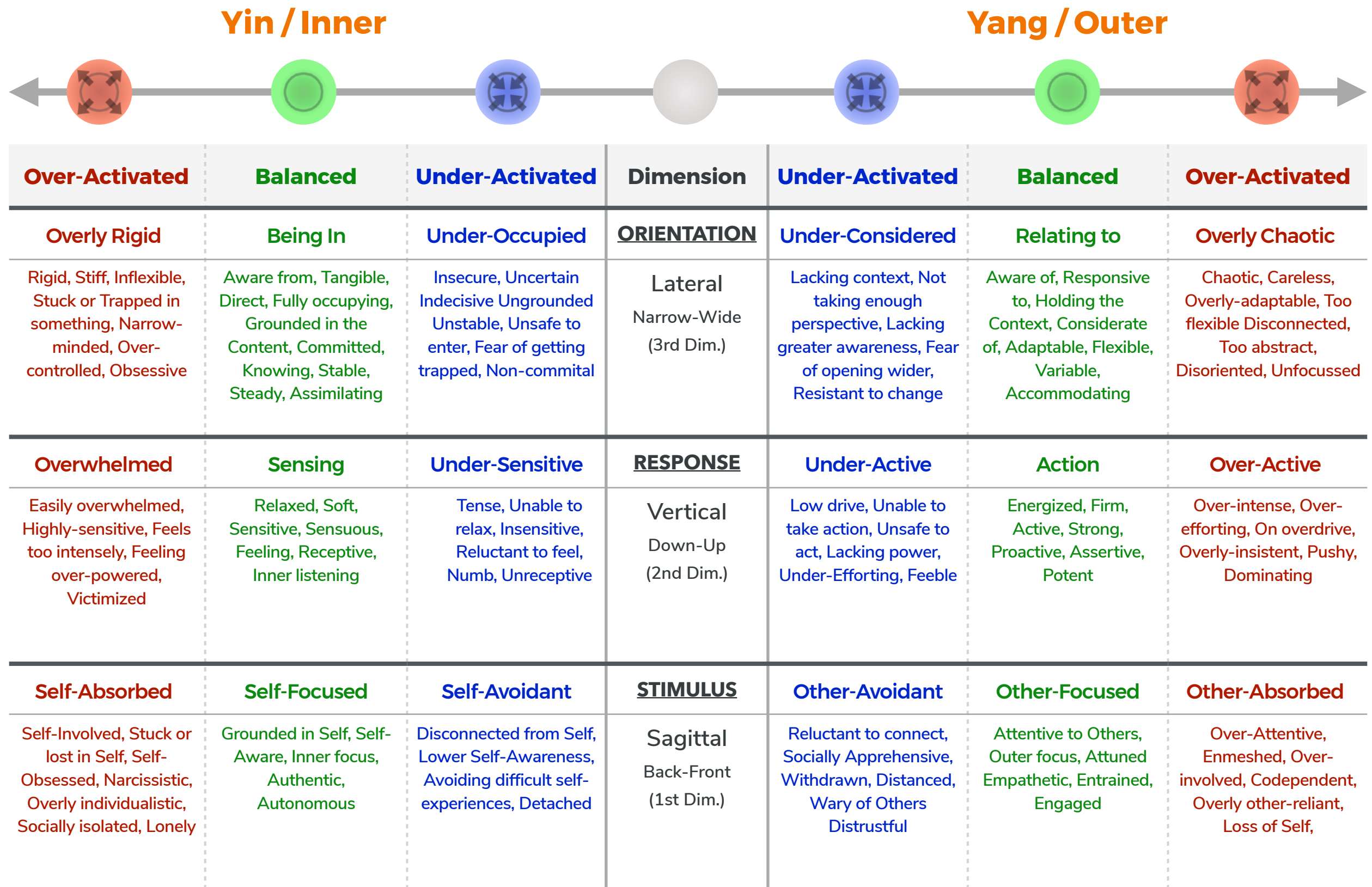
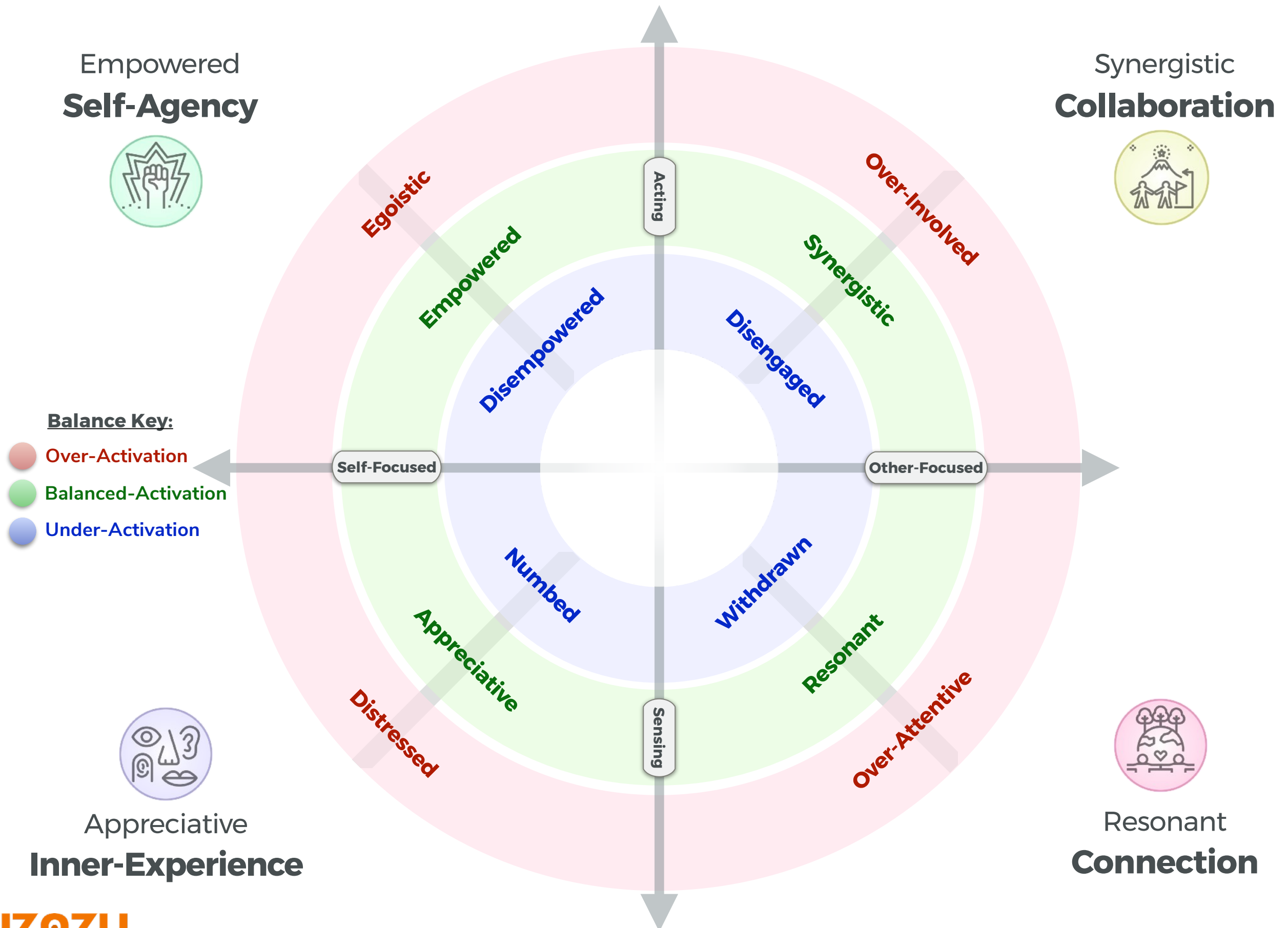


