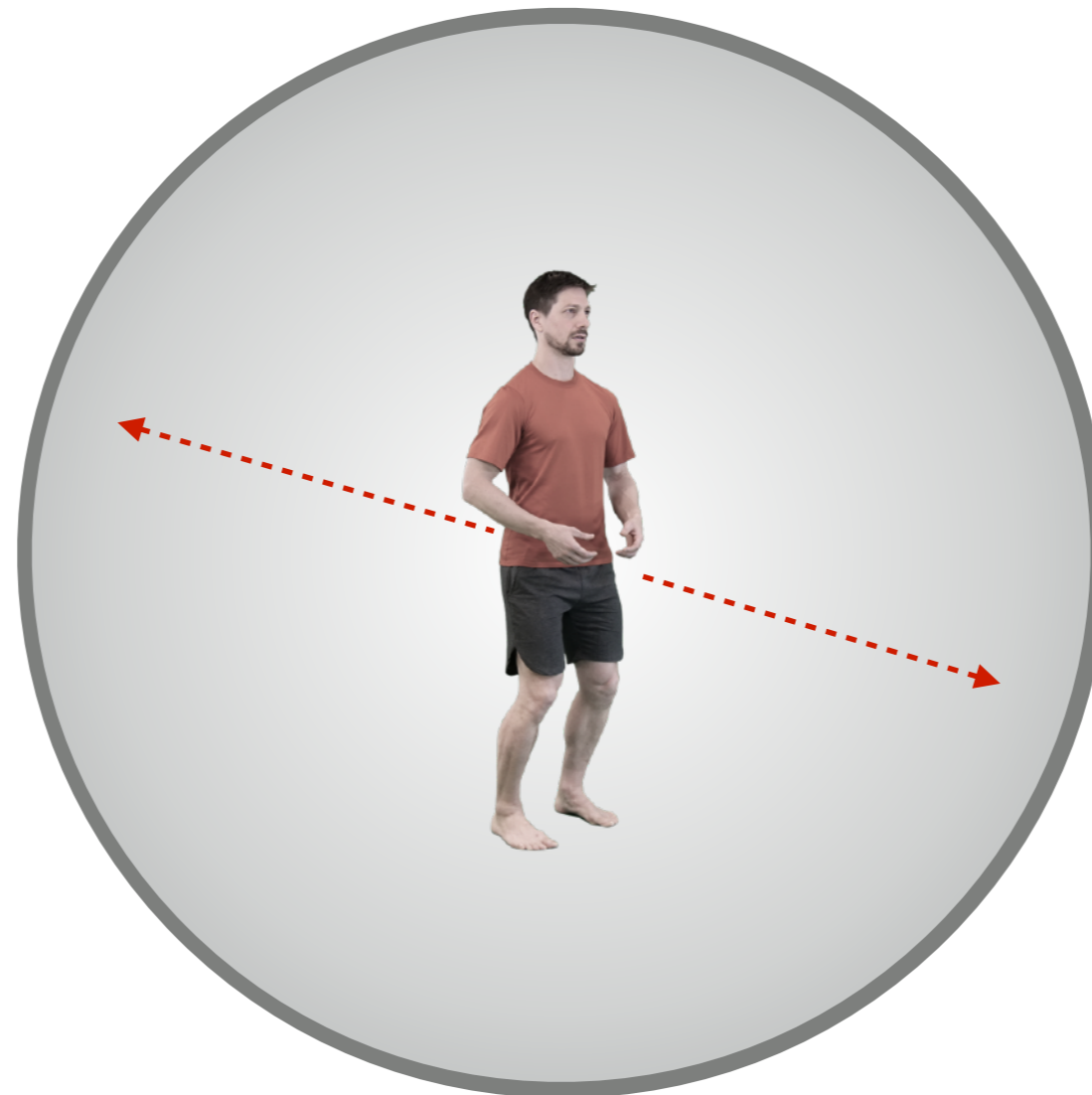


# The Sagittal Axis

---

What is wanting to be included and/or excluded?

