

Introduction to the Transitional States

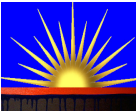
This article helps you connect the Seasonal Systems within you by amplifying your awareness of the six transitional or T-States we use to relate to our surroundings and ourselves. These T-States are triggered by cues we can develop a felt-sense awareness of through daily practice. This felt-sense is not like the way we know cotton from wool. What we're cultivating amounts to a more rhythmic intuition - a knowing system - one that keeps us on our path with precision and ease.

Tracing the T-States

The T-States travel across a spectrum that begins with an awareness of only self. As we'll detail later, T-State #1 is where we experience our core sense of being. This core never changes and is there our whole life. But we are more than our core. So we look to the surroundings and encounter the "other". Like that moment the hand hits the hot stove, we are drawn to the other and then back to the self. This spiral continues on all levels in T-State #2. Our desire to be at T-State #1 meets its fulfillment in T-State #2. Like the small child listening to an adult's story, the next T-State asks us, "And then what?". T-State #3 is where we begin to bring the outside world inside our awareness of self. The core now has a surface and we develop depth. The emotional content of T-State #3 tells us the stove is hot but it also tells us that only a dummy touches a hot stove twice. We have met our critic.

The interaction of T-States #1, #2 and #3 are automatic and happen in the background for the most part. Now we begin to get fancy. We try to change the world to our way of being. We start at the surface, with T-State #4. This is where we take what we took in at T-State #3 and re-package it and sell it to others. Now we have a habit to influence that "other" with and they have the same 'retail stock' waiting for us. We create new choices, a residual way of being, to fill in the space between the surface and core levels we've already positioned. These new choices interact with the critic from T-State #3 and drive us to form the basic attitudes of T-State #5 we use to function in the world. As those attitudes move us through the ingredients of human experience, our attention begins to fragment and we change.

It is in this last one, T-State #6, where we almost forget who we are. We become what surrounds us. Our reference point has moved from what we consider "us" to what we consider "them", but unlike the threat of the other in T-State #2, we find this awareness very freeing, very open and almost limitless. Soon, we sense the call of the core of our being and suddenly we return to this pure and unchanging T-State #1. But is it really so pure now? Is it really so unchangeable? Or did it just send us on an errand to retrieve a knowing it already contained? This is the process of self-discovery life places you on over and over. This cycle of moving through the T-States and then among them is what enriches your awareness capacity and your agility to dissolve the boundary between you and what's eternal.

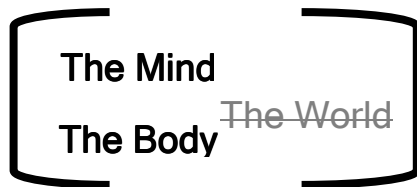


Transitional State #1

Before revealing the landscape of this T-State, it is essential to recognize the infrastructure of ANY state of awareness. A state consists of the link between what you are thinking in your mind and what you are feeling in your body at any moment. A T-State goes deeper and assesses how that process impacts your relationship to your surroundings. To give you an example, think of how an old photo album can stir up memories and their related emotions. They place you in a state linked to those images and that moment in time. A T-State would use that reference to generate that same basic state when the surroundings called for it.

Accessing T-State #1

The T-State system has several on-ramps that can be used interchangeably to enter and alter your relationship to your surroundings. Think of it as shifting gears when driving on a mountain road. The better you adapt your vehicle to the changes in the terrain, the easier it is to drive, despite the complexity of the road conditions. We'll begin with three easy ways to enter each T-State and one way to elicit it another person. These are self-awareness skills you already use! Your personal journal work helps you reveal this subtle connection of mind-body-world.



Orientation Diagram

In T-State #1, the World does not exist per se. The person's awareness is only in their Body, observing their Mind. It is fixed at the core level of being.

Note: The brackets represent the perception we're all *separate*



Presence & Absence

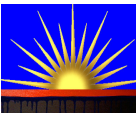
In T-State #1, we are shifting between Desire and Fatigue. When this dynamic is actively taken into your awareness, a T-State of Security is enabled.

