



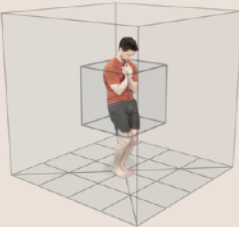
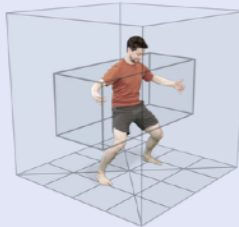
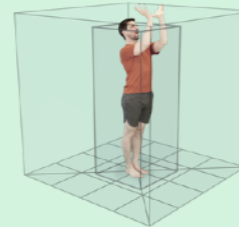

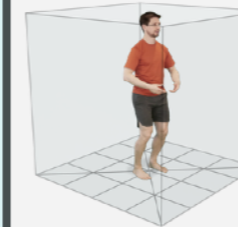
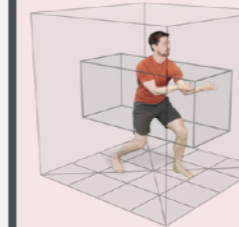
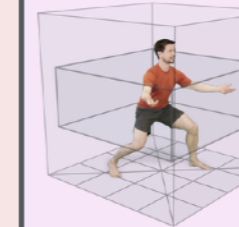
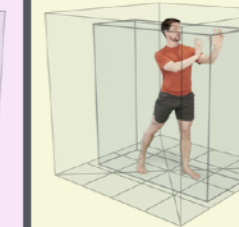
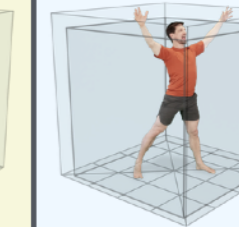


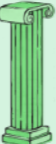








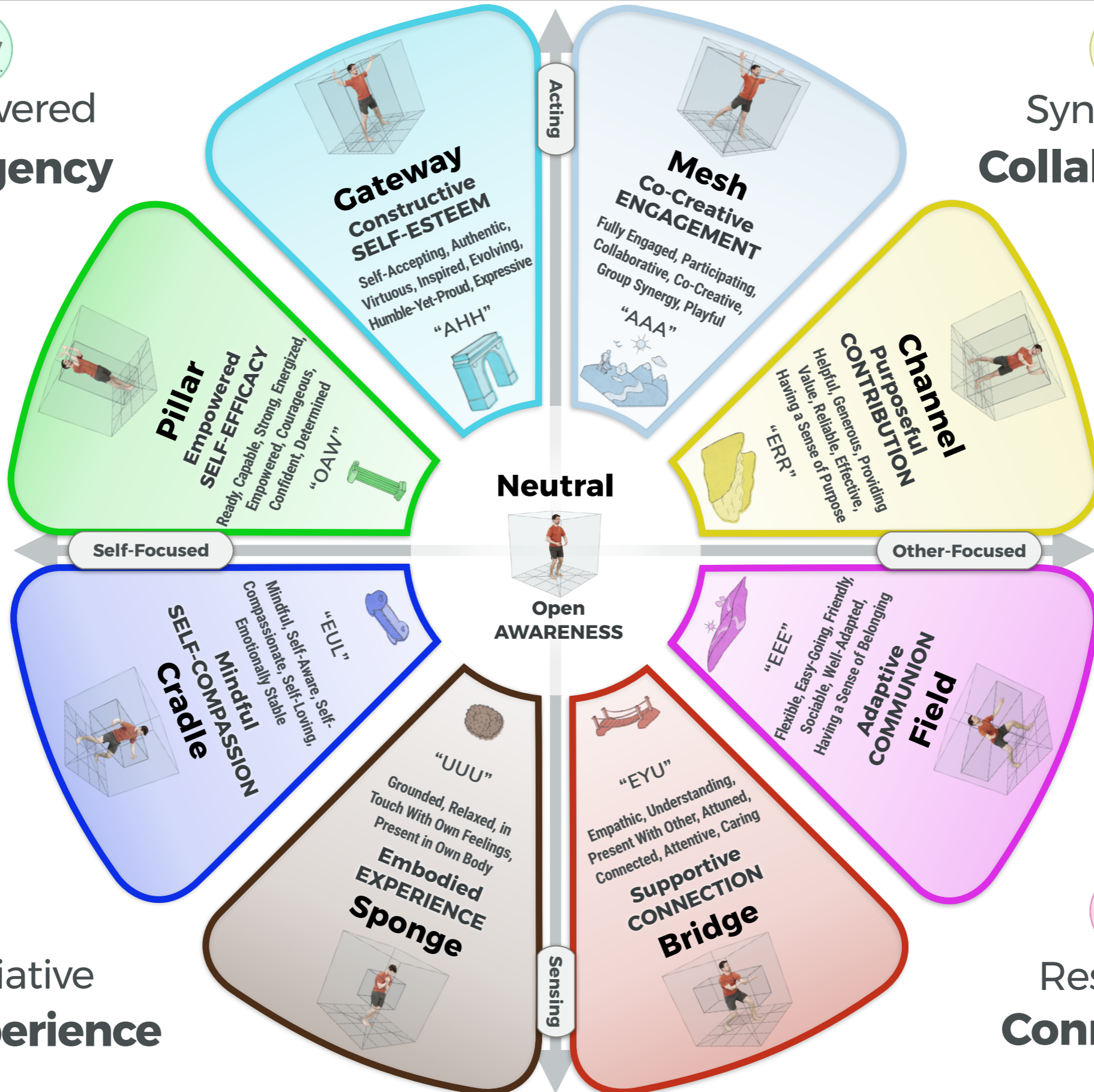
The Nine Core Modes of UZAZU Embodied Intelligence