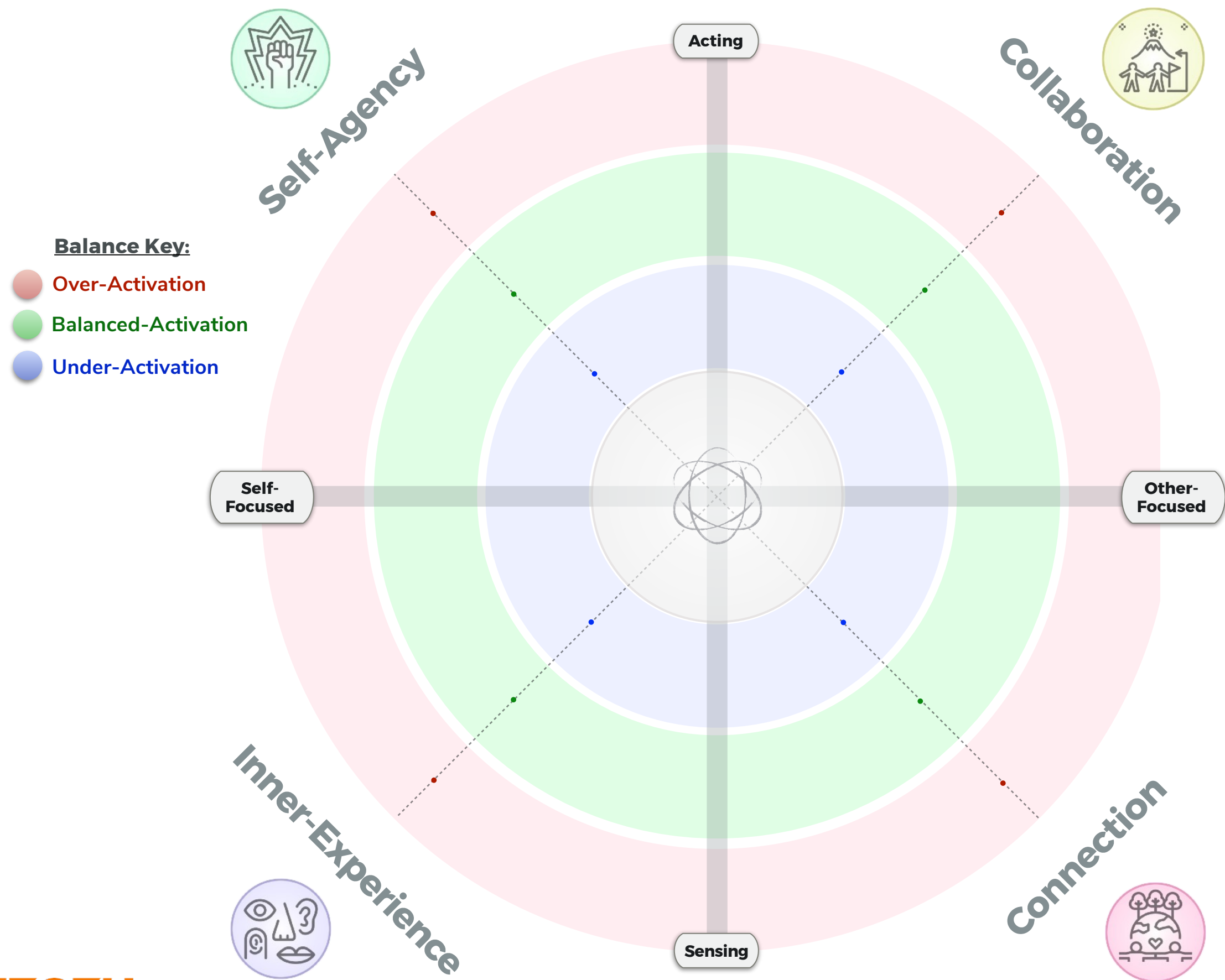
The Balanced & Imbalanced States of the 3 Body-Mind Dimensions



