

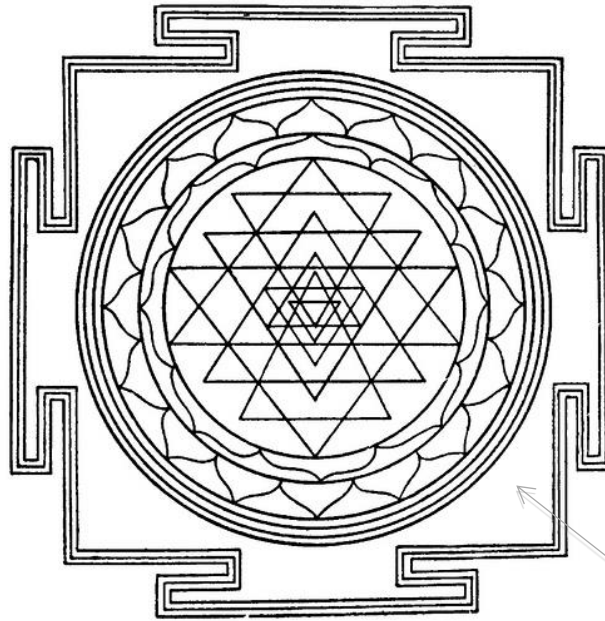
# Ten Somas of Humanity

(Practice in Sonance and Resonance)

*North*

Containment | Spaciousness

Situational  
(Spirit)



*East*

Completeness | Openness

Conceptual  
(Mind)

*West*

Enrichment | Beneficence

Relational  
(Heart)

*Centre*

Continuance | Prescience

Directional  
(Potential)

*South*

Content | Wholeness

Compositional  
(Form)

We sing to the song of the First Soma of Humanity, presence the Contents of the Compositional, and hear:  
We sing to the song of the Second Soma of Humanity, presence the Wholeness of the Compositional, and hear:  
We sing to the song of the Third Soma of Humanity, presence the Completeness of the Conceptual and hear:  
We sing to the song of the Fourth Soma of Humanity, presence the Openness of the Conceptual and hear:  
We sing to the song of the Fifth Soma of Humanity, presence the Enrichment of the Relational and hear:  
We sing to the song of the Sixth Soma of Humanity, presence the Beneficence of the Relational and hear:  
We sing to the song of the Seventh Soma of Humanity, presence the Containment of the Situational and hear:  
We sing to the song of the Eighth Soma of Humanity; presence the Spaciousness of the Situational and hear:  
We sing to the song of the Ninth Soma of Humanity, presence the Continuance of the Directional and hear:  
We sing to the song of the Tenth Soma of Humanity, presence the Prescience of the Directional and hear.

~ This is the song we sing as humanity and in sonance appear ~