 Inner-Experience		 Self-Agency				 Connection		 Collaboration	
									
									
As a Sponge	As a Cradle	As a Pillar	As a Gateway	In & As Neutral	As part of a Bridge	As part of a Field	As part of a Channel	As part of a Mesh	
I cultivate Embodied EXPERIENCE	I cultivate Mindful SELF-COMPASSION	I cultivate Empowered SELF-EFFICACY	I cultivate Constructive SELF-ESTEEM	I cultivate Open AWARENESS	I cultivate Supportive CONNECTION	I cultivate Adaptive COMMUNION	I cultivate Purposeful CONTRIBUTION	I cultivate Co-Creative EMERGENCE	
Back into Self Down into Sensing Narrow into Being in	Back into Self Down into Sensing Wide into Relating to	Back into Self Up into Acting Narrow into Being in	Back into Self Up into Acting Wide into Relating to	<i>Neither Self nor Other</i> <i>Neither Sensing nor Acting</i> <i>Neither Being in nor Relating to</i>	Forward into Other Down into Sensing Narrow into Being in	Forward into Other Down into Sensing Wide into Relating to	Forward into Other Up into Acting Narrow into Being in	Forward into Other Up into Acting Wide into Relating to	
“UUU” (u) “food, mood, bood” Back, Closed, Narrow	“EUH” (ɯ) “full, mull, bull” Back, Closed, Wide	“OAW” (ɔ) “lob, spot, got” Back, Open, Narrow	“AHH” (ɑ) “hall, gnaw, gaudy” Back, Open, Wide	“UHH” (ɑ) “Tina, Again, Balloon” Middle, Colorless Vowel	“EYU” (y) “few, muse, beauty” Forward, Closed, Narrow	“EEE” (i) “free, meet, be” Forward, Closed, Wide	“ERR” (œ) “her, nerd, girder” Forward, Open, Narrow	“AAA” (a) “hat, nap, gas” Forward, Open, Wide	
Relax and ground into the felt sense of your own inner-experience.	Embrace and lovingly attend to your own feelings and thoughts.	Align with your inner-motivation, and let it empower you to act.	Appreciate yourself as you are, as you grow into your full potential.	Soften body and mind, & let open awareness fill the space.	Attune with others to experience a mutually beneficial connection.	Adapt & flow easefully within your social context or environment.	Provide service that brings value and benefit to others.	“Engage fully in the shared, co-creative process as it unfolds.”	
Grounded, Relaxed, In touch with own Feelings, Present in own body	Mindful, Self-Aware, Self-compassionate, Self-loving, Emotionally Stable	Ready, Capable, Strong, Empowered, Courageous, Confident, Determined	Self-Accepting, Authentic, Virtuous, Inspired, Evolving, Humble-yet-Proud	Non-Attached, Equanimous, Spacious, Peaceful, Open, Balanced	Empathic, Understanding, Present with Other, Attuned, Connected, Attentive, Caring	Flexible, Easy-Going, Friendly, Sociable, Well-Adapted, Having a sense of Belonging	Helpful, Generous, Providing Value, Reliable, Effective, Having a Sense of Purpose	Fully Engaged, Participating, Collaborative, Co-Creative, Group Synergy, Playful	