The Balanced & Imbalanced Qualities of the Four Areas of Embodiment



Mapping Balanced & Imbalanced States of the Four Areas of Embodiment



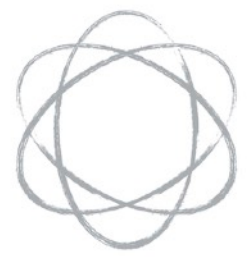
The 'Full-Flower' View of All Balanced & Imbalanced States



1. Understand

2. Practice

3. Apply



The Main Positive Qualities of Neutral:

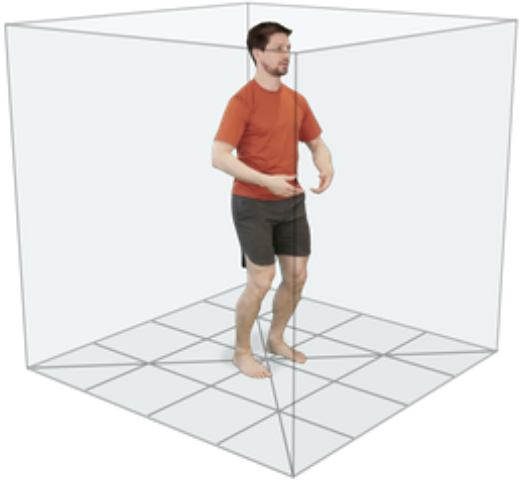
Non-Attached, Equanimous, Spacious, Peaceful, Open, Balanced, Aware, Natural, Relaxed

Key Related Concepts:

Non-attachment, Non-bias, Equanimity, Openness, Direct or Pure Awareness, Spaciousness, Non-polarization, Non-dual-ness

Alternate Images:

Open Sky, Endless Space, Emptiness, Void, Pure Beingness, Unboundedness, Blank Canvas



Neutral Posture, in three Dimensions:

1. **Sagittal:** In between back in Self & forward in Other
2. **Vertical:** In between low in Sensing & high in Acting
3. **Lateral:** In between narrow Being in & wide Relating to

Vowel Sound:

“UHH” (ə)
“Tina, Again, Balloon”
Middle, Colorless Vowel

As Neutral, I cultivate
Open Awareness

“Soften body and mind, and let
open awareness fill the space.”