Bodily Contact

Emphasize your peripheral vision. This improves your motor system's sensitivity to minor shifts in your environment and relaxes the spine.

Worldly Contact

Watch other people's feet! The wider apart they get, the more likely they're using T-State #1. Mirror their stance and access your own to double-check it.

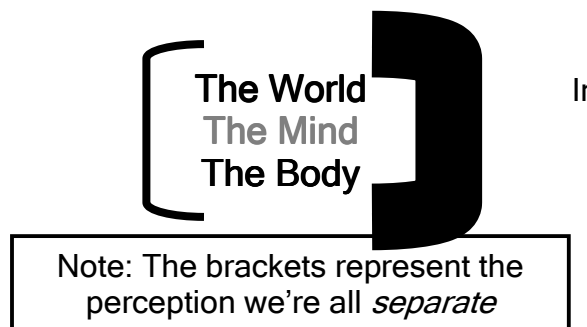


Transitional State #3

Before revealing the landscape of this T-State, it is essential to recognize the infrastructure of ANY state of awareness. A state consists of the link between what you are thinking in your mind and what you are feeling in your body at any moment. A T-State goes deeper and assesses how that process impacts your relationship to your surroundings. To give you an example, think of how an old photo album can stir up memories and their related emotions. They place you in a state linked to those images and that moment in time. A T-State would use that reference to generate that same basic state when the surroundings called for it.

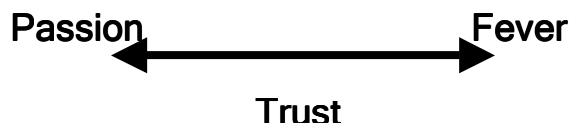
Accessing T-State #3

The T-State system has several on-ramps that can be used interchangeably to enter and alter your relationship to your surroundings. Think of it as shifting gears when driving on a mountain road. The better you adapt your vehicle to the changes in the terrain, the easier it is to drive, despite the complexity of the road conditions. We'll begin with three easy ways to enter each T-State and one way to elicit it another person. These are self-awareness skills you already use! Your personal journal work helps you reveal this subtle connection of mind-body-world.



Orientation Diagram

In T-State #3, the World and Body are filtered by the Mind. The person's awareness takes in attributes of the "other" as part of the self to form a surface level of being.



Presence & Absence

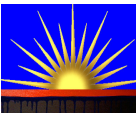
In T-State #3, we are shifting between Passion and Fever. When this dynamic is actively taken into your awareness, a T-State of Trust is enabled.

Bodily Contact

Emphasize your focusing intensity. Softening your eyes helps to cool the stress response to adapt to minor shifts in your environment. This releases tension in the diaphragm.

Worldly Contact

Watch other people's waists! The pace its wiggles and wobbles reflects the rhythm of a person who's entered T-State #3. Mirror their stance and access your own to double-check it.



Transitional State #4

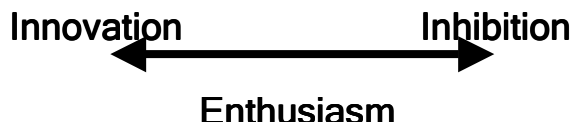
Before revealing the landscape of this T-State, it is essential to recognize the infrastructure of ANY state of awareness. A state consists of the link between what you are thinking in your mind and what you are feeling in your body at any moment. A T-State goes deeper and assesses how that process impacts your relationship to your surroundings. To give you an example, think of how an old photo album can stir up memories and their related emotions. They place you in a state linked to those images and that moment in time. A T-State would use that reference to generate that same basic state when the surroundings called for it.

Accessing T-State #4

The T-State system has several on-ramps that can be used interchangeably to enter and alter your relationship to your surroundings. Think of it as shifting gears when driving on a mountain road. The better you adapt your vehicle to the changes in the terrain, the easier it is to drive, despite the complexity of the road conditions. We'll begin with three easy ways to enter each T-State and one way to elicit it another person. These are self-awareness skills you already use! Your personal journal work helps you reveal this subtle connection of mind-body-world.