The Balanced States of the Eight Core Modes


Empowered
Self-Agency


Synergistic
Collaboration

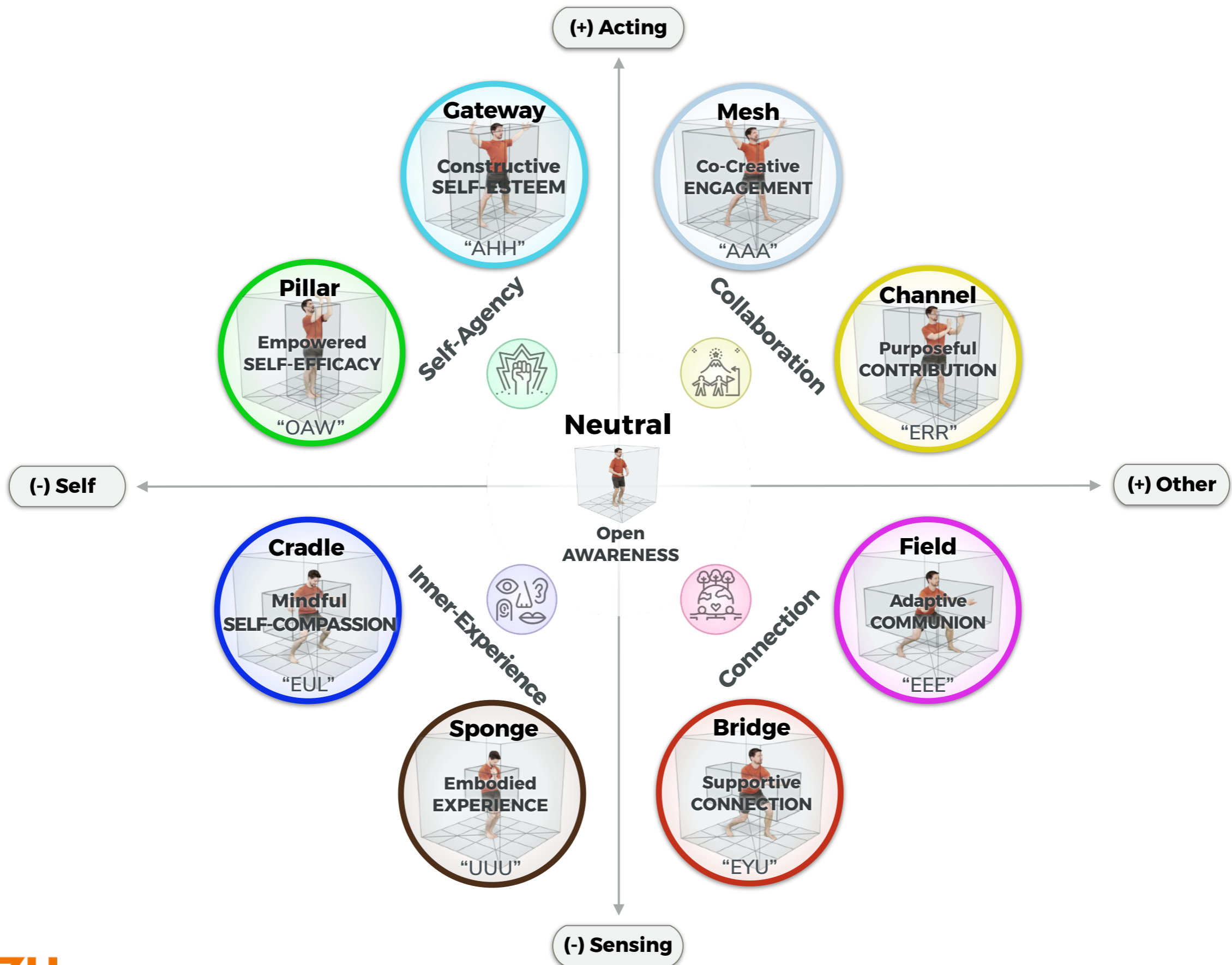



Appreciative
Inner-Experience

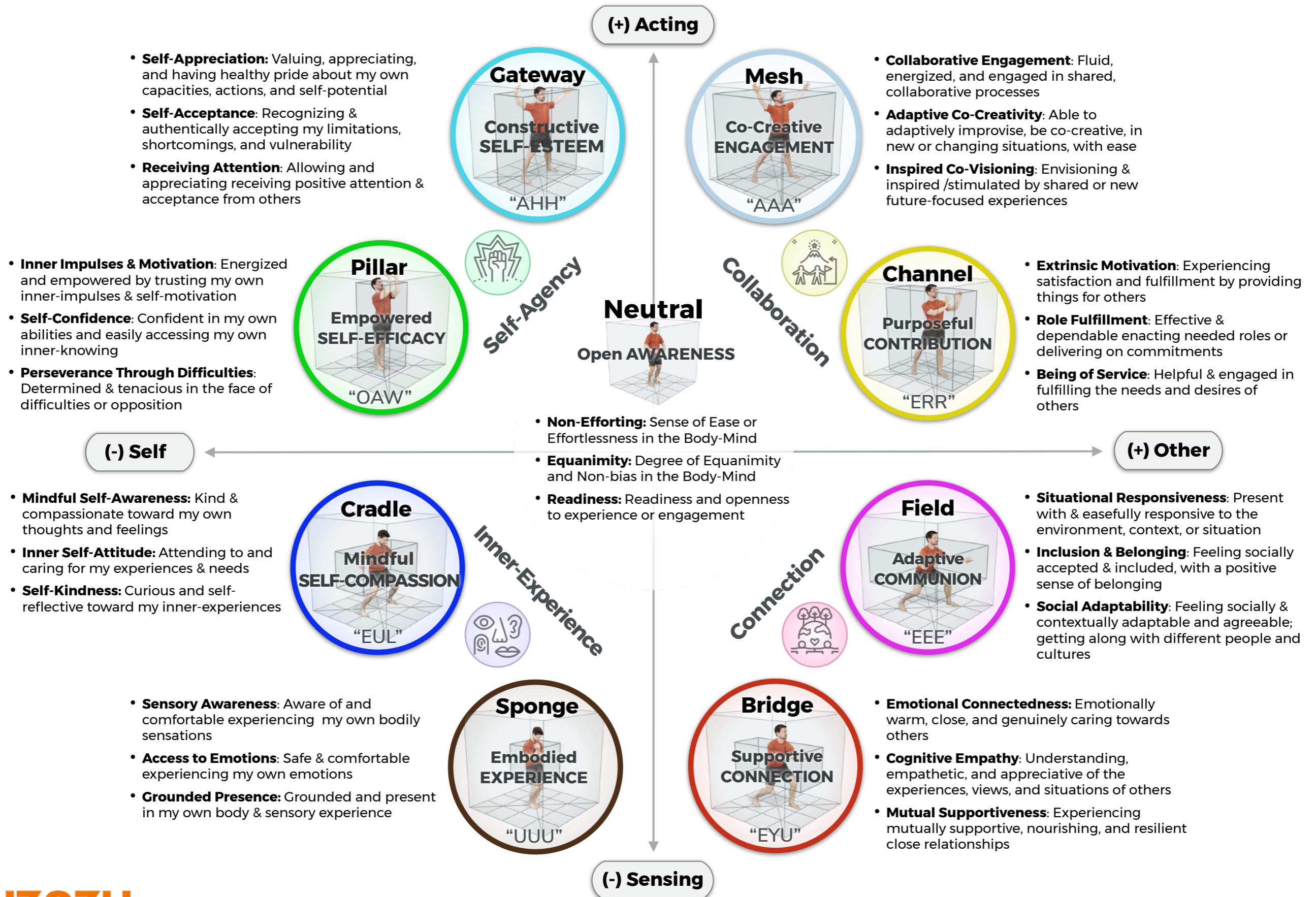

Resonant
Connection

Notes on the 9 Core Modes

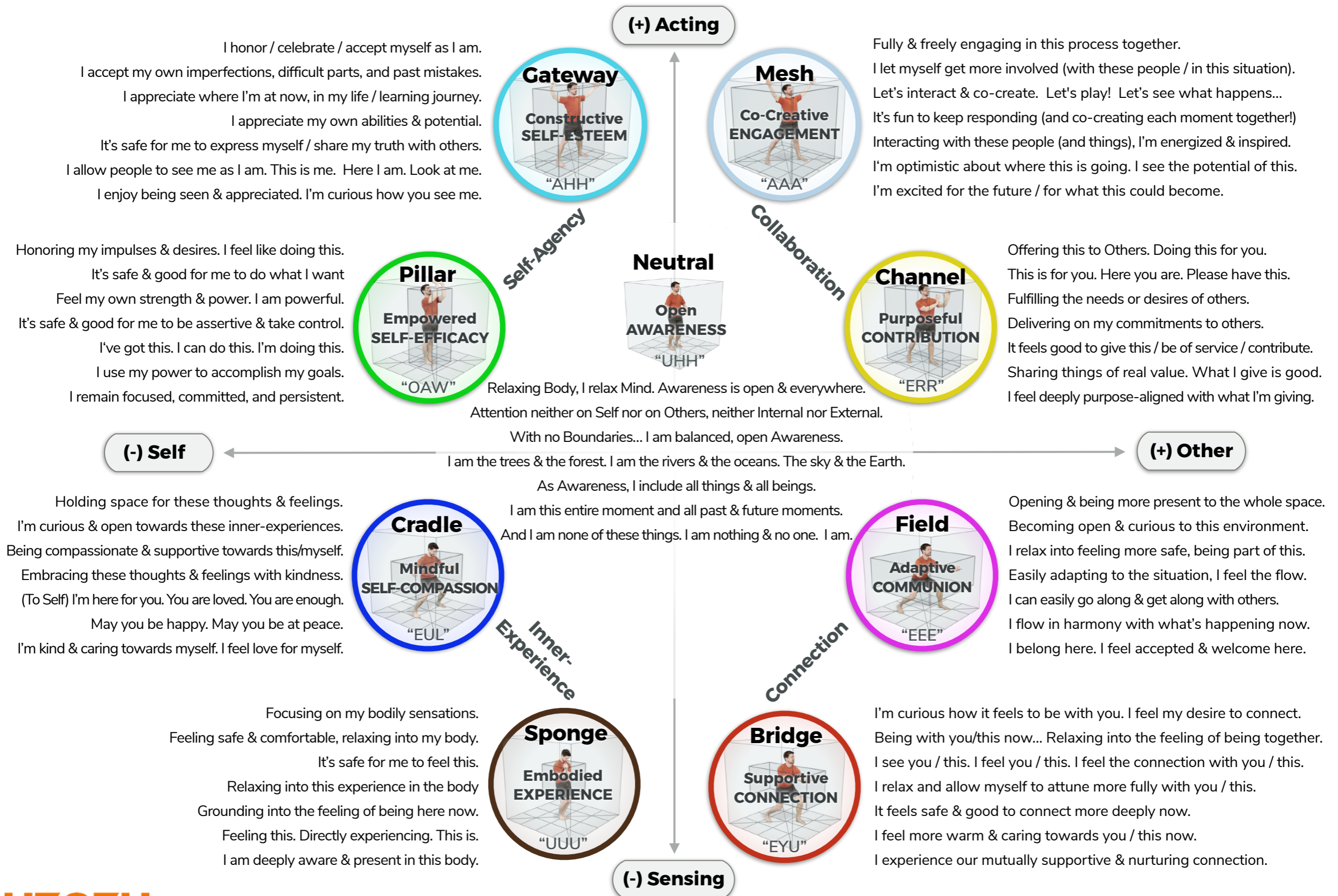
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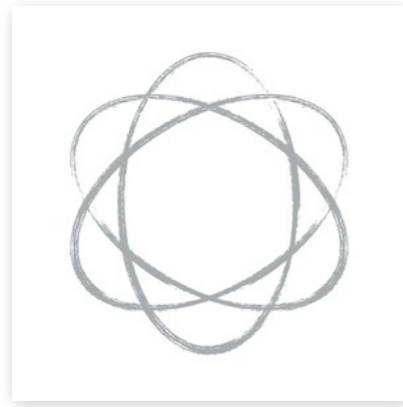
Overview of the 3 Main Themes of the 9 Core Modes of Engagement



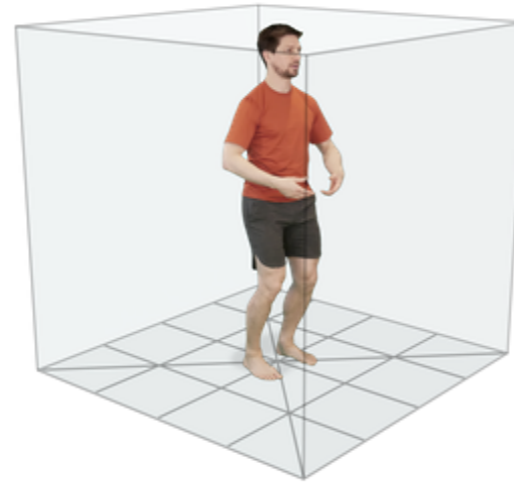
Simple Balanced-Activation Statements for the 9 Core Modes



1. Understand



2. Practice



3. Apply

**As Neutral, I cultivate
Open Awareness**

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

The Main Positive Qualities of Neutral:

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

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

Simple Balanced Activation Statements:

1. Relaxing Body, I relax Mind. Awareness is open & everywhere.
2. Attention neither on Self nor on Others, neither Internal nor External.
3. With no Boundaries... I am balanced, open Awareness.
4. I am the trees & the forest. I am the rivers & the oceans. The sky & the Earth.
5. As Awareness, I include all things & all beings.
6. I am this entire moment and all past & future moments.
7. And I am none of these things. I am nothing & no one. I am.

