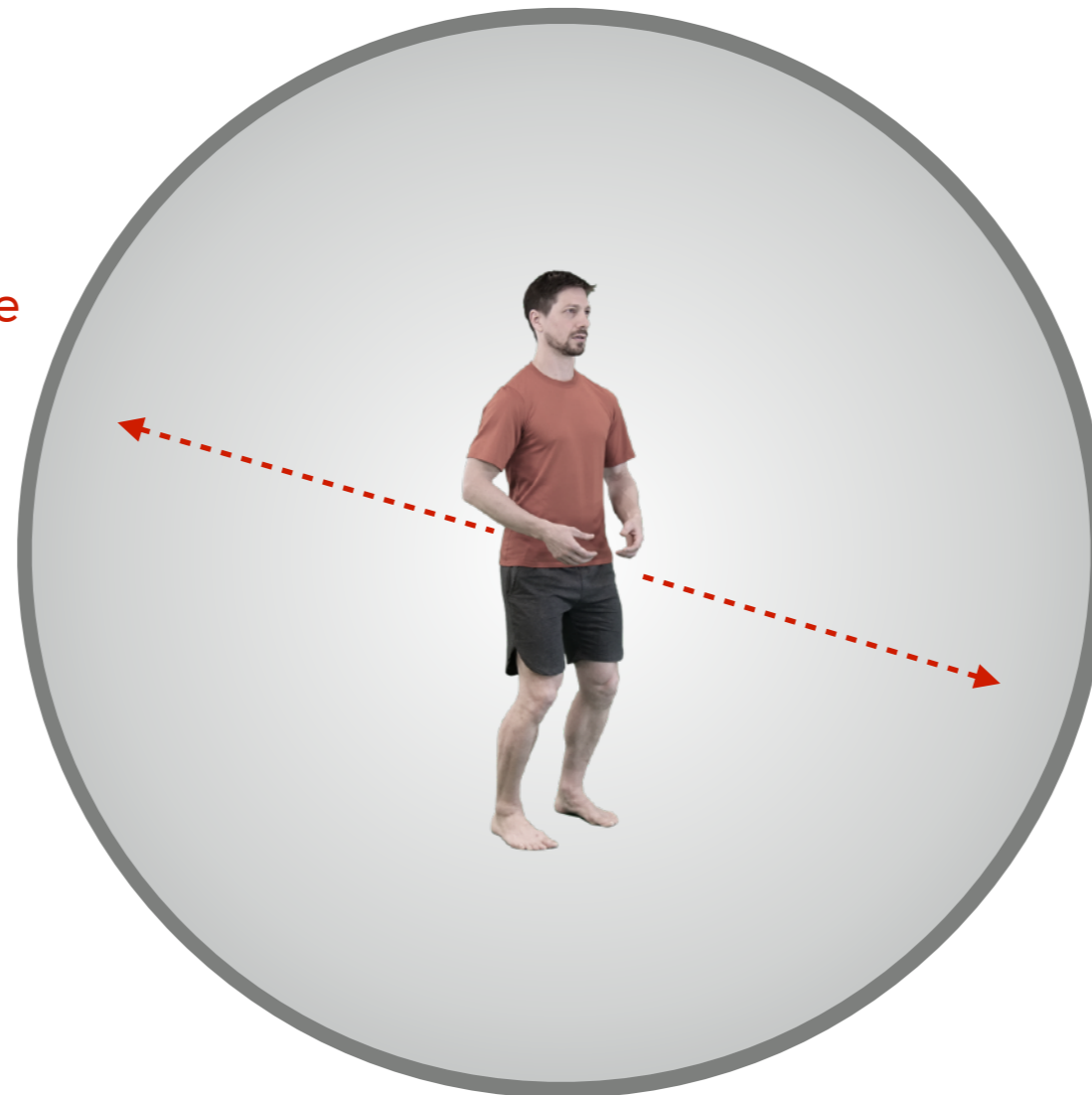


The Sagittal Axis

What is wanting to be included in my awareness, in this moment?