Note: The brackets represent the perception we're all *separate*



Orientation Diagram

In T-State #4, the Body and Mind are filtered by the World. The person's awareness is driven by trying to bend the world to their way of being, while the World splits the Mind and Body.

Presence & Absence

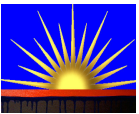
In T-State #4, we are shifting between Innovation and Inhibition. When this dynamic is actively taken into your awareness, a T-State of Enthusiasm is enabled.

Bodily Contact

Emphasize your tracking abilities. Eye movements strengthen your capacity to process minor shifts in your environment. This releases tension in the neck and shoulders.

Worldly Contact

Watch other people's bellies! Some sway and some are tight as drums. Whatever the pattern is, that's T-State #4. Mirror their rhythm and access your own to double-check it.



Transitional State #5

Before revealing the landscape of this T-State, it is essential to recognize the infrastructure of ANY state of awareness. A state consists of the link between what you are thinking in your mind and what you are feeling in your body at any moment. A T-State goes deeper and assesses how that process impacts your relationship to your surroundings. To give you an example, think of how an old photo album can stir up memories and their related emotions. They place you in a state linked to those images and that moment in time. A T-State would use that reference to generate that same basic state when the surroundings called for it.

Accessing T-State #5

The T-State system has several on-ramps that can be used interchangeably to enter and alter your relationship to your surroundings. Think of it as shifting gears when driving on a mountain road. The better you adapt your vehicle to the changes in the terrain, the easier it is to drive, despite the complexity of the road conditions. We'll begin with three easy ways to enter each T-State and one way to elicit it another person. These are self-awareness skills you already use! Your personal journal work helps you reveal this subtle connection of mind-body-world.



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Bodily Contact

Emphasize your ability to make distinctions. Transferring visual input into verbal output helps you handle minor shifts in your environment. This releases tension in the forearms and hands.

Orientation Diagram

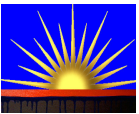
In T-State #5, the Body, Mind and World are blended. The person's awareness is diluted into simply functioning in the World in the various roles assigned to the Mind and Body.

Presence & Absence

In T-State #5, we are shifting between Equality and Bias. In this dynamic is actively taken into your awareness, a T-State of Influence is enabled.

Worldly Contact

Watch other people's hands! People will 'point and anoint' or 'palm and calm' as they enter T-State #5. Mirror their rhythm and access your own to double-check it.



Transitional State #6

Before revealing the landscape of this T-State, it is essential to recognize the infrastructure of ANY state of awareness. A state consists of the link between what you are thinking in your mind and what you are feeling in your body at any moment. A T-State goes deeper and assesses how that process impacts your relationship to your surroundings. To give you an example, think of how an old photo album can stir up memories and their related emotions. They place you in a state linked to those images and that moment in time. A T-State would use that reference to generate that same basic state when the surroundings called for it.

Accessing T-State #6

The T-State system has several on-ramps that can be used interchangeably to enter and alter your relationship to your surroundings. Think of it as shifting gears when driving on a mountain road. The better you adapt your vehicle to the changes in the terrain, the easier it is to drive, despite the complexity of the road conditions. We'll begin with three easy ways to enter each T-State and one way to elicit it another person. These are self-awareness skills you already use! Your personal journal work helps you reveal this subtle connection of mind-body-world.



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Orientation Diagram

In T-State #6, the Body and Mind do not exist per se. The World is experienced as novel and unlimited. The person's awareness is drawn completely away from Self to the Other..

Presence & Absence

In T-State #6, we are shifting between Inclusion and Alienation. When this dynamic is actively taken into your awareness, a T-State of Spontaneity is enabled.

Bodily Contact

Emphasize your ability to make abstractions. Translating life experiences into meaningful lessons helps you handle minor shifts in your environment. This releases tension in the lower legs and feet.

Worldly Contact

Watch other people's posture! People will lean in or tip away from you as they enter T-State #6. Mirror their rhythm and access your own to double-check it.