Key Related Concepts:

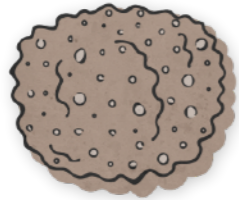
Non-attachment, Non-bias, Equanimity, Openness, Direct or Pure Awareness, Spaciousness, Non-polarization, Non-dual-ness

Vowel Sound:

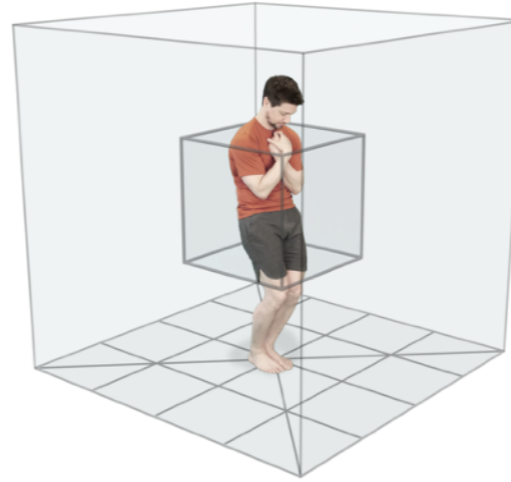
“UHH” (ə)
“Tina, Again, Balloon”
Middle, Colorless Vowel

Main Theme	Focus Statement
1. Non-efforting <i>Sense of Ease or Effortlessness in the Body-Mind</i>	I’m easeful, relaxed and calm in my experience of beingness in this moment.
2. Equanimity <i>Degree of Equanimity and Non-bias in the Body-Mind</i>	I am equanimous in this moment, open to whatever arises.
3. Readiness <i>Readiness and openness to experience or engagement</i>	I feel ready for and open to wherever the moment wants to take me.

1. Understand



2. Practice



3. Apply

As a Sponge, I cultivate
Embodied Experience

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

The Main Positive Qualities of Sponge:

Grounded, Relaxed, In touch with own Feelings, Present in own body

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**, spaciously **being in** what's there

Simple Balanced Activation Statements:

1. Focusing on my bodily sensations.
2. Feeling safe & comfortable, relaxing into my body.
3. It's safe for me to feel this.
4. Relaxing into this experience in the body
5. Grounding into the feeling of being here now.
6. Feeling this. Directly experiencing. This is.
7. I am deeply aware & present in this body.

Key Related Concepts:

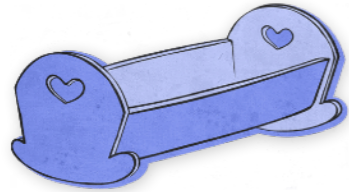
Physical Sensations, Concrete Experience, Felt-experience, Physical Grounding, Sensory Integration, Emotional States, Affect Tolerance

Vowel Sound:

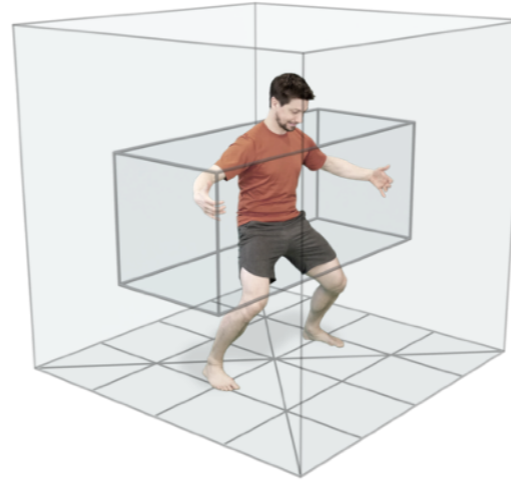
“UUU” (u)
“food, mood, booed”
Back, Closed, Narrow

Main Theme	Focus Statement
1. Sensory Awareness <i>Awareness & Feeling of Bodily Sensations</i>	I'm easily aware of and comfortable experiencing my bodily sensations.
2. Access to Emotions <i>Access to Direct Experience of Emotions</i>	I feel/am safe and comfortable feeling my feelings in the moment
3. Grounded Presence <i>Sense of Grounding & Presence in the Body</i>	I feel/am comfortably grounded and present in my own physical body.

1. Understand



2. Practice



3. Apply

**As a Cradle, I cultivate
Mindful Self-Compassion**

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

The Main Positive Qualities of Cradle:

Mindful, Self-Aware, Self-compassionate, Self-loving, Emotionally Stable

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

Simple Balanced Activation Statements:

1. Holding space for these thoughts & feelings.
2. I’m curious & open towards these inner-experiences.
3. Being compassionate & supportive towards this/ myself.
4. Embracing these thoughts & feelings with kindness.
5. (To Self) I’m here for you. You are loved. You are enough.
6. (To Self) May you be happy. May you be at peace.
7. I’m kind & caring towards myself. I feel love for myself.