Withdraw Back to be
SEPARATE

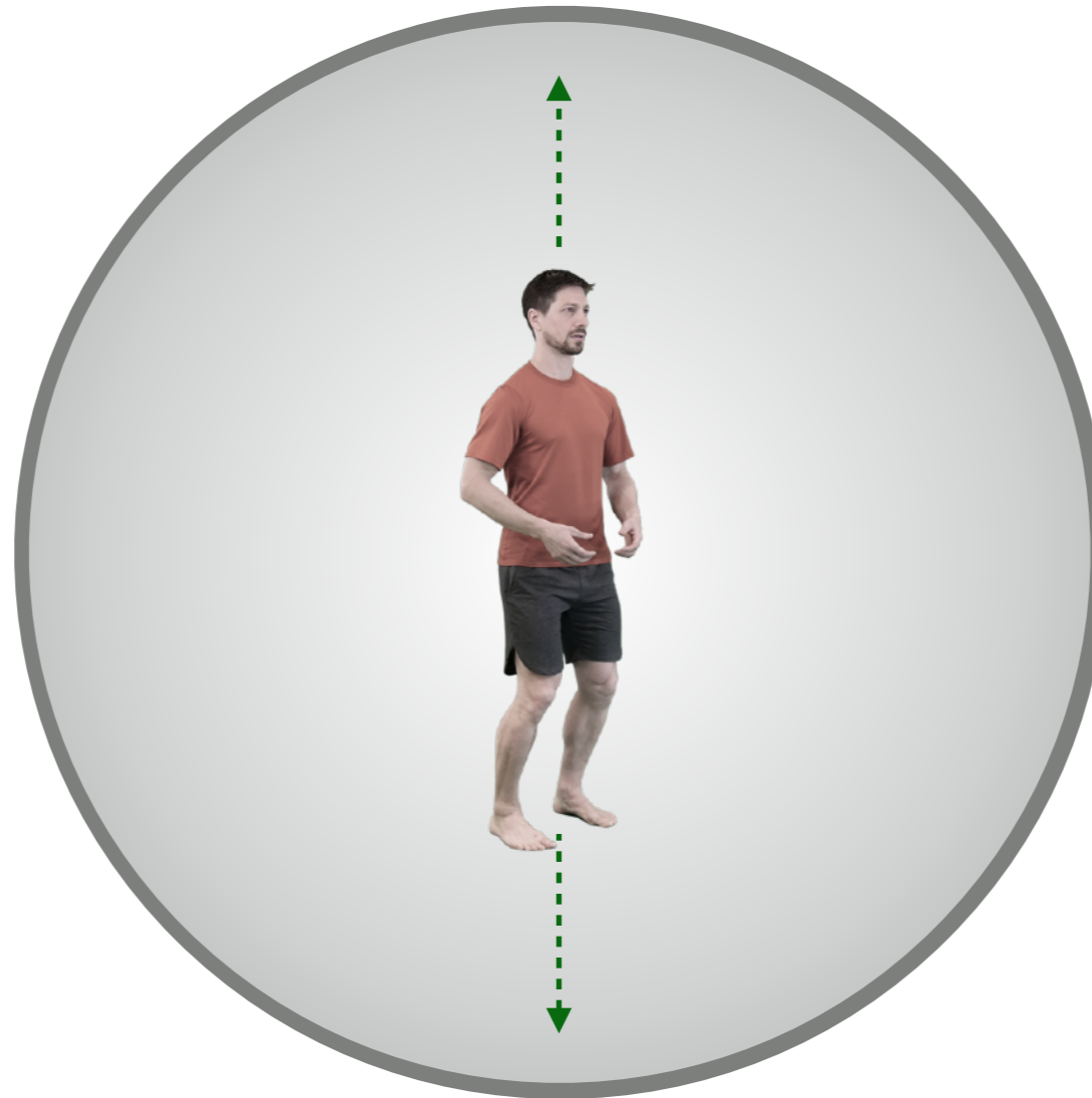


Advance Forward to be
CONNECTED

The Vertical Axis

In which direction is the energy & information wanting to flow?

Push High to be
ACTING



Sink Low to be
SENSING

The Lateral Axis

How is the flow of energy and information wanting to be held?

