



Experiencing  
the Ultimate  
Intelligence  
of the Body

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# SOMATIC DESCENT

## SESSION ONE

1. Introduction to Session One 0:52
  2. The body as sacred source 11:25
  3. Turning over the agency of our lives to the Soma 6:46
  4. The origins of the practice of somatic descent 12:08
  5. The difference between left brain and right brain experience 9:14
  6. Our body is a field of infinite knowing 9:08
  7. Developing greater capacity to receive the wisdom of the body 5:39
  8. Changing our neurological wiring 5:26
  9. The three parts of the journey of somatic descent 3:13
  10. Trust, relaxation, and openness 9:04
- Total running time 72:54

## SESSION TWO

1. Introduction to Session Two 0:40
  2. Leaving beside what we think to meet our “true body” 9:26
  3. Laying the groundwork: The first five steps of somatic descent 14:23
  4. The main practice of somatic descent: Steps six, seven, and eight 12:26
  5. Concluding the practice: Steps nine, ten, and eleven 3:16
  6. The lying-down posture 1:07
  7. Guided Practice: The Ten Points 38:36
- Total running time 79:53

## SESSION THREE

1. Introduction to Session Three 0:39
2. We need to address tension to access what the body knows 8:31
3. Where does our body end? 5:39
4. Our true being is not separate from the earth 9:38

5. Guided Practice: The Earth Descent 21:12
  6. Review of step one: Connecting with the Soma 9:57
  7. Review of step two: Exploring the open space of awareness 4:54
  8. Introducing step three: Learning how to be fully in the body 5:04
- Total running time 65:33

## SESSION FOUR

1. Introduction to Session Four 0:40
  2. Bringing awareness into the interior space of the body 2:41
  3. Guided Practice: Cellular Breathing and Whole-Body Breathing (Lying Down) 24:00
  4. Guided Practice: Whole-Body Breathing (Sitting Up) 6:27
  5. Heightening our capacity to feel interior space 0:45
  6. Guided Practice: Twelve-Fold Belly Breathing 15:28
- Total running time 49:59

## SESSION FIVE

1. Introduction to Session Five 0:40
  2. Is the Soma our own deepest self or the sacred other? 7:15
  3. Supplicating the Soma 6:06
  4. Three ways to carry through our devotion to the Soma in ordinary life 11:28
  5. Making a specific request of the Soma 12:41
  6. Three different somatic descent postures 8:51
  7. Trust yourself 3:33
  8. Preparing to sit in meditation posture 1:31
  9. Guided Meditation: The Sitting Posture of Meditation 9:16
- Total running time 61:20

## SESSION SIX

1. Introduction to Session Six 0:39
  2. Preparing to practice steps one through five 2:41
  3. Guided Meditation: Practicing Steps One Through Five in Meditation Posture 37:19
  4. The universe and the human body are equivalent, just on a different scale 8:02
  5. Touching fundamental open space through yin breathing and the central channel 9:34
  6. Discovering our true identity as the unborn and making the full, transformative human journey 8:10
- Total running time 66:24

## SESSION SEVEN

1. Introduction to Session Seven 0:40
2. Preparing to practice step six: Connecting with the vastness of our fundamental nature 0:58

3. Guided Meditation: Yin Breathing (Lying Down) 21:12
  4. Guided Meditation: Yin Breathing (Sitting Up) and Opening the Central Channel 20:45
- Total running time 43:34

## SESSION EIGHT

1. Introduction to Session Eight 0:39
2. Step seven: Opening the backline forward into the mid-body 3:31
3. Developing the faculty of “somatic feeling” 6:03
4. What is the totality of the environment or “the weather” of the mid-body? 10:51
5. The importance of waiting at the boundary 11:21
6. Techniques to use when you feel stuck contacting the felt sense 10:55
7. Step eight: The Soma offers you something tangible 3:10
8. A personal story from Reggie’s practice with somatic descent 10:19

