

## What is the Soma?

Your own body as you perceive it from within

'Soma' is a Greek word meaning 'the living body'

Somas are one giant sensory organism

Somas can self-sense

Somas can self-regulate based on what they sense

Somas can self-guide based on our impetus to move forward and meet our needs

Somas can experience the freedom that comes from self-sensing, self regulating and self-guiding

To move towards this experience of freedom, we need to be aware of what we can and cannot sense within ourselves