Key Related Concepts:

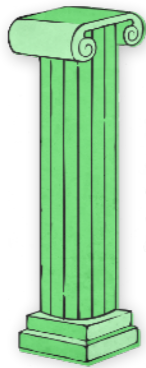
Emotional Self-Awareness, Containment, Affect-Regulation, Emotional Self-Regulation, Impulse Control, Self-Attitude, Self-Concept, Self-Beliefs, Self-Talk, Self-Compassion

Vowel Sound:

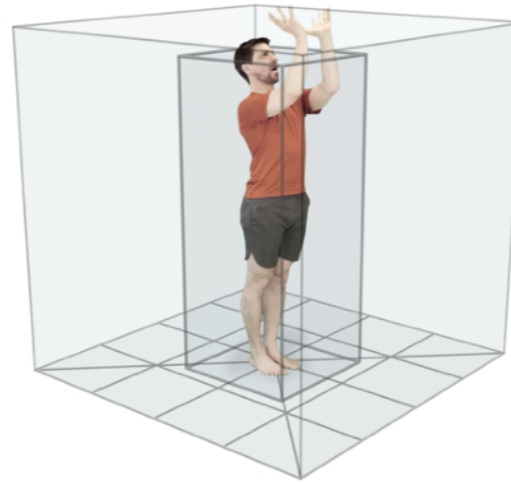
“EUH” (u)
“full, mull, bull”
Back, Closed, Wide

Main Theme	Focus Statement
1. Mindful Self-Awareness <i>Mindful Awareness of Self-Experience</i>	I’m kind & compassionate toward my own thoughts and feelings.
2. Inner Self-Attitude <i>Inner Attitude Toward Own Thoughts & Feelings</i>	I attend to and care for my own experiences & needs.
3. Self-Kindness <i>Self-Kindness and Caring for Own Experience & Needs</i>	I feel/am curious and self-reflective toward my own inner-experiences.

1. Understand



2. Practice



3. Apply

As a Pillar, I cultivate
Empowered Self-Efficacy

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

The Main Positive Qualities of Pillar:

Ready, Capable, Strong, Energized, Empowered, Courageous, Confident, Determined

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

Simple Balanced Activation Statements:

1. Acting on my impulse. Doing what I believe in.
2. I’m doing this. I can do this. I’ve got this.
3. I feel good doing this.
4. It’s safe & good for me to do what I want
5. Feeling my own strength & power. I am powerful.
6. It’s safe & good for me to be assertive & take control.
7. I use my power to accomplish my goals.
8. I remain focused, committed, and persistent.

Key Related Concepts:

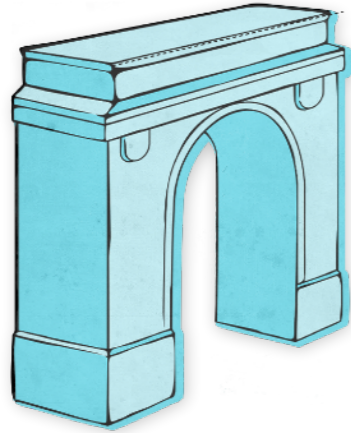
Impulses, Intrinsic Motivation, Internal Drive, Inner-Knowing, Self-Intention, Readiness, Self-Efficacy, Self-Empowerment, Autonomy, Control, Action-Taking, Risk-Taking, Determination

Vowel Sound:

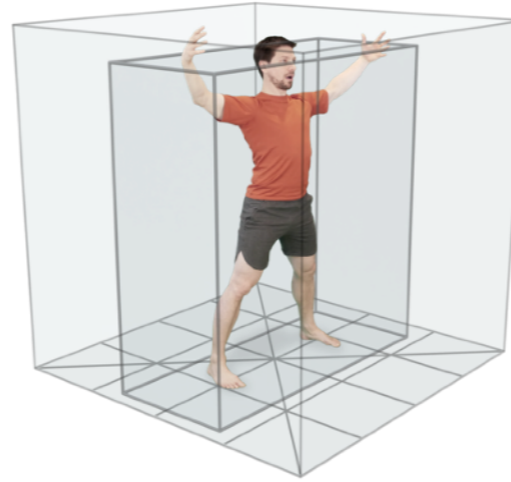
“OAW” (ɔ)
“lob, spot, got”
Back, Open, Narrow

Main Theme	Focus Statement
1. Inner Impulses & Motivation <i>Strength of Own Inner Impulses & Self-Motivation</i>	I'm good at actively pursuing my own interests and passions.
2. Self-Confidence <i>Confidence in Own Abilities and Inner-Resourcefulness</i>	I feel/am confident in my own abilities and trust my own inner-knowing.
3. Perseverance thru Difficulties <i>Capacity to Persevere in the Face of Difficulties or Opposition</i>	I remain decisive, strong, and persistent in the face of challenges.

1. Understand



2. Practice



3. Apply

**As a Gateway, I cultivate
Constructive Self-Esteem**

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

The Main Positive Qualities of Gateway:

**Self-Accepting, Authentic, Virtuous,
Inspired, Evolving, Humble-yet-Proud,
Expressive**

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

Simple Balanced Activation Statements:

1. I honor / celebrate / accept myself as I am.
2. I accept my own imperfections, difficult parts, and past mistakes.
3. I appreciate where I’m at now, in my life journey.
4. I appreciate my own abilities & potential.
5. It’s safe for me to express myself / share my truth.
6. I allow people to see me as I am.
This is me. Here I am. I allow you to really see me.
7. I enjoy being seen & appreciated.

