

“ACTION”

A bodily movement (expression) expressed through the motion factors of: **WEIGHT**, **SPACE**, **TIME**, and **FLOW**. Performed for a functional purpose with a measure of conscious volition.

“MOTION FACTORS”

Into which all movements and expressions can be analysed

Each motion factor is divided into two elements which either **YIELD WITH** or **CONTEND AGAINST** the factors.

WEIGHT

The dynamic motion factor which expresses the mental factor of **SENSING** and the Inner participation of **INTENDING**.

The impact of receiving and transmitting sensory stimuli.

Subdivided into the elements of **LIGHT** or **STRONG** (Intending).

SPACE

The Kinetic motion factor which expresses the mental factor of **THINKING** and the Inner participation of **ATTENDING**.

The reflection of thoughtful movement (that seems to be produced by thought) in one or more plains of space.

Subdivided into the elements of **FLEXIBLE** or **DIRECT** (Attending).

TIME

The Rhythmic motion factor which expresses the mental factor of **INTUITING** and the Inner participation of **DECIDING**.

The intuitive perception of the relation between the past and the future.

Subdivided into the elements of **SUSTAINED** or **QUICK** (Deciding).

FLOW

The cyclic motion factor which expresses the mental factor of **FEELING** and the Inner participation of **ADAPTING**.

The feeling of the fluidity of movement.

Subdivided into the elements of **FREE** or **BOUND** (Adapting).

“MENTAL FACTORS”

SENSING - Sensory perceptions through the five senses: seeing, hearing, smelling, tasting, touching. Revealed in our movements (expressions) as **WEIGHT** (**Light** or **Strong**.... Introvert or Extrovert).

THINKING - Formation of ideas through intellectual reflecting reasoning. Revealed in our movements (expressions) as **SPACE** (**Flexible** or **Direct**.... Introvert or Extrovert).

INTUITING - Insight of the mind without reasoning. Revealed in our movements (expressions) as **TIME** (**Sustained** or **Quick**.... Introvert or Extrovert).

FEELING - The emotion of liking or disliking. Revealed in our movements (expressions) as **FLOW** (**Free** or **Bound**.... Introvert or Extrovert).

“Inner Participation”

INTENDING - Stimulating the mind purposely to activate an action. Revealed in the Motion Factor of **WEIGHT** or the mental Factor of **SENSING**.

ATTENDING - Turning the mind tentatively in order to activate an action. Revealed in the Motion Factor of **SPACE** or the mental Factor of **THINKING**.

DECIDING - The intuitive relating of the past and future with the present. Revealed in the Motion Factor of **TIME** or the mental Factor of **INTUITING**.

ADAPTING - The Extroverted adjustment of one’s self with the outer world. And the Introverted relating of one’s conscious self with the subconscious. Revealed in the Motion Factor of **FLOW** or the mental Factor of **FEELING**.

“ELEMENTS”

WEIGHT - LIGHT or **STRONG**:

Light Intending - Light Sensory muscular exertion which does not involve the contraction of the central body muscles.

Strong Intending - Sensory muscular firmness in any part of the body, and emanating from the contraction of central body muscles.

SPACE - FLEXIBLE or **DIRECT**:

Flexible Attending - Reflective movement (roundabout) being both concave and convex in two or more planes of space.

Direct Attending - Intensive movement traversing either a straight line or a flat curve in a single plane of space.

TIME - SUSTAINED or **QUICK**

Sustained Deciding - An intuitive clinging to the past.

Quick Deciding - An intuitive urge into the future.

FLOW - FREE or **BOUND**

Free Adapting - A feeling of streaming unarrestable fluidity of movement.

Bound Adapting - A feeling of sticky viscid fluidity of movement. Arrestable at any stage of development, with a continuous readiness to stop.

YIELDING ELEMENTS

The **Feminine** Elements

Light

Flexible

Sustained

Free

“Yield with” the Motion Factors of:
Weight, Space, Time, Flow.

CONTENDING ELEMENTS

The **Masculine** Elements

Strong

Direct

Quick

Bound

“Fight against” the Motion Factors of:
Weight, Space, Time, Flow.

“NEGATIVES”

HEAVY

The negatively Neutral and impotent quality of Weight.

In which the interplay of light and Strong Intending is cancelled by an inertia which negates the receiving and transmitting intentions of sensing.

ADRIFT

The negatively Neutral quality of Space.

In which the interplay of Flexible and Direct Attending is cancelled by a disorientation which negates the reflective and attending aspect of Thinking.

INDECISIVE

The negatively neutral (dreamlike) quality of Time.

In which the interplay of Sustained and Quick Deciding is cancelled by a timelessness which negates the relating of past and present and future in the decision of Intuiting.

IRRELATED

The negatively neutral and frozen quality of Flow.

In which the interplay of Free and Bound Adapting is cancelled by emotional fixity, which negates the extroverted and introverted aspects on the adapting and relating of Feeling.

“INNER QUESTS”

Must be put against each Inner Participation relevant and answered.

WHAT (Intention?)

WHERE (Attention?)

WHEN (Decision?)

WHY (Adaption?)

The Four Externalised drives

Drives are what motivate our action(s).

Each one combines three motion factors, with the exclusion of one from which it gets its characteristic.

DOING = Weight, Time, Space. No Flow, therefore characteristic “Flowless”

VISION = Flow, Time, Space. No Weight therefore characteristic “Weightless”

SPELL = Weight, Flow, Space. No Time therefore characteristic “Timeless”

PASSION = Weight, Flow, Time. No Space therefore characteristic “Spaceless”

Each psychological type is a compound of two externalised drives, which come in order of priority.

NEAR = Doing - Passion or Passion - Doing

STABLE = Doing - Spell or Spell - Doing

MOBILE = Passion - Vision or Vision - Passion

REMOTE = Spell - Vision or Vision - Spell

AWAKE = Doing - Vision or Vision - Doing

ADREAM = Passion - Spell or Spell - Passion

“Inner Participation”

- 1 INTENDING (SENSING)
- 2 ATTENDING (THINKING)
- 3 DECIDING (INTUITING)
- 4 ADAPTING (FEELING)

“Inner Attitudes”

1+2=	STABLE	INTENDING/ATTENDING	SENSING/THINKING
3+4=	MOBILE	DECIDING/ADAPTING	INTUITING/FEELING
1+3=	NEAR	INTENDING/DECIDING	SENSING/INTUITING
2+4=	REMOTE	ATTENDING/ADAPTING	THINKING/FEELING
2+3=	AWAKE	ATTENDING/DECIDING	THINKING/INTUITING
1+4=	ADREAM	INTENDING/ADAPTING	SENSING/FEELING

A **STABLE** Character can have outers of Awake and Near **or** Remote and Adream.

A **MOBILE** Character can have outers of Adream and Near **or** Remote and Awake.

A **NEAR** Character can have outers of Awake and Stable **or** Mobile and Adream.

A **REMOTE** Character can have outers of Adream and Stable **or** Awake and Mobile.

A **AWAKE** Character can have outers of Stable and Near **or** Remote and Mobile.

A **ADREAM** Character can have outers of Stable and Remote **or** Near and Mobile.