashbacks"...[leading to resolution of old trauma, pain, or psychological attitudes. Sometimes therapist and client simultaneously detect an identical avalanche of sensory information.](#)² This breaking of the boundaries between people is a common way to access the extended self. It's where the pre-programmed repair of the immediate self, contained within flesh and bone, gives way to the spontaneous healing of the extended self, emerging from the soma. The Extended Self Program gives you resources to develop the awareness that allows the soma to bring more of that 'undifferentiated consciousness' into your everyday life. In this work, the world is transformed into the felt-sense of openness, where who we are stays a compelling mystery...Isn't that what you always wanted to be? ;)

With Rare Exceptions, **MRF**

References

- 1 <http://www.heartquotes.net/care.html>
2. <http://www.healing101.org/somaticrecall2.html>