

# WHAT A BODYMIND CAN DO

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O = Examples from ordinary (non-mindful) experience

M = Examples from meditative or spiritual practice

SY = Shinzen Young terminology

	<b>OUT</b>	<b>IN</b>	≈	<b>FLOW</b>
<b>0.</b>	-----	-----	≈	O: Free activity M: Nondual flow
<b>1. SENSE</b> (note, observe)	<b>SENSE OUT</b> SEE–HEAR–FEEL OUT <b>Note/sense external states</b> <i>O: Absorption in sensory activity, "pure" sensing</i> <i>M: Sensory-absorptive meditation</i> <i>SY: "Feel"- "Image"- "Talk"</i>	<b>SENSE IN</b> SEE–HEAR–FEEL IN <b>Note/sense internal states</b> <i>O: Dream states, absorption in subjective/internal activity</i> <i>M: Vipassana (insight) meditation</i> <i>SY: "See"- "Hear"- "Touch"</i>	≈	<b>SENSE FLOW</b> SEE–HEAR–FEEL FLOW <b>Note/sense flow states</b> <i>O: Intersubjective observation</i> <i>M: Nondual meditative awareness</i> <i>SY: "See/hear/feel flow"</i>
<b>2. ACT</b> (respond, intervene)	<b>ACT OUT</b> SHOW–SOUND–TOUCH OUT <b>Respond externally / Generate external states</b> <i>O: Action in the world, doing (of any kind)</i> <i>M: Active meditation, "spirit possession"; Karma Yoga, "good deeds"</i>	<b>ACT IN</b> SHOW–SOUND–TOUCH IN <b>Respond internally / Generate internal states</b> <i>O: Visualizing scenes in "mind's eye" (e.g., while listening to a story or reading a poem or novel)</i> <i>M: Visualization, metta, mantra meditation; Tantra, deity meditation</i> <i>SY: "Focus-on-the-positive"</i>	≈	<b>ACT FLOW</b> SHOW–SOUND–TOUCH FLOW <b>Respond in flow with internal/external world(s)</b> <i>O: Action with the world, doing-with, social/collective action</i> <i>M: Nondual Tantra/deity ritual; nondual action (wu-wei)</i>
<b>3. REALIZE</b> (interpret, understand)	<b>REALIZE OUT</b> MAP–CONVEY–MOVE OUT <b>Affect/generate understanding externally</b> <i>O: Science, logical reasoning (about external world)</i> <i>M: Integral science?</i>	<b>REALIZE IN</b> MAP–CONVEY–MOVE IN <b>Affect/generate understanding internally</b> <i>O: Psychology, Cartesian introspection</i> <i>M: Analytical meditation, Jnana-Yoga</i>	≈	<b>REALIZE FLOW</b> MAP–CONVEY–MOVE FLOW <b>Affect/generate understanding internally/externally</b> <i>O: Integral, process-relational ontology</i> <i>M: Nondual free activity, enlightened flow, Praxis. SY: "complete experience"</i>

<b>List of modalities:</b>	(SENSE)	(ACT)	(REALIZE)
<b>Visual:</b>	See	- Show/Display	- Map/Diagram
<b>Auditory:</b>	Hear	- Sound/Speak	- Convey/Communicate
<b>Feeling*:</b>	Feel	- Touch	- Move/Affect

\*Feeling-Out = Tactile-olfactory-gustatory-kinesthetic; Feeling-In = Visceral-affective-emotional