Key Related Concepts:

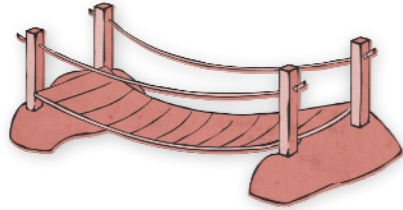
Self-Esteem, Self-Ideals, Self-Standards, Sense of Achievement, Vision for Self, Self-Potential Self-Judgement, Shame, Authenticity, Self-Disclosure, Honesty, Vulnerability, Self-Boundary & Expression

Vowel Sound:

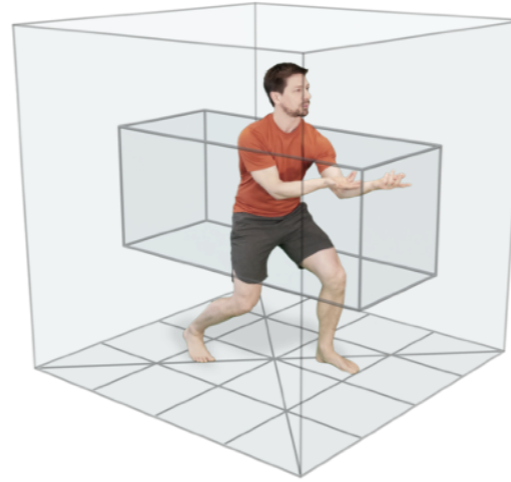
“AHH” (ɑ)
“hall, gnaw, gaudy”
Back, Open, Wide

Main Theme	Focus Statement
1. Self-Appreciation <i>Evaluation & Appreciation of Own Capacities, Actions, and Potential</i>	I feel/have genuine self-appreciation and pride for things I accomplish.
2. Self-Acceptance <i>Recognition & Acceptance of Own Limitations and Vulnerability</i>	I embrace my limitations & shortcomings as opportunities to learn and grow.
3. Receiving Attention <i>Receiving Attention, Acceptance, & Appreciation from Others</i>	I enjoy receiving positive attention from others.

1. Understand



2. Practice



3. Apply

As a part of a Bridge, I cultivate
Supportive Connection

“Attune with others to experience a mutually beneficial connection.”

The Main Positive Qualities of Bridge:

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

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**, spaciously **being in** what’s there

Simple Balanced Activation Statements:

1. Being with you/this now... Relaxing into the feeling of being together.
2. I’m curious how it feels to be with you/this.
3. I see you / this. I feel you / this. I feel the connection with you / this.
4. I relax & allow myself to attune more fully with you / this.
5. It feels safe & good to connect more deeply now.
6. I feel more warm & caring towards you / this now.
7. I give you my attention. I feel empathy for you.

Key Related Concepts:

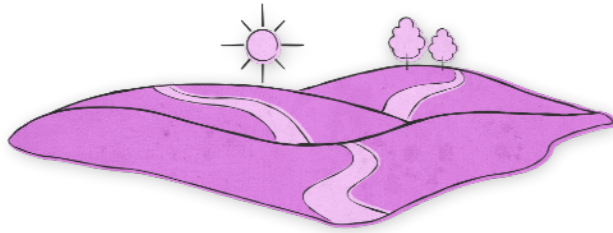
"Being with", Feelings of Connectedness, Mirror Neurons, Sympathetic Resonance, Interpersonal Needs & Dynamics, Perspective-Taking, Attunement, Attachment Styles, Close Relationships

Vowel Sound:

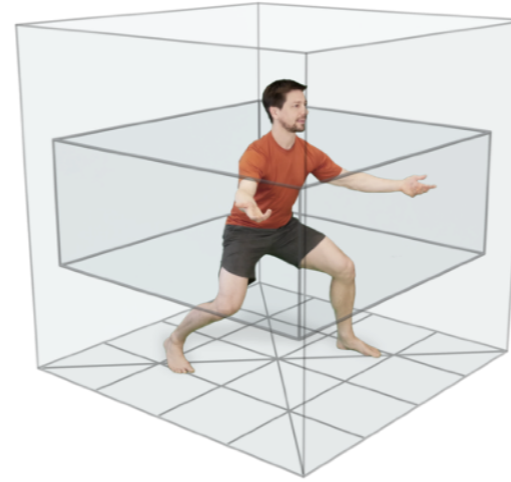
“EYU” (y)
“few, muse, beauty”
Forward, Closed, Narrow

Main Theme	Focus Statement
1. Emotional Connectedness <i>Strength of Empathic, Emotional Connectedness with Others</i>	I feel/am emotionally warm and caring towards others.
2. Cognitive Empathy <i>Quality of Understanding & Appreciation for Other’s Situation, Feelings, & Perspectives</i>	I easily “tune in” to what the other is feeling, and talk about it with them.
3. Mutual Supportiveness <i>Attunement to, and Support of, Each Other’s Needs & Desires, in Relationship</i>	I enjoy the mutually caring & supportive relationships I have with others.

1. Understand



2. Practice



3. Apply

*As part of a Field, I cultivate
Adaptive Communion*

“Adapt & flow easefully with the group, social context or environment.”

The Main Positive Qualities of Field:

Flexible, Easy-Going, Friendly, Sociable, Well-Adapted, Having a sense of Belonging

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

Simple Balanced Activation Statements:

1. Opening & being more present to the whole space.
2. Becoming open & curious to this environment.
3. I relax into feeling more safe, being part of this.
4. Easily adapting to the situation, I feel the flow.
5. I can easily go along & get along with others.
6. I flow in harmony with what’s happening now.
7. I belong here. I feel accepted & welcome here.

Key Related Concepts:

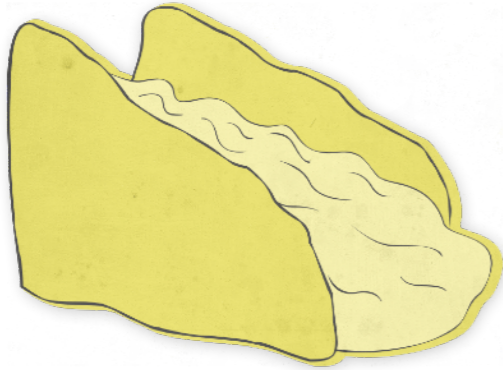
Context, Situational Awareness, Spatial Awareness, Orienting to Safety, Environmental Cues, Affordances, Ecology, We-Space, Cultural & Relational Values, Societal Norms & Rules

Vowel Sound:

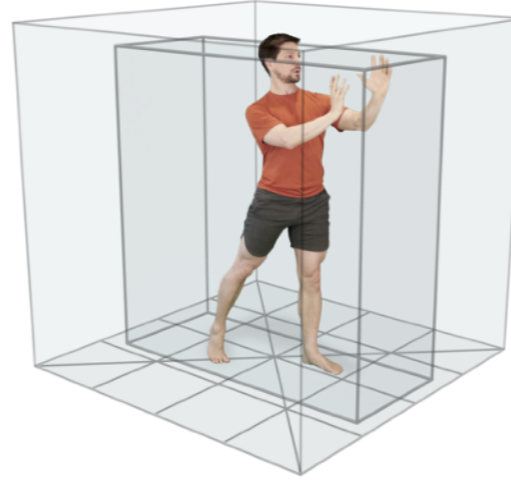
“EEE” (i)
“free, meet, be”
Forward, Closed, Wide

Main Theme	Focus Statement
1. Situational Responsiveness <i>Presence & Responsiveness to the Environment, Context, or Situation</i>	I feel/am at ease, present, and responsive to the environment or situation I’m in.
2. Inclusion & Belonging <i>Experience of social inclusion, acceptance, and belonging</i>	I’m adaptable and easy-going in different social situations or cultural settings.
3. Social Adaptability <i>Social/Cultural Adaptability and Agreeableness</i>	I have a sense of belonging in and being accepted by my communities.

1. Understand



2. Practice



3. Apply

As part of a Channel, I cultivate Purposeful Contribution

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

The Main Positive Qualities of Channel:

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

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

Simple Balanced Activation Statements:

1. Offering this to Others. Doing this for you.
2. This is for you. Here you are. Please have this.
3. Fulfilling the needs or desires of others.
4. Delivering on my commitments to others.
5. It feels good to give this / be of service / contribute.
6. Sharing things of real value. What I give is good.
7. I feel deeply purpose-aligned with what I’m giving.

Key Related Concepts:

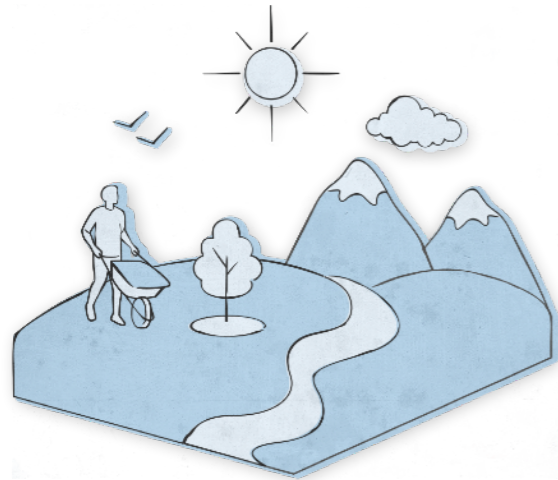
Fulfilling expectations, Meeting requirements & needs, Finding a Niche, Honoring Commitments, Jobs, Career Path, Contribution, Purpose, Making a difference, Altruism, Serving, Providing for Others

Vowel Sound:

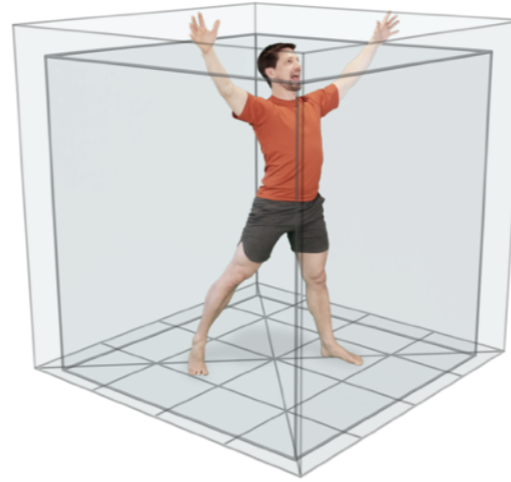
“ERR” (œ)
 “her, nerd, girder”
 Forward, Open, Narrow

Main Theme	Focus Statement
1. Extrinsic Motivation <i>Motivation to Do Things to Receive Positive/Desired Rewards or Benefits</i>	I enjoy doing things I know others will appreciate.
2. Role Fulfillment <i>Capacity to Effectively Fulfill Needed Roles or Requirements</i>	I feel confident about the value of what I contribute to others.
3. Being of Service <i>Responding and Acting in Service to the Needs & Desires of Others</i>	I am good at fulfilling the needs or desires of others.

1. Understand



2. Practice



3. Apply

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

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

The Main Positive Qualities of Mesh:

Fully Engaged, Participating, Collaborative, Co-Creative, Group Synergy, Playful

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

Simple Balanced Activation Statements:

- Fully & freely engaging in this process together.
- Letting myself get more involved...
- Let's interact & co-create. Let's play! Let's see what happens...
- It's fun to keep responding (and co-creating each moment together!)
- Interacting with these people (and things), I'm energized & inspired.
- I'm optimistic about where this is going.
- I'm excited for what this could become.

Key Related Concepts:

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

Vowel Sound:

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

Main Theme	Focus Statement
1. Collaborative Engagement <i>Flow of Energized Engagement in a Shared, Collaborative Process</i>	I feel positively energized collaborating with others.
2. Adaptive Co-Creativity <i>Availability to Improvise, Be Co-Creative, and Adaptively Interact</i>	I easily improvise and co-creatively adapt, in new or changing group situations.
3. Inspired Co-Visioning <i>Ability to collectively sense into, vision, and be inspired by positive future possibilities</i>	I feel inspired & optimistic, as I interact with others.