Move Back to  
**SEPARATE**



Advance Forward to  
**CONNECT**

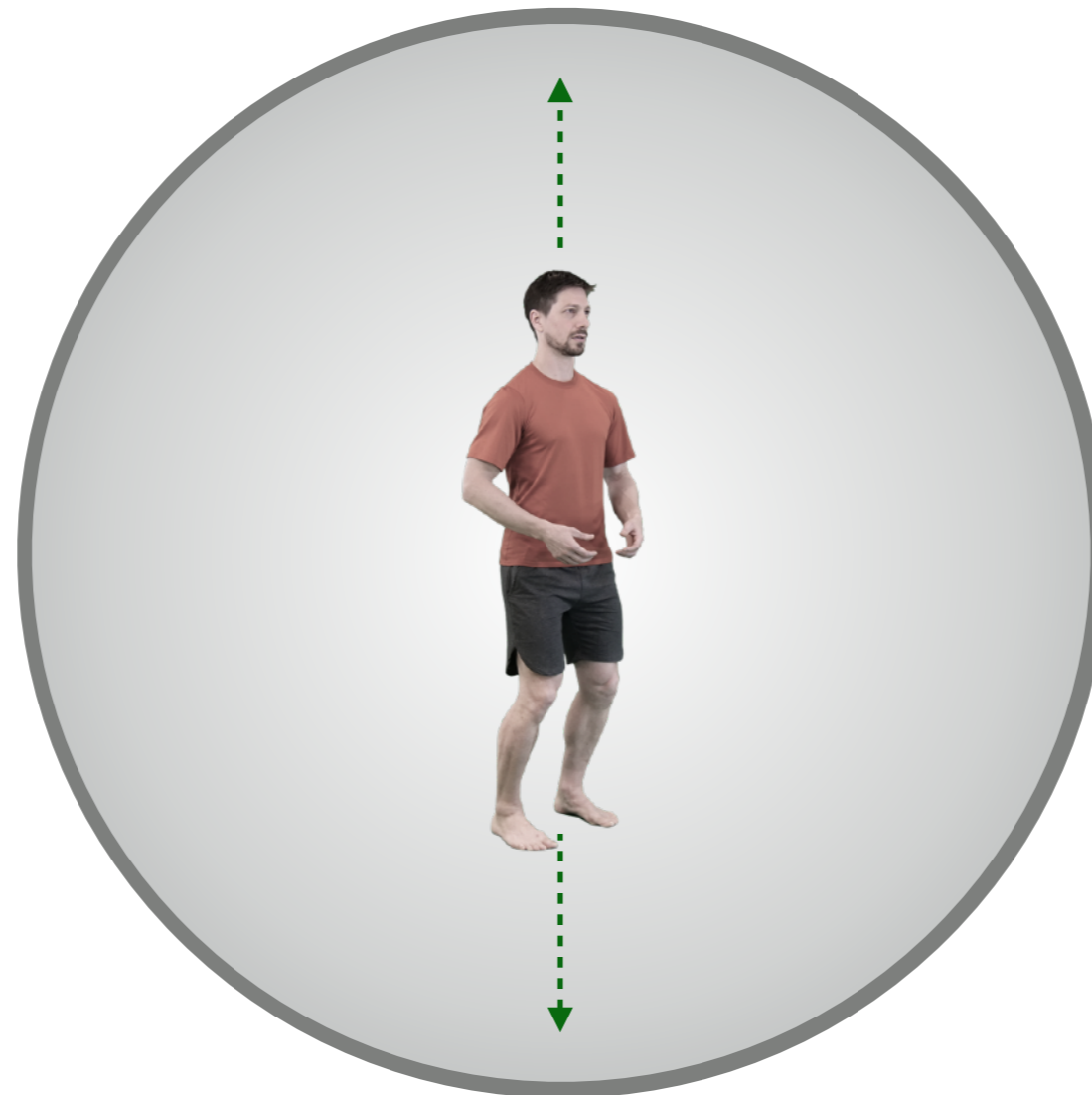
# The Vertical Axis

---

How is the flow, or force dynamic, wanting to happen?

Push High to be

**ACTING**



Sink Low to be

**SENSING**

# The Two Core Bodymind Spatial Dimensions

## 2D: Vertical Axis

How is the flow, or force dynamic, wanting to happen?

