Co-creating ways

they beckon to and speak with each other

way of opening

- charismatic opening to
  - universal and archetypal awareness
  - *the reality of the presence between*
  - the dynamic ground of embodiment
  - subtle realms
  - by means of
    - speaking out of states
    - toning/chanting/singing/glossolalia
    - posture/gesture/movement/dance
    - breathwork
    - resonant attunement
- imaginal opening
  - visioning subtle realms
  - idioretinal opening
  - visioning world futures
  - thematic imaging
  - image streaming
- engaged perceiving
  - sensory participation
  - empathic communion

way of regression

- catharsis
  - insight
  - imagery work
    - present tense
    - repetition
    - association
    - psychodrama
  - body work
    - breathwork
    - acting into
    - stress positions
    - amplification
    - pulsing
    - pressure points
  - direction-holding
- transmutation
  - cognitive restructuring
  - charismatic action
  - insight

way of new beliefs

- values: what is intrinsically worthwhile, basic human rights
- norms: guiding principles of action
- facts: nature of our realities

way of action

- deliberation of options
- life prompts in the belly
- goal setting and action planning
  - social justice
  - environment
  - wide world
  - community
  - work life
  - personal life

way of celebration

- of self
- of others
- of situations
- of nature, art

way of art

- poetry, prose
- drama
- painting, drawing, modelling, sculpting
- musical instruments
- singing, chanting, timing and tone of voice
- gesture, posture, movement, mime, dance
- art of working within the ways
- art of working between the ways

John Heron, July 2008