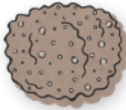
PERSONAL NOTES:

Main Theme	Under-Activation	Balanced-Activation	Over-Activation
1. Non-Efforting <i>Sense of Ease or Effortlessness in the Body-Mind</i>	Tense, strained, effortful, unrelaxed	Easeful, relaxed, calm, unstressed, natural, comfortable	Weak, flaccid, toneless, floppy, inert, nerveless, dissociated
2. Equanimity <i>Degree of Equanimity and Non-bias in the Body-Mind</i>	Biased, reactive, compulsive, clinging, over-attached, repulsed, disgusted, displeased	Unbiased, neutral, nonreactive, accepting, at peace/peaceful, unperturbed	Disconnected, ambivalent, not caring, dissociated, removed, overly detached, aloof, disinterested
3. Readiness <i>Readiness and openness to experience or engagement</i>	Unwilling, close-minded, unavailable, preoccupied, distracted, non-present	Open, available, ready, willing, in position, accessible	Vulnerable, over-influence-able

1. Understand

2. Practice

3. Apply



The Main Positive Qualities of Sponge:

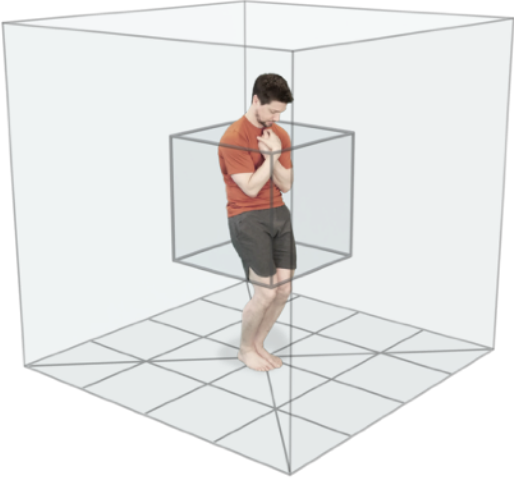
Relaxed, Soft, Quiet, In touch with own Feelings, Genuine, Grounded, Real, Tangible, Present in own body

Key Related Concepts:

Physical Sensations, Concrete Experience, Felt-experience, Physical Grounding, Sensory Integration, Emotional States, Affect Tolerance

Alternate Images:

Seed, Kernel, Bud, Root, Cells, Egg, Embryo, Fetus, Chrysalis, Microcosm



Sponge Posture, in three Dimensions:

1. Sagittal: Withdraw back to focus on the/your Self

2. Vertical: Sink down low to receptively sense

3. Lateral: Close narrow, spaciouly being in what's there

Vowel Sound:

“UUU” (u)

“food, mood, booed”

Back, Closed, Narrow

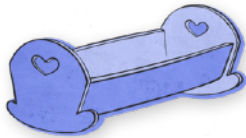
As a Sponge, I cultivate Embodied Experience

“Relax and ground into the felt sense of your own inner-experience.”

PERSONAL NOTES:

Main Theme	Under-Activation	Balanced-Activation	Over-Activation
1. Sensory Awareness <i>Awareness & Feeling of Bodily Sensations</i>	Disconnected from or numb to own bodily sensations.	Aware of and comfortable experiencing own bodily sensations	Hyper-aware of and easily distracted by own bodily sensations
2. Access to Emotions <i>Access to Direct Experience of Emotions</i>	Unaware of and/or resistant to feeling own emotions	Feeling safe & comfortable experiencing own emotions	Being overwhelmed by the intensity of own feelings & emotions
3. Grounded Presence <i>Sense of Grounding & Presence in the Body</i>	Feeling disconnected from, and/or not present in own physical body	Feeling grounded and present in own body & sensory experience	Feeling trapped & isolated in own felt experience, in the moment

1. Understand



The Main Positive Qualities of Cradle:

Mindful, Self-compassionate, Soothing, Comforting, Emotionally Cared for, Safe & Secure, Held, Embraced

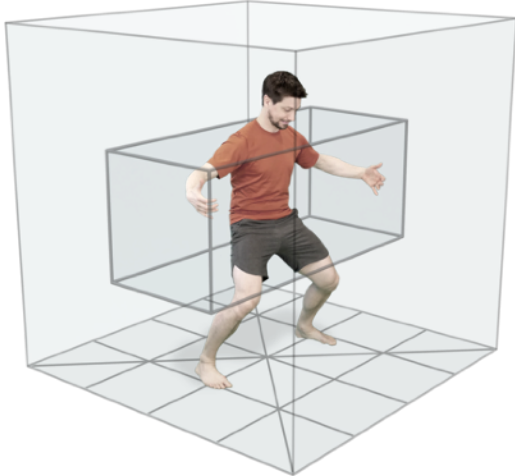
Key Related Concepts:

Emotional Self-Awareness, Containment, Affect-Regulation, Emotional Self-Regulation, Impulse Control, Self-Attitude, Self-Concept, Self-Beliefs, Self-Talk, Self-Compassion

Alternate Images:

Fertile Soil, Nest, Bed, Den, Cocoon, Womb, Basin, Home, Refuge, Cozy Corner, Warm Bath, Blanket

2. Practice



Cradle Posture, in three Dimensions:

1. **Sagittal:** Withdraw **back** to focus on the/your **Self**
2. **Vertical:** Sink down **low** to receptively **sense**
3. **Lateral:** Open **wide**, mindfully **relating to** what's there

Vowel Sound:

“EUH” (u)
“full, mull, bull”
Back, Closed, Wide


3. Apply

As a Cradle, I cultivate
Mindful Self-Compassion

“Embrace and lovingly attend to your own feelings and thoughts.”