## 1D: Sagittal Axis

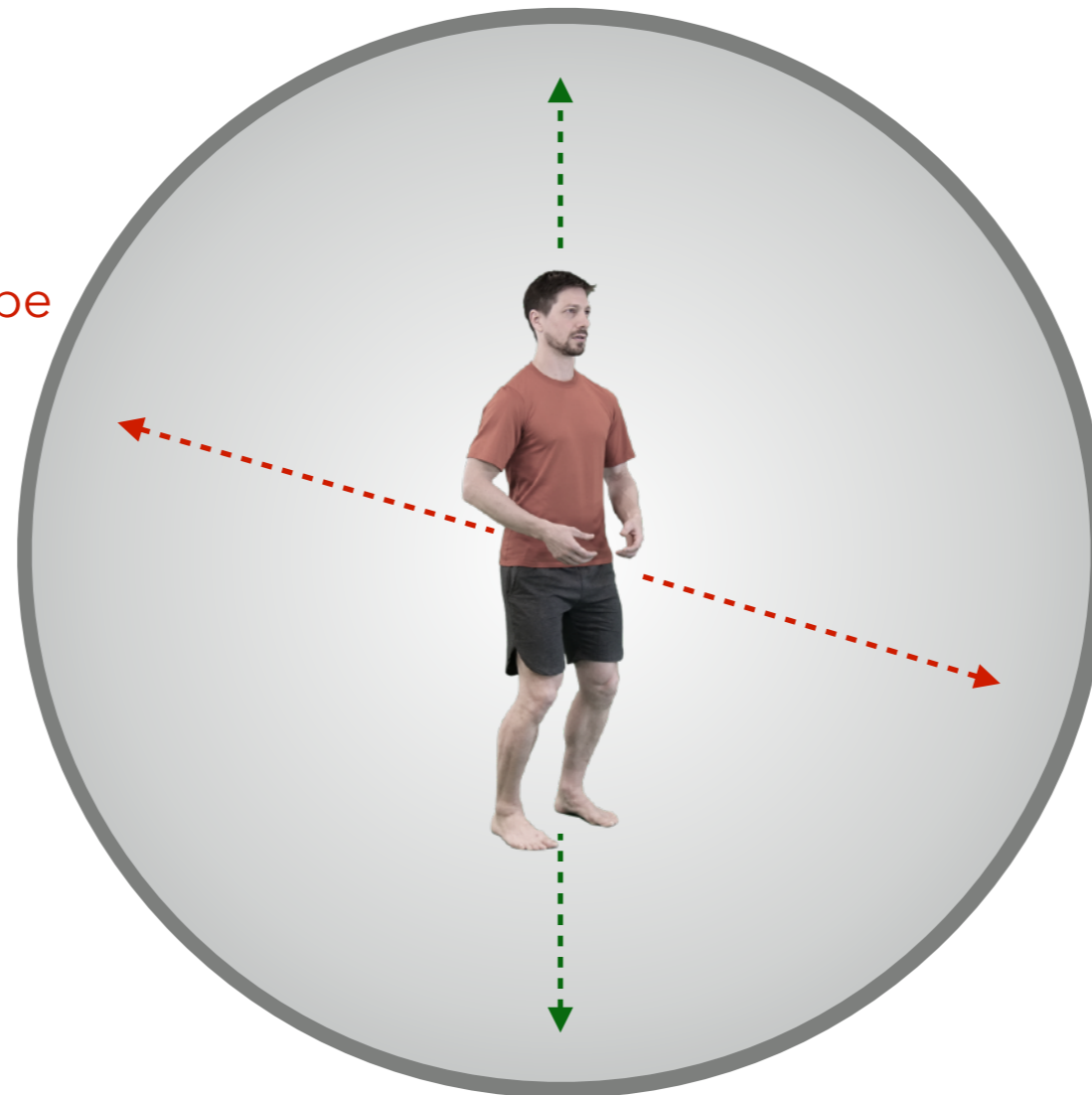
What is wanting to be included and/or excluded?

