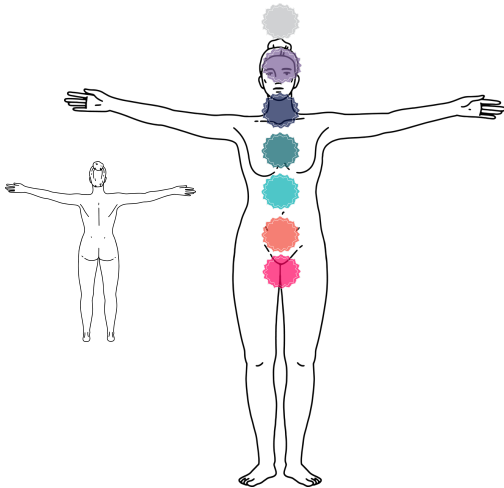


PLANES

DIRECTIONAL ASPECTS
SUPPORTED + STRESSED STATES

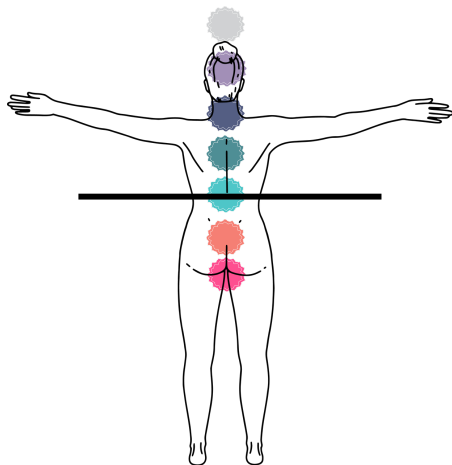


FRONTAL PLANE

Divides body into front/back

Front: Action/Projection

Back: Receptivity/Retraction

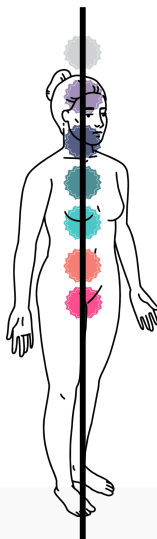


TRANSVERSE PLANE

Divides body into top/bottom

Top: Connected/Disconnected,
Avoidance

Bottom: Grounded/Suppression



SAGITTAL PLANE

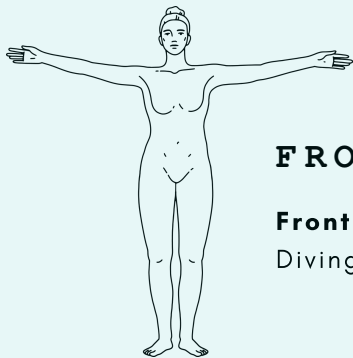
Divides body into left/right

Left: Feminine Flow/Weakness

Right: Masculine Strength, Power/Forced

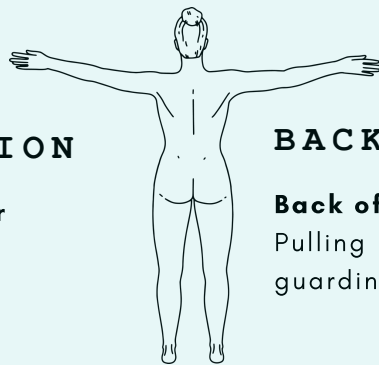
DIRECTIONAL ASPECTS

ENERGETIC ASSOCIATIONS



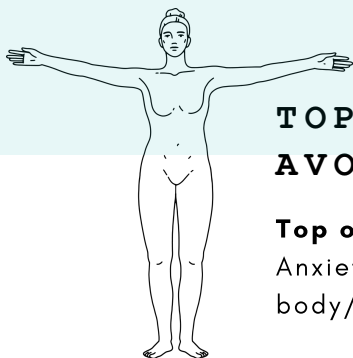
FRONT: PROJECTION

Front of body/energy center
Diving forward, grasping



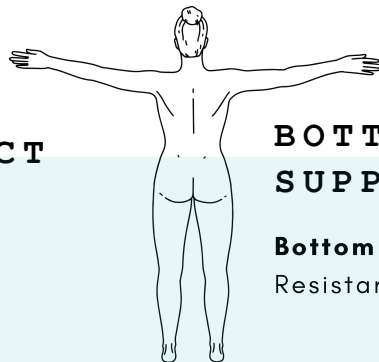
BACK: RETRACTION

Back of body/energy center
Pulling back/shielding at back, guarding



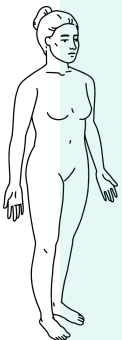
TOP: AVOID/DISCONNECT

Top of body/energy center
Anxiety at this part of body/chaos



BOTTOM: SUPPRESSION

Bottom of body/energy center
Resistance/pushing down



LEFT: WEAK

Left side of body/energy center
Collapse, implosion



RIGHT: FORCED

Right side of body/energy center
Explosive, aggressive