PERSONAL NOTES:

Main Theme	Under-Activation	Balanced-Activation	Over-Activation
1. Mindful Self-Awareness <i>Mindful Awareness of Self-Experience</i>	Apprehensive and/or resistant to self-reflect on own inner-experience	Curious and self-reflective towards own inner-experiences	Hyper attentive to and overly focused on own thoughts & inner states
2. Inner Self-Attitude <i>Inner Attitude Toward Own Thoughts & Feelings</i>	Cold, negative, self-critical thoughts and internal dialogue	Kind & compassionate attitude toward own thoughts and feelings	Feeling overwhelmed trying to manage own inner-experiences
3. Self-Kindness <i>Self-Kindness and Caring for Own Experience & Needs</i>	Unsupportive or unresponsive to own emotions and needs	Attending to & caring for own experience, needs, and quality of life	Worried and overwhelmed about not being able to meet own needs




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UZAZU v2.3, Doc v1.2

Updated: May 14, 2021

1. Understand



The Main Positive Qualities of Pillar:

Ready, Capable, Strong, Energized, Driven, Empowered, Potent, Courageous, Confident, Resolute, Persevering

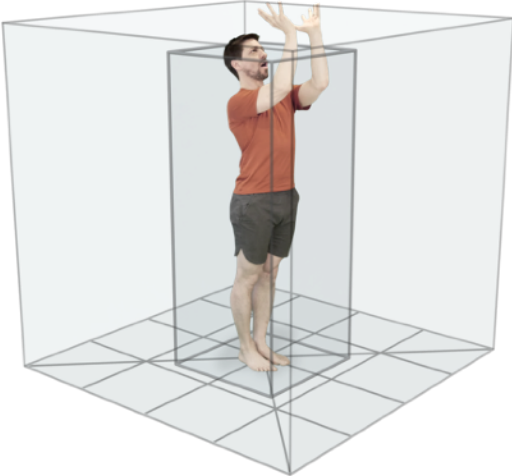
Key Related Concepts:

Impulses, Intrinsic Motivation, Internal Drive, Inner-Knowing, Self-Intention, Readiness, Self-Efficacy, Self-Empowerment, Autonomy, Control, Action-Taking, Risk-Taking, Determination

Alternate Images:

Plant shoot, Tree trunk, Rising tree sap, Spine, Vessel, Mast, Pole, Column, Beacon, Arrow

2. Practice



Pillar Posture, in three Dimensions:

1. **Sagittal:** Withdraw **back** to focus on the/your **Self**
2. **Vertical:** Push up **high** to assertively **act**
3. **Lateral:** Close **narrow**, spaciouly **being in** what's there

Vowel Sound:

“OAW” (ɔ)
“lob, spot, got”
Back, Open, Narrow

3. Apply

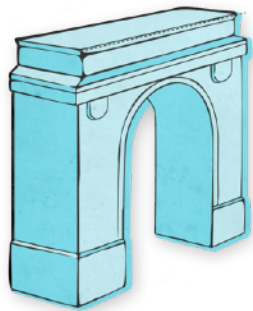
As a Pillar, I cultivate
Empowered Self-Efficacy

“Align with your inner-motivation, and let it empower you to act.”

PERSONAL NOTES:

Main Theme	Under-Activation	Balanced-Activation	Over-Activation
1. Inner Impulses & Motivation <i>Strength of Own Inner Impulses & Self-Motivation</i>	Difficulty feeling and trusting own inner-impulses & self-motivation	Energized and empowered by trusting own inner-impulses & self-motivation	Impulsive, rash, or overly forceful, actions or behaviors
2. Self-Confidence <i>Confidence in Own Abilities and Inner-Resourcefulness</i>	Feeling insecure about own abilities and lacking own power & inner-knowing	Confident in own abilities and easily accessing own inner-knowing	Over-confident and/or over-reliant on own abilities, knowledge, or power
3. Perseverance thru Difficulties <i>Capacity to Persevere in the Face of Difficulties or Opposition</i>	Giving up, caving in, or collapsing in the face of difficulties or opposition	Determined & tenacious in the face of difficulties or opposition	Rigid, stubborn, or over-insistent in the face of difficulties or opposition

1. Understand



The Main Positive Qualities of Gateway:

Self-Accepting, Authentic, Humble-yet-Proud, Genuine, Vulnerable, Visible, Present, Expressive, Evolving, Optimistic, Inspired

