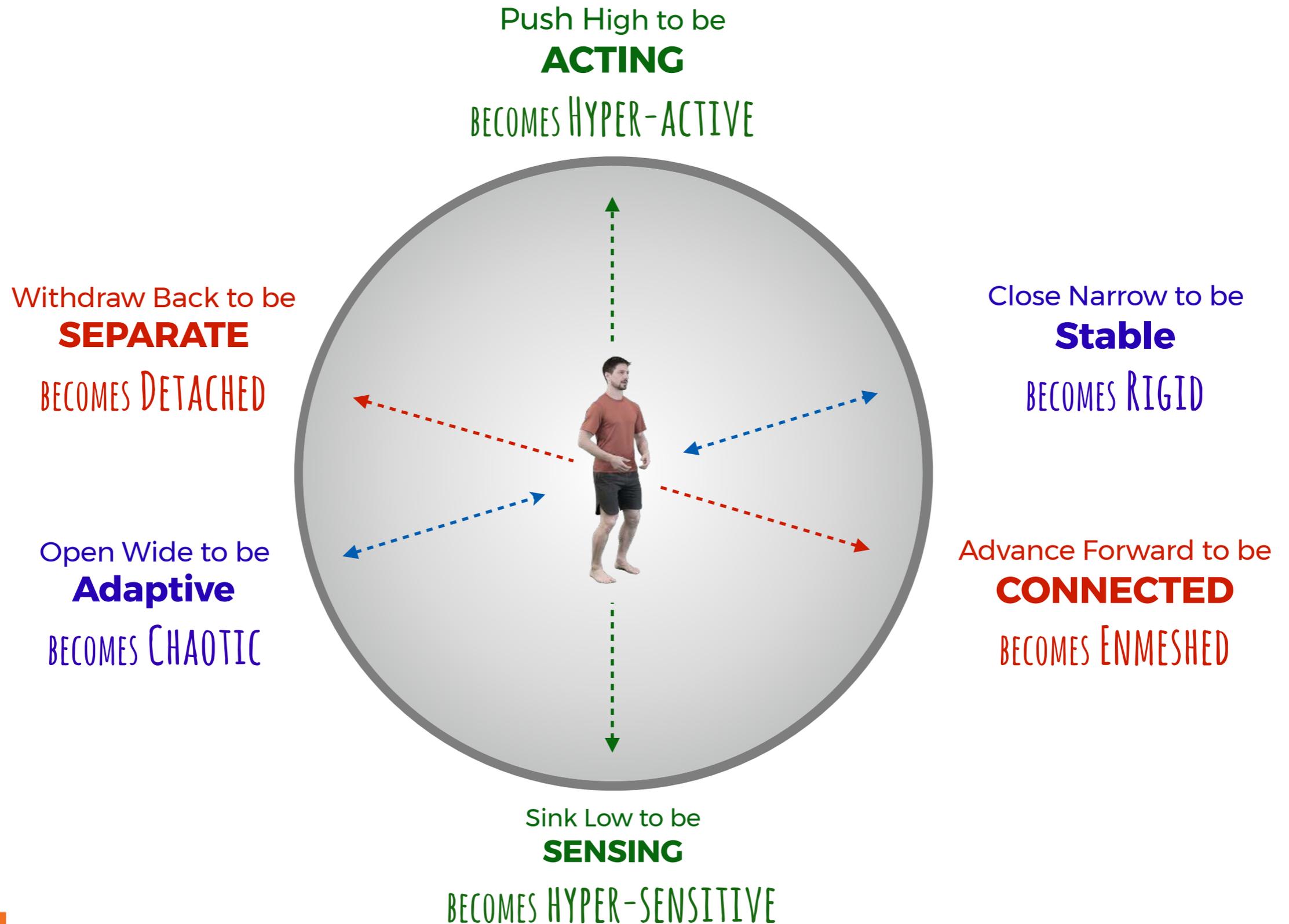


The Three Bodymind Dimensions - Healthy & Excessive

What happens when a specific direction goes too far, is too strong, or stays too long?



The Healthy and Excessive Dynamics of the 3 Core Bodymind Dimensions

EXCESSIVE	HEALTHY	AXIS	HEALTHY	EXCESSIVE
Rigid	Close Narrow to be Stabilizing (-)	The Lateral Axis	Open Wide to be Adapting (+)	Chaotic
rigid, stiff, inflexible, closed-minded, over-controlled, controlling, overly regimented, set-in own ways	stable, steady, secure, consistent, supportive, caring, persistent, resolute	Form (d3)	venturous, risk-taking, adaptable, flexible, malleable, accommodating, changing	chaotic, disorganized, sloppy, imprudent, careless, reckless, overly-adaptable, pushover
Hyper-Sensitive	Sink Low to be Sensing (-)	The Vertical Axis	Push High to be Activating (+)	Hyper-Active
hyper-sensitive, easily overwhelmed, feels things as very intense, over-impressionable, fear-prone, depressive	sensitive, sensuous, feeling, relaxed, aware, receptive, inner listening, physically aware	Energy (d2)	active, energetic, lively, vibrant, strong, firm, proactive, assertive, potent	over-intense, over-exerting, on overdrive, worked-up, agitated, pushy, anger-prone, aggressive
Distant	Withdraw Back to be Separating (-)	The Sagittal Axis	Advance Forward to be Connecting (+)	Enmeshed
Distant, Removed, Isolated, Unemotional, Cold, Lonely, Uninspired, Rejected, Self-Centered, Stuck in own Bubble	discerning, discriminating, clear, evaluative, particular, observant, detached, separate, autonomous	Space (d1)	empathetic, sympathetic, resonant, entrained, close, warm, involved, emotionally roused, invested	Enmeshed, Too close, Over-emotional, Addicted, Over-invested, Over-dependent. Over-attached, Consumed, Caught up, Over-indulged

Pole	Balanced Dynamics	Excessive Dynamics	Your Related Interior & Exterior Experiences In what ways have you experienced in the past and/or present, the balanced and/or excessive qualities of the following dynamics in your life? Take some notes below.
Forward: Separate - Individual	discerning, discriminating, evaluative, particular, observant, detached, separate, autonomous	Distant, Removed, Isolated Unemotional, Lonely, Uninspired, Rejected, Self-Centered, Stuck in own Bubble	
Back: Connected - Collective	empathetic, sympathetic, resonant, entrained, close, involved, emotionally roused, invested	Enmeshed, Too close, Over-emotional, Addicted, Over-invested, Over-dependent. Over-attached, Consumed, Caught up, Over-indulged	
Low: Sensing - Receptive	sensitive, sensuous, feeling, relaxed, aware receptive, inner listening, physically aware	hyper-sensitive, easily overwhelmed, feels things as very intense, over-impressionable, fear-prone, depressive	
High: Acting - Generative	active, energetic, lively, vibrant strong, firm, proactive, assertive, potent	over-intense, over-exerting, on overdrive, worked-up, agitated, pushy, anger-prone, aggressive	
Stabilizing	stable, steady, secure, consistent, supportive, caring, persistent, resolute	rigid, stiff, inflexible, closed-minded, over-controlled, controlling, overly regimented, set-in own ways	
Adapting	venturous, risk-taking, adaptable, flexible, malleable, accommodating, changing	chaotic, disorganized, sloppy, imprudent, careless, reckless, overly-adaptable, indecisive, inconsistent	