Push High to

**ACT**

Withdraw Back to be

**SEPARATE**



Advance Forward to be

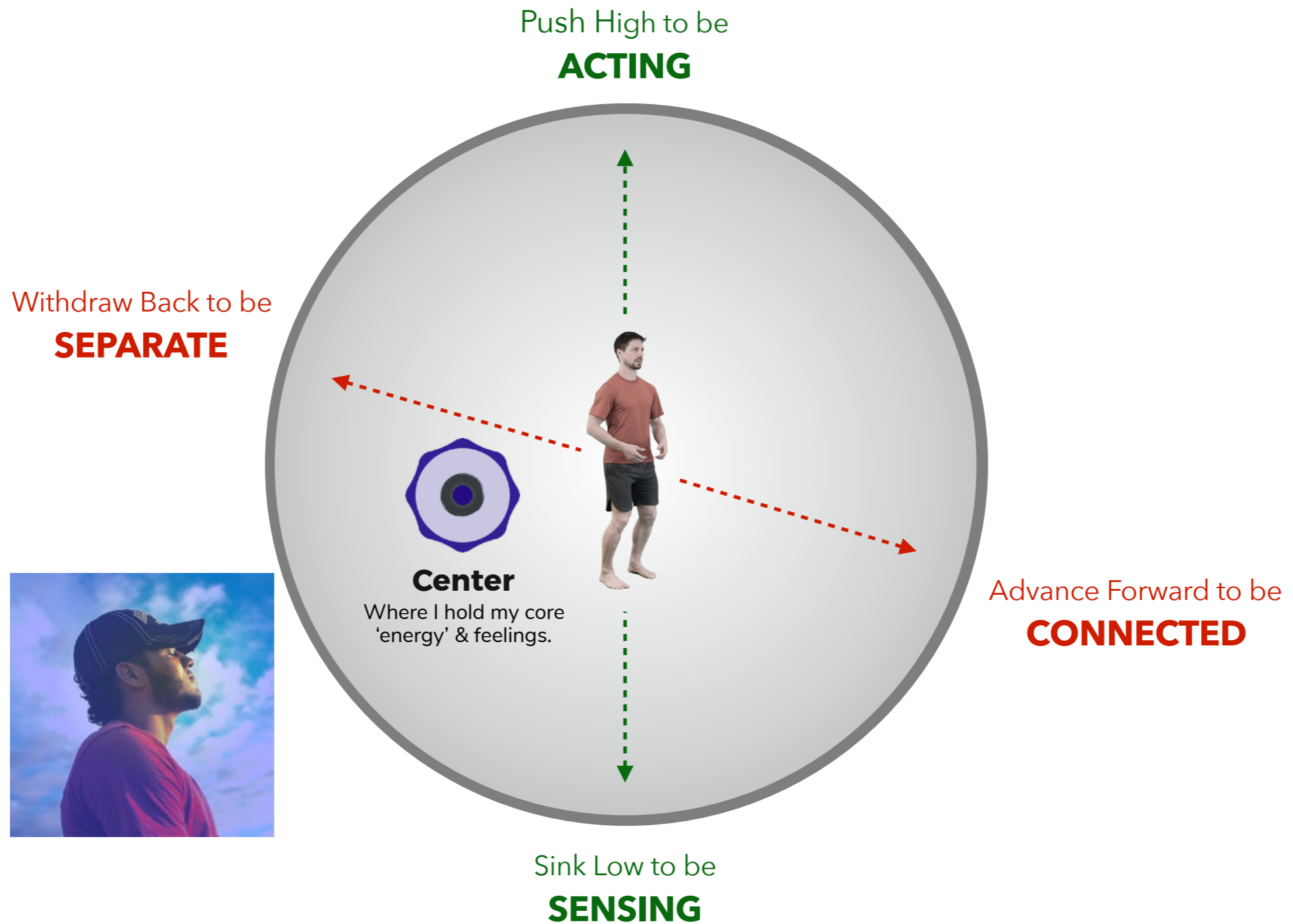
**CONNECTED**

Sink Low to

**SENSE**

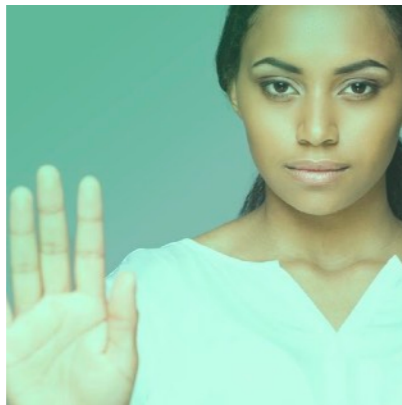
# Center

What does it feel like to fully and comfortably embody your Center?

