



What If You Could Have *The Life of Your Dreams* Without Having to Change Your Life?

What Really Turns You On?

Think of something that absolutely *fascinates* you-- that pulses with more *excitement* than you can contain; some place where you put your attention *most...* How does *going there* affect your *experiences* – what you think...and feel...and do?

First evident within your body, these experiences form the story of your life as you know it-- your own personal "mythology" from which you decide:

What's *true*; and what's *not*
What you can; and can not
What you *want...*and *expect*.

And you can learn to shift the *ground* on which your mythology is built...move to your *center* and witness the unfolding of a life in which *anything is possible*.

Have the *experience now* of what you will be like when you are living the life you want to be living...the life of your *dreams*.

The Mythogenic Self® Process is a path for discovering and expressing your "identity." It is both neuro-biological and experiential in form. That is, what is tracked by Dr. Green is the position held within the body called the "somatic form" (i.e., movements at the micro-muscular level) and the "themes" you express in the world through the various "stories" you tell yourself and others.

Through a systematic series of steps, the tool set of this model moves you from the position of the presenting problem, to where the "problem is not." The Mythogenic Self® Process allows you to consider a frame beyond that which is defined by the problem. As a result, you have access to a greater range of your experiences, including the wealth of accumulated learning and applications that occur throughout your lifetime. These resources can then be used to generate and implement new behavior. So instead of remaining limited to the sequential patterns of past behaviors and even present ones, which occurs when operating from a position of limitations, you can actually "go" where you've not yet been, create the experience that is most wanted, and import to the moment (i.e., "the present") your most cherished achievements.

The ground of the MythoSelf® Process is that the way someone is operating is first evident *somatically*, or within the body at the neuro-muscular level. This is sometimes referred to as the

"ontological" position. Furthermore, since the *mind-body* is considered one thing, every experience contains both a somatic and *semantic* (cognitive) component. If you change one, you change the other!

How we manifest experiences is a function of the *framework* in which they occur. Many people experience life within the framework of a "malevolent universe", organizing themselves defensively around the position of what is limiting or preventing them from achieving what is desired (i.e., "Think of a problem you are having"). Then still others live within a "benevolent universe" which is limitless and provides an abundance of possibilities (i.e., "When you consider yourself in terms of how you are at your absolute *best*, what do you become aware of that's true of you?"). By eliciting, then tracking the ontological position from which the individual is operating, a shift can be instigated to the "excitatory" state, evident of the benevolent universe frame, in which all things become possible for him/her as he has access to all his personal resources. And there will be a corresponding semantic shift as well.

The Mythoself™ Process, developed by Dr. Joseph Riggio, begins with a person's perception of "self" in the world-- his *identity*. This identity position is held as an experience of *self* moving through the world, the "generalized desired state" (GDS) and as an experience of *self* in relation to the world (i.e., in regard to the larger condition within which he/she finds himself), the "greater than self" state (GTS). These two experiences, when oscillating, builds a trajectory or directional path (called, INTENT). The experience of INTENT manifests somatically as an "aesthetic form" that, when present, brings the system to "rest." This is not a static rest, but a dynamic one within which the system can sustain itself as long as that aesthetic form is present. The trajectory of INTENT is a draw or "pull" toward a future in which the actions of the individual are organized-- *this*, not that-- according to a paradigm of "match and fit." The most significant criterion of this paradigm is, "Does (a particular action or choice) lead me to being *like this?*", where "like this" represents the person holding the position of INTENT; the presence of the somatic form that sustains the system at rest. So, by way of example, is the selection of this color for my walls, or this person to be my life partner a "*match and fit*" for who I am and am becoming (in INTENT)?

Selecting what is a "match and fit" is state-dependent. That is, in relation to one's perception of the position he occupies as he experiences the world. A person may regard his experiences from the position of a "malevolent universe", organized around what is limiting. Accordingly, this individual responds defensively in a protective posture. Or someone can experience life from within a "benevolent universe", where choices are limitless and he can consider an abundance of possibilities that are available to him. This is what is strived for in the Mythoself™ Process.

This *identity position*, is also organized in relation to a “mythic form”, or guide-post for how to move through life. The "mythic form" is a template which leads someone from who he experiences being (GDS) to an idealized form of who he is becoming (GTS). For example, someone may consider himself as a working dynamo capable of outputting huge quantities of work, being organized toward the universal myth that "*success in life requires hard work.*"

The GDS and GTS are experienced *soma-semantically* (that is, both within the neurology of the body and as a cognitive awareness). Accessing these experiences simultaneously leads to an oscillation between these two states, generating INTENT. This is a massive sense of directionality-- a projection about a future consideration or goal that is held as already having occurred-- just,"not yet." So in effect, organized in mythological form, as well as soma-semantically within a person, INTENT manifests in relation to his development as his "story" unfolds *through time*.

INTENT then, is the trajectory (or "projection") along which a person is drawn through time toward the inevitability of a goal having being attained! This future projection, experienced mythologically, is the “story” of the individual "through time" that allows him to experience what his life will be like when he is living the life he desires.. the life of his dreams. This story resonates with other *universal* stories that already exist within the world or larger system in which someone is operating, that represent the essential nature of his character as he continues to generate his “story.”

This "story"-- a personal *myth*-- is organized in regard to its unfoldment through time. The goal is to teach the individual to integrate his personal story, organized at the level of GDS, with the “universal story” contained in the system within which he is operating, or GTS.

In essence, learning within the Mythoself™ Process is organizing yourself, toward the future, to a story that will already have happened--- just not yet!

It involves learning about and resolving *paradox*, in this case: events that occur all at once (as a "singularity"), simultaneously in “whole-form” (GTS), operating in relation to those events which occur sequentially, that is, with movement through space-time (GDS).

When you learn to operate, "teleologically" (toward the future), along the trajectory of INTENT, you can design the life of your dreams, which will already exist in whole form; then, move sequentially toward the inevitable realization of "it"-- that outcome!