

# States of Mind

## Dream State – Weight and Flow – sensations and feelings

Less conscious attitude, focussed on inner world of body and emotion; lacks the mental reflection associated with space and the sense of decision associated with time.

## Awake State – Space and Time – thoughts and intuition

Practical, alert attitude; lacks the sense of embodiment associated with weight and emotional realm associated with flow.

## Remote State – Space and Flow – thoughts and feelings

Abstract, detached quality, though thoughtful and in touch with feelings; lacks the vitality and presence associated with weight and time.

## Near State – Weight and Time – sensations and intuition

Rhythmical, earthy attitude of embodied physical intention and agency; lacks the emotional quality associated with flow and the perspective associated with space.

## Mobile State – Time and Flow – intuition and feeling

Adaptable, changeable, impulsive, spontaneous; without the embodied intention associated with weight or the thoughtfulness associated with space.

## Stable State – Weight and Space – sensations and thoughts

A steady, steadfast attitude. Sense of presence in space. Lacks the changeability and emotionality associated with time and flow.