

What is Centering the Body?

Centering the Body requires a grasp of the Body as the Whole Person. You are the Body. Your Body is the land in which you live and move and have your being. You are the bearer of meaning. You have the capacity to assign meaning to your life experiences and relationships when you **Map Your Body**.

Your body has **five (5) specific landscapes with corresponding landmarks and mapping skills**. Each landscape provides a unique perspective on your experiences and relationships. It is like standing on top of a mountain with a 380° view. If you focus only on a 75° perspective, you miss the other 305° of breath-taking beauty. That beauty is you being fully formed in the image of God.

Your body is the place wherein God resides. It is where a relationship with God is experienced. The physical body is an outward expression of an inward Life sparked by your Creator. It is greatly affected by what we sense in our muscle memory, by what we feel through our emotions, by what we think in our mind, by what we do through our behaviors and by what we mean informed by our spirit. Mapping Your Body through Pneumasomatic Training™ encourages you to center your body and find a pathway to health and wholeness.

Educational Opportunity (applicable either personally or professionally)

Mapping Your Body Through Pneumasomatic Training™

Exercise your brain for a change!

Learn how you can **communicate effectively and find meaning**.

This is an educational opportunity for you to

- alleviate pain
- reduce stress
- resolve conflict
- heal memories
- reframe beliefs
- reconcile relationships

This is a systematic way to **identify your physical terrain, track your emotional climate, trace your mental pathways, chart your behavioral actions and orient your spiritual life**.

| Person | Landscape | Mapping Skills | Landmark | Intent |
|-----------------|------------|----------------------|------------|----------|
| Body - Soma | Physical | Mark the terrain | Signs | Wisdom |
| Soul - Psyche | Emotional | Track the climate | Flags | Arise |
| Soul - Psyche | Mental | Trace the pathways | Cues | Aware |
| Soul - Psyche | Behavioral | Chart the typology | Indicators | Awake |
| Spirit - Pneuma | Spiritual | Orient the direction | Symbols | Presence |

Upon completion of this **40-hour course and 2 tutorial-sessions, you will**

- Learn how to map your landscapes and center your body.
- Explore how you process information, construct worldviews and form life-giving relationships.
- Discover your heart-light and chart a path to health and wholeness.