

# THE "BODY"

INTERPRETS AND ACTS UPON SENSORY INFORMATION RECEIVED FROM THE BRAIN

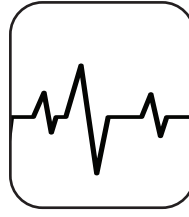
## HUMAN LANDSCAPES



PHYSICAL



EMOTIONAL



MENTAL



BEHAVIORAL



SPIRITUAL

### ⊗ OFF CENTER

WHEN ONLY 1 LANDSCAPE PROVIDES MEANING

### ✔ ON CENTER

WHEN YOU HAVE THE FLEXIBILITY TO USE ALL 5 LANDSCAPES TO INTERPRET YOUR RELATIONSHIPS AND EXPERIENCES

## CENTER YOUR BODY THROUGH PNEUMASOMATIC TRAINING™



### EXPAND YOUR RANGE OF MEANING

EX: FROM ONE LANDSCAPE ● TO FIVE LANDSCAPES

EX: FROM POLARITY ● TO PARADOX



### DISCOVER HOW YOU PROCESS INFORMATION

EX: FROM UNCONSCIOUS ● TO CONSCIOUS

EX: FROM CONFUSION ● TO SENSORY-BASED PROCESSES



### INITIATE NEURO-LINGUISTIC STRATEGIES

EX: FROM EMOTIONS ● TO INTERNAL STATES

EX: FROM NO WORDS ● TO WORD POWER



### DEVELOP YOUR COMMUNICATION SKILLS

EX: FROM JUDGMENTAL SUBTILES ● TO DESCRIPTIVE LANGUAGE

EX: FROM A CRITICAL VOICE ● TO A LISTENING PRESENCE



### ENHANCE YOUR RELATIONSHIPS

EX: FROM PROBLEMS ● TO SOLUTIONS

EX: FROM CONFLICTS ● TO AGREEMENTS