

THOUGHTS
CORE BELIEFS

STORIES
VISUALIZATIONS

FEELINGS
EMOTIONS

THE "I"
ME/MY/MINE

BREATH
ENERGY/BODY

Body

This drawing represents the degrees of dispersal—the feeling experience of effervescence—when contours dissolve and we are taken into the interconnectedness with the myriad of expressions of the all that is. This includes not only the body and physical objects but also perceptions - such as feelings, emotions, thoughts, beliefs, and stories constructed to define and hold a separate “I” in place. Being invites us into the open space between the pixels.