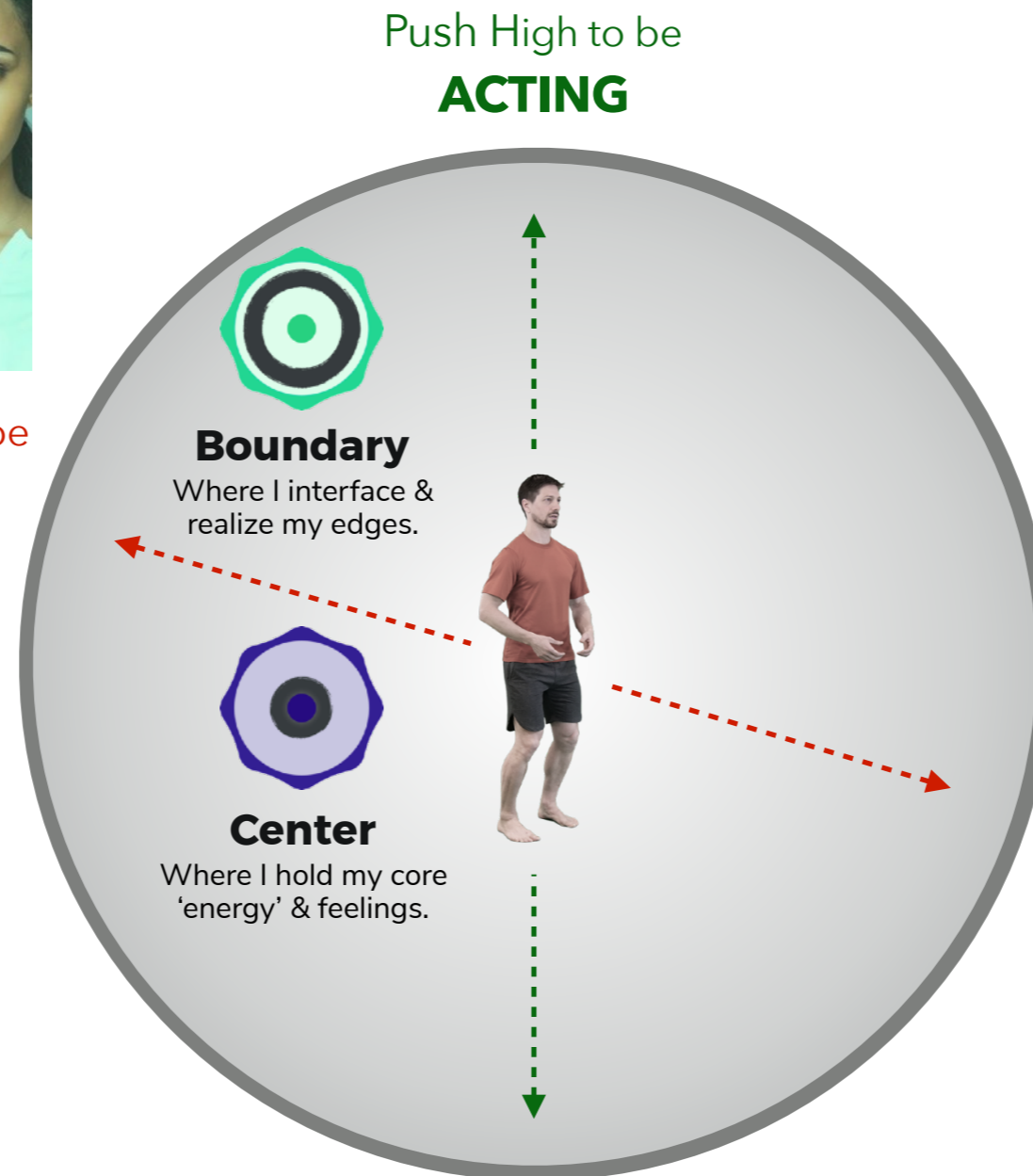


# Boundary

What does it feel like to fully and comfortably embody your Boundary?



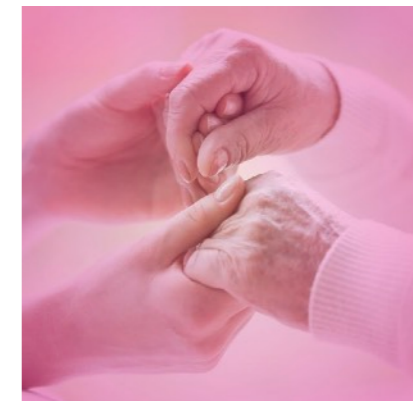
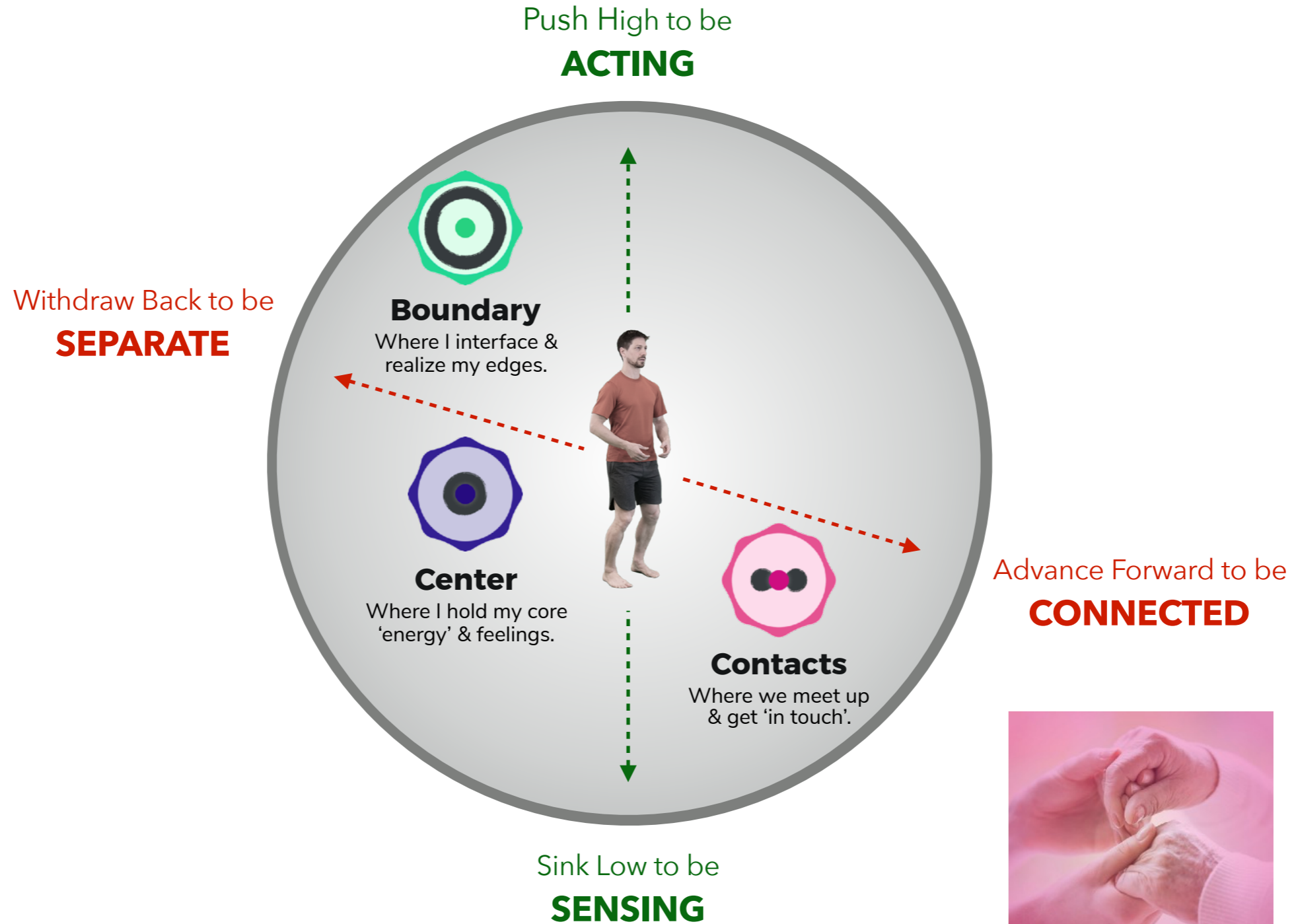
Withdraw Back to be  
**SEPARATE**



