The MythoSelf Process & Soma- Semantic Modeling

The MythoSelf Process was originaly designed by Dr. Joseph Riggio in the early 1990s. It was initially based on the Generative Imprint™ Model developed by Roye Fraser.

Since the original model was designed it has undergone many updates, revisions and refinements, especially those involving:

- mythic form and metaphorical language in relation to autobiographical narrative
- symbolic representation and semantic modeling
- precision somatic modeling and intervention
- cerebellar processing and implicit intelligence
- developmental, evolutionary socio-cognitive modeling
- symbolic representational logic and propositional modeling

Applications of the MythoSelf Process™

Typical applications of the MythoSelf Process™ include developing a greater range of choices and clarity in targeting high quality outcomes and results.

The MythoSelf Process™ aims to improve Transformational Performance by focusing on developing a movement through the following steps:

1.) Sensory Acuity

2.) Situational Awareness

3.) Self Awareness

4.) State Control

5.) Strategic Thinking

6.) Behavioral Flexibility

7.) Communication Performance

Operating Principals Of The MythoSelf Process™

A. Sensory perceptions are processed and encoded somatically, and transcoded into symbols that become thoughts that can be manipulated as abstractions, using the algorithms of symbolic propositional logic

B. We experience ourselves, the world around us and our relationship to it and others somatically, and express ourselves semantically in metaphorical, mythic form

C. Transformation occurs as a process of re-establishing an essential wellformed onto-logical position by accessing our default symbolic, iconic representations and our mythic autobiographical narrative, along with the perceptual and epistemological filters that emerge from them, creating a bias to action that allows us to respond freely, resulting in elegant personal performance

Operational Steps Of The MythoSelf Process™

i. Starting from the presenting position elicit the desired outcome

iii. Establish a wellformed outcome state relative to the desired outcome

iii Build a wellformed operating position relative to the desired outcome

iv. Elicit the metaphorical representation of the outcome of the outcome

v. Install a wellformed propositional algorithm to achieve the outcome

vi. Reset the default symbolic representation of the wellformed outcome

vii. Create an operational singularity by integrating the propositional algorithm and the somatic, semantic and symbolic repre-sentations of the wellformed outcome

Propositions Of The MythoSelf Process™

1) Human experience is primarily sensorial and aesthetically organized, i.e.: we experience internal and external events as direct sensory perception and organize the results into sensorial patterns we encode as "what is real" or "reality"

2) We process and encode direct sensory data somatically, including our implicit sense of self, such that our somatic experience forms the ground of our ontological awareness, i.e.: "who we know ourselves and what we know reality to be"

3) We transcode direct sensory experience into symbolic representations and manipulate the resulting representations using logical syntactic forms according an internally held and largely unconscious propositional model

4) We create our fundamental epistemological awareness algorithmically, using algorithms to process and manipulate symbolic representations based on propositional modeling that in turn generates our sense of knowing and meaning

5) We base our decisions on what we believe to be true using the results of the algorithms we process propositionally to adumbrate the potential outcomes we will create that determine how we act and, what we will or will not act upon

6) We create, or fail to create, our outcomes based on the quality of our perception, how wellformed our internal representations are in relation to the intention we hold, and how well we align our performance with our projections

7) We experience ourselves as a system that includes others, information, things, places, time, actions in relationships held aesthetically that forms the gestalt we know and respond to as "what is real" or "reality"

Some Original Sources of the MythoSelf Process™

Roye Fraser - the Generative Imprint Model and the Function Mode Model, accessing and integrating symbolic, iconic representation ontologically and operationally

Richard Bandler & John Grinder - NLP, tools and techniques to model and modify the structure of subjective experience

Joseph Campbell - the developmental structure of mythic and metaphorical form in relationship to the autobiographical narrative, e.g.: "The Hero's Journey"

Milton Erickson - conversational hypnosis and hypnotic utilization, using metaphorical language in elicitation and installation evolution of culturally organized value sets

Clare W. Graves - double helix developmental model of bio-psycho-social

Multiple Developmental Theorists - Jane Lovenger, Susan Cook-Gueter, Robert Kagan, Lawrence Kohlberg ... and others

Multiple Somatic Theorists/Practitioners - including F.M. Alexander, Moshe Feldenkrais, Thomas Hanna, Ida Rolf, Stanley Keleman, Daniel Stern ... and others

Essential Notions of the MythoSelf Process™

Reality Is Extant ... It's Happening

Extant material reality contains and includes us, e.g.: "This is really here ... this is really happening." regardless of what we are aware of, perceive, or our experience of it.

Experience Creates A Felt Sense Of Being

We process sensual experiences somatically, before we encode them symbolically, and the result is experienced as a felt sense of being.

Experience Is Encoded Symbolically

Essential Notions of the MythoSelf Process™ (cont)

We process sensual experiences somatically, and then transcode them into symbolic representations, including but not limited to words, that we encode as the experience.

Perception Is Symbolically Organized

Our encoded symbolic representations become the referential filters we use to process sensorial and imaginal experiences.

Imprints And Traumas Create Filters

Significant events are encoded symbolically as iconic, sensual/somatic, metaphorical forms that create our perceptual filters.

Perception Becomes The Ontological Filter

Reality is what is perceived as being real, which isn't necessarily a homomorphic perception of extant form or action.

Perception Is Encoded Isomorphically

Transcoding sensorial experience generates isomorphic, i.e.: symbolically matched representations, not homomorphic "same to same" forms.

Isomorphic Algorithms Generate Meaning

Isomorphic metaphors generate "this means that" algorithms, your response becomes the meaning, e.g.: your pleasure/displeasure means I have done something right/wrong.

Transformation Is Algorithmic Change

Shifting the symbolic form of the referential filter changes the fundamental perception of reality experienced and the response to it.

Perception Determines Outcome

What we perceive to be real determines the meaning we assign to what we experience and expect to experience, the outcomes we create or not rest on the perceptions we hold.

Wholeform Communication & Learning

The MythoSelf Process™ Model today is built around the dual, spiral matrix of wholeform communication and learning. A wholeform approach keeps the entirety of the connections and complexity of interaction intact when dealing with experience, information and the experiential processing of information.

Using a wholeform approach maintains the integrity of whole intact, instead of presenting something as composed of separate parts or pieces. When learning a subject the wholeform approach doesn't break the event or process down into separate and distinct steps, but instead presents the entirety of the event as a whole process or action in relation to the system within which the event takes place.