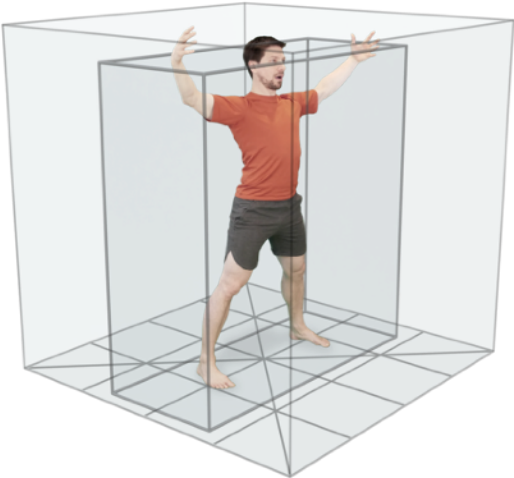
Key Related Concepts:

Self-Esteem, Self-Ideals, Self-Standards, Sense of Achievement, Vision for Self, Self-Potential Self-Judgement, Shame, Authenticity, Self-Disclosure, Honesty, Vulnerability, Self-Boundary & Expression

Alternate Images:

Blooming flower, Shining Star, Phoenix, Membrane, Portal, Threshold, Interface, Performance

2. Practice



Gateway Posture, in three Dimensions:

- 1. Sagittal: Withdraw **back** to focus on the/your Self
- 2. Vertical: Push up **high** to assertively act
- 3. Lateral: Open **wide**, mindfully relating to what’s there

Vowel Sound:

“AHH” (ɑ)
“hall, gnaw, gaudy”
Back, Open, Wide

3. Apply

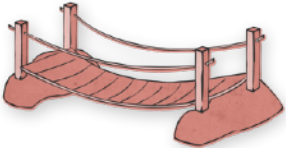
As a Gateway, I cultivate
Constructive Self-Esteem

“Appreciate yourself as you are,
as you grow into your full
potential.”

PERSONAL NOTES:

Main Theme	Under-Activation	Balanced-Activation	Over-Activation
1. Self-Appreciation <i>Evaluation & Appreciation of Own Capacities, Actions, and Potential</i>	Disappointed about own failures, not “measuring up”, and/or unrealized potential	Valuing and having healthy pride about own capacities, actions, and self-potential	Over-confidence, and boastful exaggerating of own capacities, actions, & potential
2. Self-Acceptance <i>Recognition & Acceptance of Own Limitations and Vulnerability</i>	Feeling ashamed, unworthy, not good enough, or unacceptable to Self and/or Others	Recognizing & authentically accepting own limitations, shortcomings, and vulnerability	Over-compensating and “covering up” for own limitations, weaknesses, and vulnerability
3. Receiving Attention <i>Receiving Attention, Acceptance, & Appreciation from Others</i>	Feeling shy, embarrassed, self-conscious, and/or insecure about receiving attention & appreciation	Allowing and appreciating receiving positive attention & acceptance from others	Narcissistically demanding or insisting upon attention, acceptance, & appreciation from others

1. Understand



The Main Positive Qualities of Bridge:

Empathic, Understanding, Present with Other, Attuned, Connected, Attentive, Caring

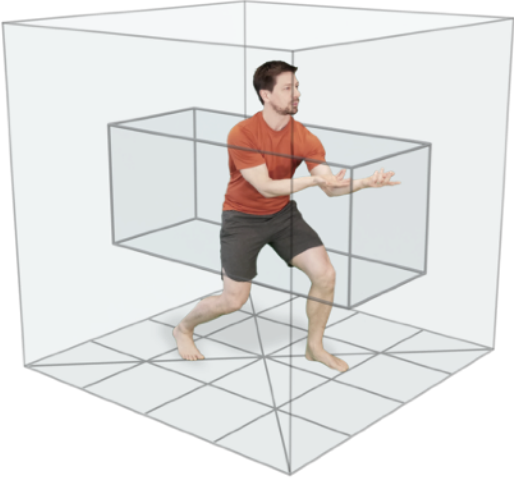
Key Related Concepts:

"Being with", Feelings of Connectedness, Mirror Neurons, Sympathetic Resonance, Interpersonal Needs & Dynamics, Perspective-Taking, Attunement, Attachment Styles, Close Relationships

Alternate Images:

Pod, Link, Bond, Pathway, Coupling, Magnet, Handshake, Lock & Key, Infinity Sign

2. Practice



Bridge Posture, in three Dimensions:

1. **Sagittal:** Advance **forward** to focus on the **Other(s)**
2. **Vertical:** Sink down **low** to receptively **sense**
3. **Lateral:** Close **narrow**, spaciouly **being in** what's there

Vowel Sound:

"EYU" (y)
"few, muse, beauty"
Forward, Closed, Narrow

3. Apply

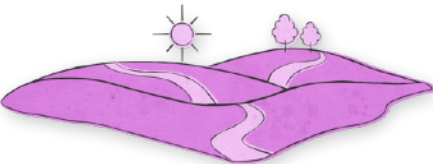
As a part of a Bridge, I cultivate **Supportive Connection**

"Attune with others to experience a mutually beneficial connection."