Advance Forward to be  
**CONNECTED**

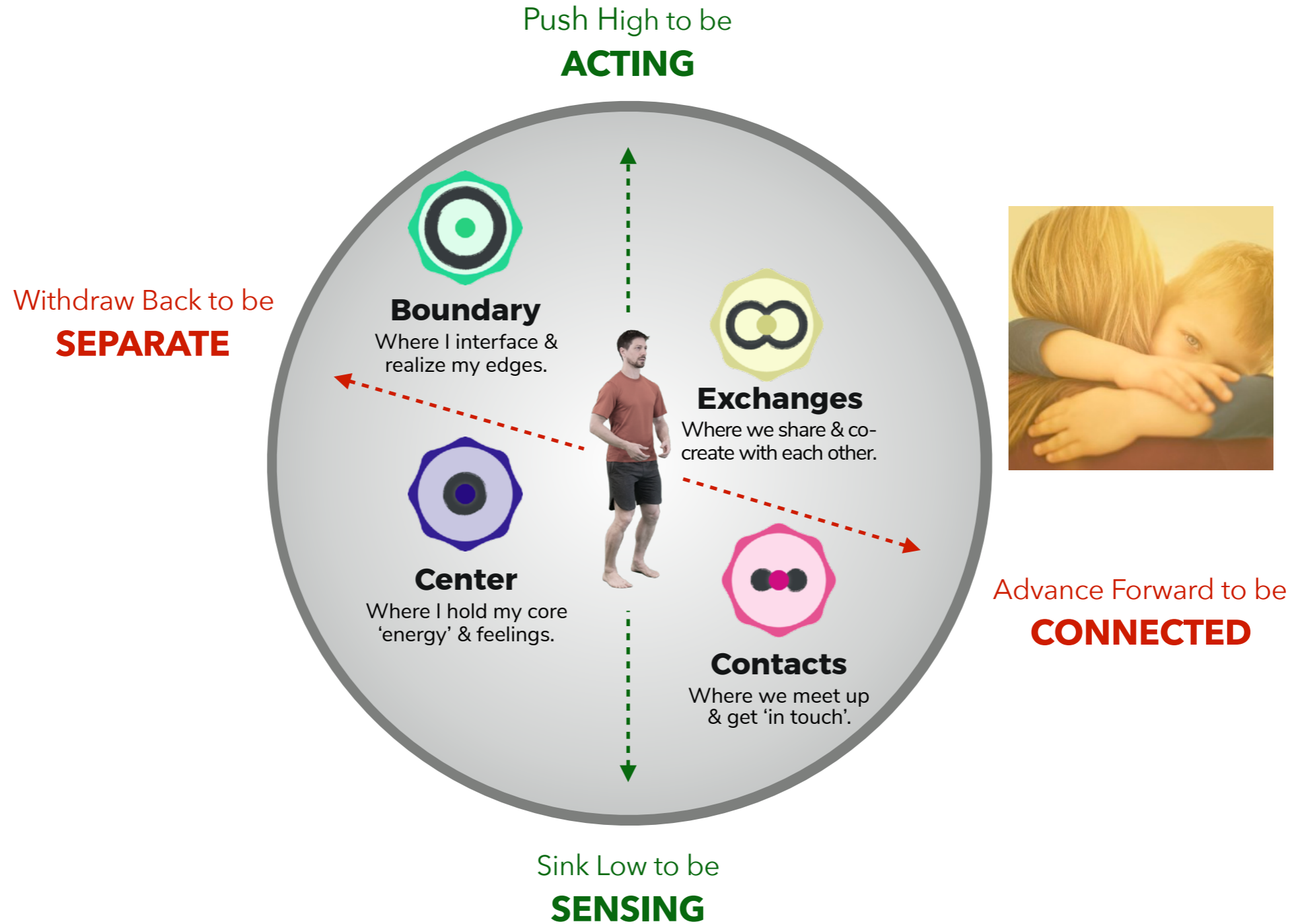
# Contacts

What does it feel like to fully and comfortably embody your Contacts?



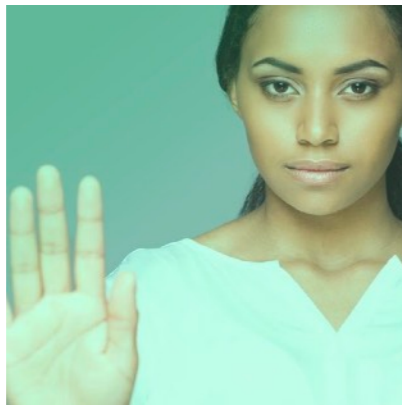