9. Stay with the non-conceptual unfolding 2:59

Total running time 59:46

## SESSION NINE

1. Introduction to Session Nine 0:39
2. Preparing to practice step seven 0:24
3. Guided Meditation: Practicing Steps One Through Seven with a Focus on Training in Step Seven 55:26

Total running time 56:29

## SESSION TEN

1. Introduction to Session Ten 0:39
2. The radiance and the expressiveness of the Soma 3:30
3. A personal illustration of how step eight arises out of step seven 7:37
4. How a “handle” received in step eight continues to unfold, and how to practice when nothing arises 3:34

5. Paying attention to your mid-body, and trusting what the Soma shows you 3:20
6. From the ego’s standpoint, being present to the totality could be called “negativity” 8:19
7. Guided Practice: Practicing Steps One Through Eight with a Focus on Training in How Step Eight Arises from Step Seven 41:21

Total running time 68:18

## SESSION ELEVEN

1. Introduction to Session Eleven 0:39
2. What is the agenda of the Soma? 10:44
3. Step nine: Asking the question, “Is there anything more?” 5:49
4. Step ten: Offering thanks to the Soma and stating our intention to return 11:09
5. Step eleven: Integrating what you’ve learned 13:17

Total running time 41:38

## SESSION TWELVE

1. Introduction to Session Twelve 0:39
  2. Preparing to practice the eleven steps of somatic descent 1:27
  3. Guided Practice: The Eleven Steps of Somatic Descent 57:17
- Total running time 59:23

## SESSION THIRTEEN

1. Introduction to Session Thirteen 0:39
2. Preparing to practice the short form of somatic descent 2:07
3. Guided Practice: The Short Form of Somatic Descent (Sitting Up) 22:08
4. Exploring an intimate relationship through somatic descent—and what we might gain and lose in this process 14:09
5. The Soma knows the totality, and why we can find this threatening 10:45

6. Encouragement to go further in training to live in an embodied way 6:39
  7. The Soma's experience of the world—endless openness, curiosity, and appreciation 6:18
  8. Experiencing the beauty and perfection that exists in all things 3:33
  9. From the Soma's viewpoint there is only one time, which is now 3:04
- Total running time 69:20

## THE ELEVEN STEPS OF SOMATIC DESCENT

### I) Coming into Right Relationship with the Soma

STEP ONE: Come into the body, invite tension to be released, and feel your body begin to come alive. Practice: “The Ten Points”

STEP TWO: Feel your connection with the earth and breathe the energy of the earth into your body. Practice: “The Earth Descent”

STEP THREE: Feel a heightened sense of inhabiting your body, and the vividness and life of the body. Practice: “Whole-Body Breathing,” “Rooting,” and “12-Fold Lower Belly Breathing”

STEP FOUR: Supplicate the Soma: Express your devotion to the Soma and ask the Soma to be with you to guide you and to protect you.

STEP FIVE: Make a specific request of the Soma. Either take a general approach and ask the Soma to show you what you need to see right now, or put forward a specific question or problem or relationship about which you would like guidance.

### II) The Main Practice of Somatic Descent

STEP SIX: Connect with the vastness of your fundamental nature, the primordial Soma, the silent witness, resting in the backline of the body. Practice: “Yin Breathing” and “Opening the Central Channel”

STEP SEVEN: Open the backline forward into the mid-body and feel the mid-body in its totality, feeling into the total atmosphere or demeanor of the mid-body.

STEP EIGHT: Wait and watch. See what emerges from the space of the mid-body. You can bring up your question or problem again (from step five) as you wait in this space. Receive the expressiveness of the Soma.

### III) The Conclusion of the Practice

STEP NINE: As you begin to bring this session of listening to your Soma to a close, ask if there is anything more your Soma wants to show you.

STEP TEN: Offer thanks to the Soma for its immeasurable blessings and love, and state your intention to return to the practice.

STEP ELEVEN: Reflect on what you have learned, perhaps making a few notes about your experiences and insights. Integrate what you have learned into your way of seeing things as you carry forward the work of the session into your life.

