

	OUT	IN	≈ FLOW
0. (FREE ACTIVITY)	-----	-----	≈ (Nondual flow)
1. OBSERVATION <i>(Examples: nonmeditative)</i> <i>(Examples: meditative)</i>	OBSERVE OUT Note/feel external states (UR/LR) <i>Absorption in sensory activity, "pure" listening or viewing</i> <i>Sensory-absorptive meditation ("see-out, hear-out, feel-out")</i>	OBSERVE IN Note/feel internal states (UL) <i>Dream states, absorption in subjective/internal activity</i> <i>Vipassana (insight) meditation; "see-in, hear-in, feel-in"</i>	OBSERVE FLOW ≈ Note/feel flow states <i>Intersubjective observation</i> <i>Nondual meditative awareness; "see/hear/feel flow"</i>
2. RESPONSE - INTERVENTION - ACTION <i>(Examples: nonmeditative)</i> <i>(Examples: meditative)</i>	ACT OUT Respond externally / Generate external states <i>Action in the world, doing (of any kind)</i> <i>Active meditation, "spirit possession"; Karma Yoga, "good deeds"</i>	ACT IN Respond internally / Generate internal states <i>Visualizing scenes in "mind's eye" (e.g., while listening to a story or reading a poem or novel)</i> <i>Visualization, metta, mantra meditation; Tantra, deity meditation; "focus-on-positive"</i>	ACT FLOW ≈ Respond in flow with internal/external world <i>Action with the world, doing-with, social/collective action</i> <i>Nondual Tantra/deity ritual; nondual action (wu-wei)</i>
3. INTERPRETATION - REALIZATION <i>(Examples: nonmeditative)</i> <i>(Examples: meditative)</i>	REALIZE OUT Conceptualize external states <i>Science, logical reasoning (about external world)</i> <i>Integral science?</i>	REALIZE IN Conceptualize internal states <i>Psychology, Cartesian introspection</i> <i>Analytical meditation, Jnana-Yoga</i>	REALIZE FLOW ≈ Conceptualize flow states <i>Integral, process-relational ontology</i> <i>Nondual free activity, enlightened flow, Praxis, "complete experience"</i>