PERSONAL NOTES:

Main Theme	Under-Activation	Balanced-Activation	Over-Activation
1. Emotional Connectedness <i>Strength of Empathic, Emotional Connectedness with Others</i>	Emotionally distant & disconnected from and/or emotionally unsafe with others	Emotionally warm, close, and genuinely caring towards others	Emotionally over-attached, enmeshed, needy, and clingy—often with a fear of being abandoned
2. Cognitive Empathy <i>Quality of Understanding & Appreciation for Other's Situation, Feelings, and Perspectives</i>	Unsympathetic, judgmental and/or resentful towards the experiences, views, and situations of others	Understanding, empathetic, and appreciative of the experiences, views, and situations of others	Over-focused on, impacted by, and taking on the views, concerns, & situations of others
3. Mutual Supportiveness <i>Attunement to, and Support of, Each Other's Needs & Desires, in Relationship</i>	Apathy, or lack of interest & motivation, in attending to the needs of others	Experiencing mutually supportive, nourishing, and resilient close relationships	Fixated on & anxious about maintaining positive relationships, & tending to do more than 1/2 the work

1. Understand

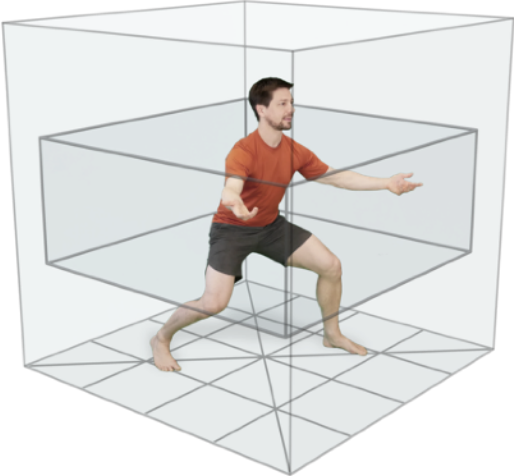


The Main Positive Qualities of Field:
Flexible, Easy-Going, Friendly, Sociable, Well-Adapted, At ease, Having a sense of Belonging

Key Related Concepts:
Context, Situational Awareness, Spatial Awareness, Orienting to Safety, Environmental Cues, Affordances, Ecology, We-Space, Cultural & Relational Values, Societal Norms & Rules

Alternate Images:
Meadow, Ocean, Flowing Water, Clouds, Star Constellation, Light Spectrum, Mosaic, Tapestry

2. Practice



Field Posture, in three Dimensions:
1. Sagittal: Advance forward to focus on the Other(s)
2. Vertical: Sink down low to receptively sense
3. Lateral: Open wide, mindfully relating to what's there

Vowel Sound:
“EEE” (i)
“free, meet, be”
Forward, Closed, Wide

3. Apply

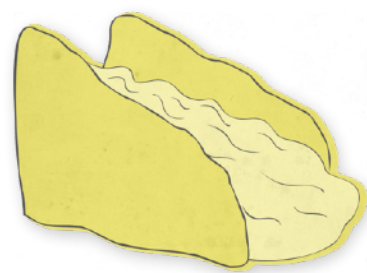
As part of a Field, I cultivate Adaptive Communion

“Adapt & flow easefully within your social context or environment.”

PERSONAL NOTES:

Main Theme	Under-Activation	Balanced-Activation	Over-Activation
1. Situational Responsiveness <i>Presence & Responsiveness to the Environment, Context, or Situation</i>	Feeling ill at ease, anxious, or unsafe in daily life situations or social settings.	Present with & easefully responsive to the environment, context, or situation	Easily distracted by and drawn into whatever's happening in the environment or situation
2. Inclusion & Belonging <i>Experience of social inclusion, acceptance, and belonging</i>	Feeling out of place in or not well-adapted to a community or groups	Feeling socially accepted & included, with a positive sense of belonging	Having a socially over-optimistic, idealizing attitude of “We’re all fine!”, even when there’s discord
3. Social Adaptability <i>Social/Cultural Adaptability and Agreeableness</i>	Feeling reticent about or disinterested in adapting to or engaging with different people or situations.	Socially & contextually adaptable and agreeable; easily getting along with different people and cultures	Over-agreeable, over-adaptable, and over-conforming to the group—going along to get along

1. Understand



The Main Positive Qualities of Channel:

Helpful, Generous, Providing Value, Reliable, Effective, Productive, Having a Sense of Purpose

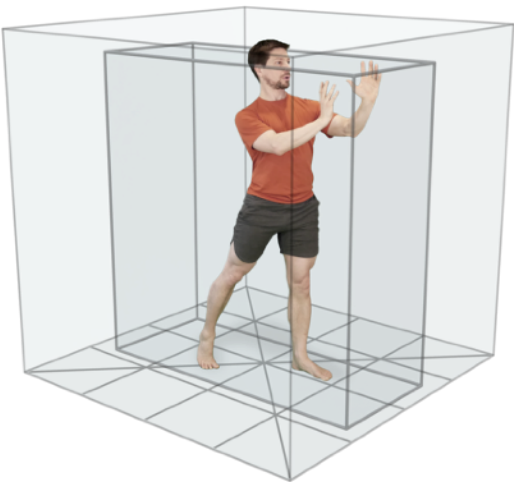
Key Related Concepts:

Fulfilling expectations, Meeting requirements & needs, Finding a Niche, Honoring Commitments, Jobs, Career Path, Contribution, Purpose, Making a difference, Altruism, Serving, Providing for Others

Alternate Images:

Channel, River, Stream, Supply, Delivery, Transport, Vehicle, Wheel, Journey

2. Practice



Channel Posture, in three Dimensions:

- 1. Sagittal: Advance forward to focus on the Other(s)
- 2. Vertical: Push up high to assertively act
- 3. Lateral: Close narrow, spaciouly being in what’s there

Vowel Sound:

“ERR” (œ)
“her, nerd, girder”
Forward, Open, Narrow

3. Apply

As part of a Channel, I cultivate Purposeful Contribution

“Provide service that brings value and benefit to others.”

PERSONAL NOTES:

Main Theme	Under-Activation	Balanced-Activation	Over-Activation
1. Extrinsic Motivation <i>Motivation to Do Things to Receive Positive/Desired Rewards or Benefits</i>	Unmotivated by the potential rewards or benefits to be had from serving others	Getting satisfaction and fulfillment by providing things for others	Over-attached to doing things to receive validation & praise, or “proving” own worth
2. Role Fulfillment <i>Capacity to Effectively Fulfill Needed Roles or Requirements</i>	Ineffective or limited in enacting needed roles or meeting requirements	Effective & dependable enacting needed roles or delivering on commitments	Overworking, over-functioning, or taking on too many roles
3. Being of Service <i>Responding and Acting in Service to the Needs & Desires of Others</i>	Disengaged or under-involved in serving & fulfilling the needs and desires of others	Helpful & engaged in fulfilling the needs and desires of others	Over-involvement or over-delivery in serving & fulfilling the needs or desires of others

1. Understand



The Main Positive Qualities of Mesh:

Fully Engaged, Participating, Collaborative, Responsive, Co-Creative, Playful, Synergistic

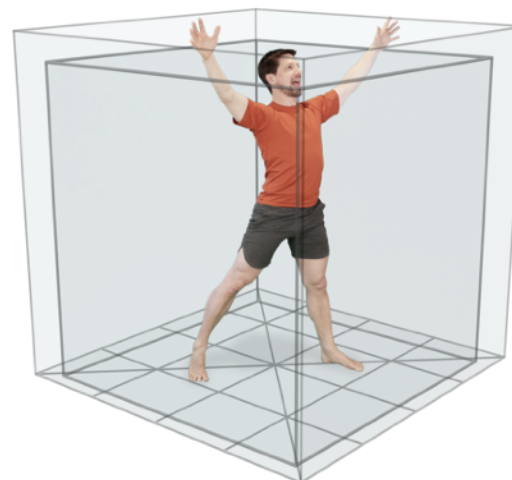
Key Related Concepts:

Collaboration, Co-creativity, Group Interaction, Community Participation, Group Decision-making, Play, Group Process, Synergy, Collective Emergence, Dynamical Systems

Alternate Images:

Meshwork, Web, Network, Symbiosis, Synergy, Interdependence, Collective, Symphony, Catalyst

2. Practice



Mesh Posture, in three Dimensions:

- 1. Sagittal:** Advance **forward** to focus on the **Other(s)**
- 2. Vertical:** Push up **high** to assertively **act**
- 3. Lateral:** Open **wide**, mindfully **relating to** what's there

Vowel Sound:

“AAA” (a)
 “hat, nap, gas”
 Forward, Open, Wide

3. Apply

**As part of a Mesh, I cultivate
Co-Creative Engagement**

**“Engage fully in the shared,
co-creative process as it unfolds.”**

PERSONAL NOTES:

Main Theme	Under-Activation	Balanced-Activation	Over-Activation
1. Collaborative Engagement <i>Flow of Energized Engagement in a Shared, Collaborative Process</i>	Disengaged from shared process, not (fully) participating, slow to engage	Fluid, energized, and engaged in shared, collaborative processes	Messy collaborative process, unfocused, over-involvement in a shared process
2. Adaptive Co-Creativity <i>Availability to Improvise, Be Co-Creative, and Adaptively Interact</i>	Stuck in limiting patterns of interaction, unable/unwilling to co-creatively change & adapt	Easily able to adaptively improvise, be co-creative, in new or changing situations	Becoming over-excited, chaotic, and/or scattered.
3. Inspired Co-Visioning <i>Ability to collectively sense into, vision, and be inspired by positive future possibilities</i>	Too pessimistic, reluctant, or apathetic to envision a new/better future reality or situation	Having visions & inspirations stimulated by shared/new/future-focused experiences	Ungrounded idealism, impractically big dreams, over-stimulated by future visions