# Exchanges

What does it feel like to fully and comfortably embody your Exchanges?

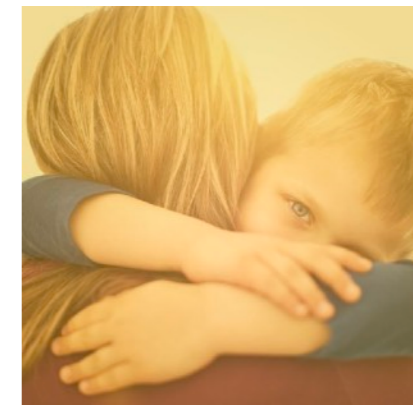
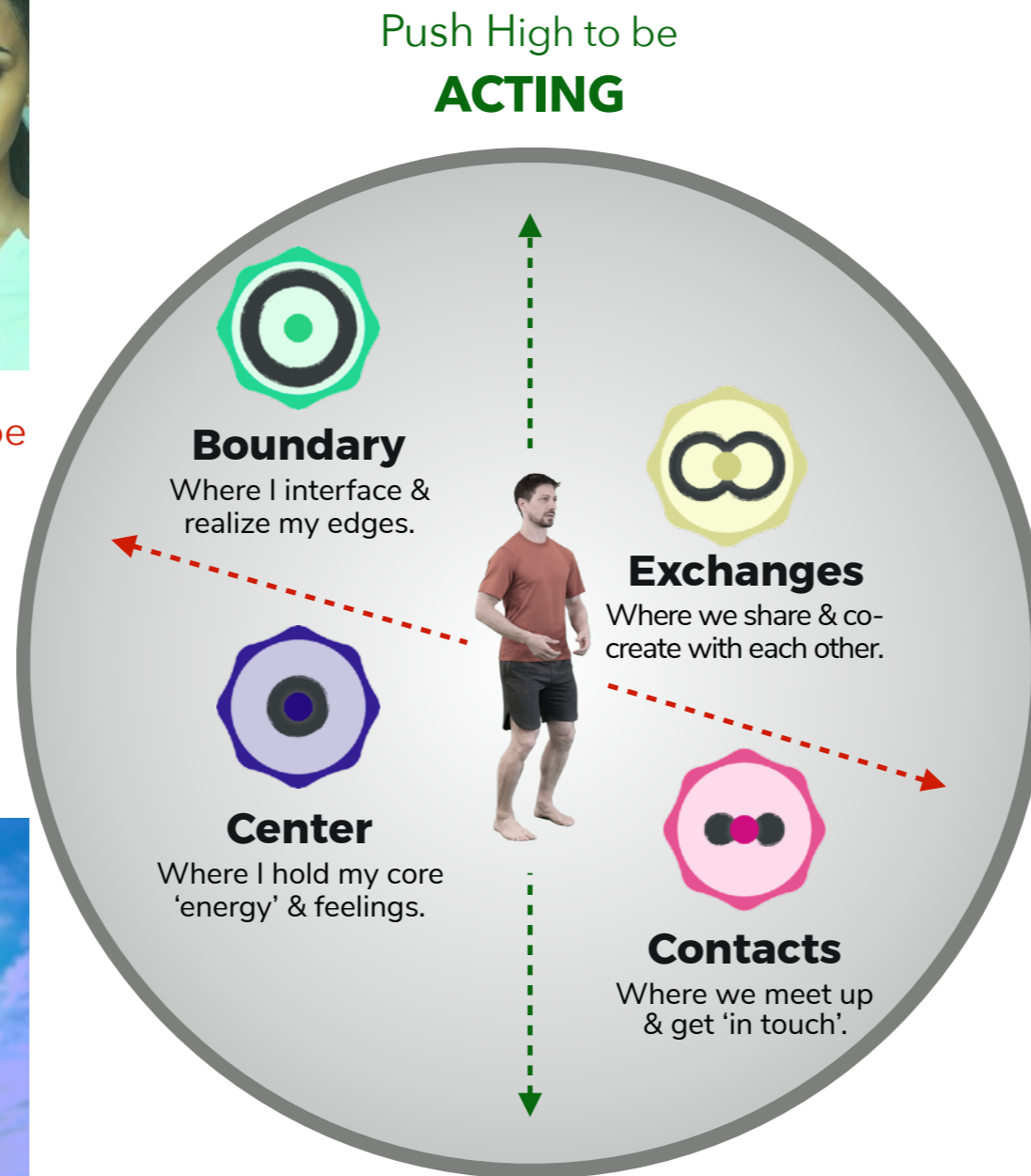
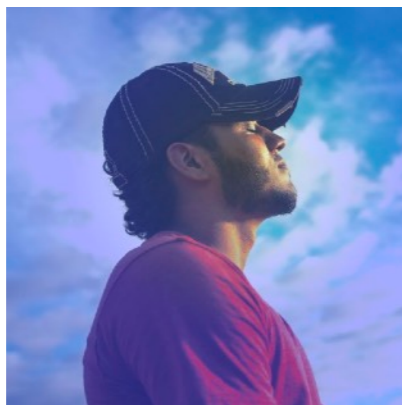


# The Four Spaces of Embodiment

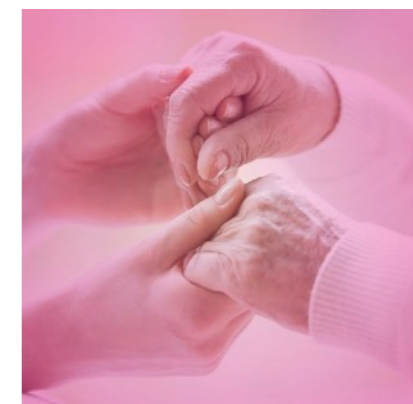
If these four space were to be more fully and comfortably embodied, how would that affect your life?



Withdraw Back to be **SEPARATE**



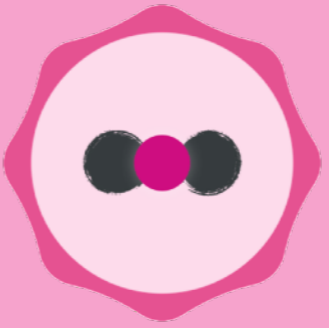



Advance Forward to be **CONNECTED**





# The Four Spaces of Embodiment Unfold in a Sequence

	1	2	3	4
Embodiment Place Symbol				
Embodiment Place Name	<p><b>Center</b></p> <p>Where I hold my core 'energy' &amp; feelings.</p>	<p><b>Boundary</b></p> <p>Where I interface &amp; realize my edges.</p>	<p><b>Contact</b></p> <p>Where we meet up &amp; get 'in touch'.</p>	<p><b>Exchange</b></p> <p>Where we share &amp; co-create with each other.</p>
2d: Vertical	<p>Low Position, Sensory, Afferent Nerves</p> <p><b>(-) Allowing-Receptive</b></p>	<p>High Position, Motor, Efferent Nerves</p> <p><b>(+) Doing-Assertive</b></p>	<p>Low Position, Sensory, Afferent Nerves</p> <p><b>(-) Allowing-Receptive</b></p>	<p>High Position, Motor, Efferent Nerves</p> <p><b>(+) Doing-Assertive</b></p>
1d: Sagittal	<p>Back Position, Own Center of Gravity</p> <p><b>(-) Separate - Individual</b></p>		<p>Forward Position, Shared Center of Gravity</p> <p><b>(+) Connected - Collective</b></p>	