

STAGE	MIND THOUGHT	EMOTION	BODY SENSATION	VISUAL	SPACE ATTENTION	OTHER	TRICKS
<b>A&amp;P</b>	<ul style="list-style-type: none"> <li>• Clear</li> <li>• Fascinated</li> </ul>	<ul style="list-style-type: none"> <li>• All right: here we go</li> <li>• Cool and enchanted</li> <li>• Uplifted</li> <li>• Excited</li> </ul>	<ul style="list-style-type: none"> <li>• Easy to sit</li> <li>• Tingly sensations</li> <li>• Kundalini</li> </ul>	<ul style="list-style-type: none"> <li>• Colourful</li> <li>• Exciting</li> <li>• Precise</li> <li>• Fireworks/ different shapes/patterns all together</li> </ul>	<ul style="list-style-type: none"> <li>• pointy</li> <li>• Its all happening instantly</li> </ul>	<ul style="list-style-type: none"> <li>• Breath and frequency match</li> </ul>	<ul style="list-style-type: none"> <li>• Enjoy :)</li> </ul>
Transition	Slows down	more vague	Pains (re)occur	Less fancy	gets diffuser		
<b>Dissolution</b> aka Temptation Laziness Distracted Whatever Carried away	<ul style="list-style-type: none"> <li>• Wandering &amp; fantasies jumping</li> <li>• I can't do anything</li> <li>• I am a fool</li> <li>• I shall be doing sth different</li> <li>• What's the point of this</li> <li>• Can't really say why? what?</li> <li>• WTF am I doing?</li> </ul>	<ul style="list-style-type: none"> <li>• Restless</li> <li>• Lost</li> <li>• Vulnerable</li> <li>• Irritated</li> <li>• Doubtful</li> <li>• Lazy</li> <li>• Distracted</li> <li>• Being carried away</li> </ul>	<ul style="list-style-type: none"> <li>• Hard to sit, restless</li> <li>• Pains (re)occur</li> <li>• Compartmentalised</li> <li>• "Yeah, kinda... dunno"</li> <li>• unease/discomfort</li> </ul>	<ul style="list-style-type: none"> <li>• Vague</li> <li>• Nothing in the middle</li> <li>• Blurry</li> <li>• "fairys"</li> </ul>	<ul style="list-style-type: none"> <li>• murk</li> <li>• No orientation</li> <li>• blurry</li> </ul>	<ul style="list-style-type: none"> <li>• Hard to do the action thought of</li> <li>• Hello murkiness my old friend...</li> </ul>	<ul style="list-style-type: none"> <li>• Noting: vague, dissolving, gone</li> <li>• Light/broad concentration</li> <li>• Leaving the drivers seat (control)</li> <li>• Not getting fooled by the seeming rational assumption of stuff</li> <li>• All blown up, but empty</li> </ul>
Transition	Gets lost/or peng				Clarity back		
<b>Fear</b>	<ul style="list-style-type: none"> <li>• Sudden image/ thought/memory/projection or vague idea of sth.</li> <li>• often... money, loosing pp</li> <li>• Worries</li> <li>• sth. Wrong/not okay</li> </ul>	<ul style="list-style-type: none"> <li>• Creepy</li> <li>• Agitated</li> <li>• Tense</li> <li>• On hold</li> </ul>	<ul style="list-style-type: none"> <li>• faster/or and shallower breath</li> <li>• Tensing muscles (back, neck, jaw, hands, ass)</li> </ul>	<ul style="list-style-type: none"> <li>• As if looking around / checking</li> <li>• Sth is out there...</li> </ul>	<ul style="list-style-type: none"> <li>• Murky</li> <li>• Bit faster/ clearer</li> </ul>	<ul style="list-style-type: none"> <li>• Sudden memory, image, projection</li> </ul>	<ul style="list-style-type: none"> <li>• Allow, accept, let go into -</li> </ul>
Transition							

STAGE	MIND THOUGHT	EMOTION	BODY SENSATION	VISUAL	SPACE ATTENTION	OTHER	TRICKS
<b>Misery</b>	<ul style="list-style-type: none"> <li>• its all bad</li> <li>• Sth is bad (i need to fix it)</li> <li>• Until this last... it will be sooo bad</li> <li>• Fight/Flight/Freeze</li> <li>• Wants to hide, run away</li> </ul>	<ul style="list-style-type: none"> <li>• Sadness, grief, loss</li> <li>• suffering</li> <li>• Regret</li> <li>• Remorse</li> <li>• Guilt</li> </ul>	<ul style="list-style-type: none"> <li>• Heavy, pain, head, shoulders drop</li> <li>• teath, jaw tense</li> <li>• Breath small or agitated</li> <li>• Making myself smaller</li> <li>• Sagging</li> </ul>	<ul style="list-style-type: none"> <li>• Pointed but not seeing anything/ hooked</li> </ul>	<ul style="list-style-type: none"> <li>• Heavy</li> <li>• Slow</li> <li>• Sickness</li> </ul>	<ul style="list-style-type: none"> <li>• Bad memories</li> <li>• Emergency fantasies? scenarios</li> </ul>	<ul style="list-style-type: none"> <li>• Release jaw, open chest: allowing, accepting</li> <li>• Lovingkindness</li> <li>• Speaking with the demon</li> </ul>
Transition							
<b>Disgust</b>	<ul style="list-style-type: none"> <li>• getting hooked on sth./sb.</li> <li>• persecutor/victim</li> <li>• Fight/Flight/Freeze</li> <li>• Comparisons</li> <li>• Critical</li> </ul>	<ul style="list-style-type: none"> <li>• Critical</li> </ul>	<ul style="list-style-type: none"> <li>• Face muscles in one expression: pointy like fixing on sth.</li> <li>• Resulted</li> <li>• Breathing stronger/forcefull - as if preparing for the fight</li> <li>• chest/neck: tense</li> <li>• Creepy, crawling skin</li> </ul>	<ul style="list-style-type: none"> <li>• Fragmented</li> <li>• Unstable</li> </ul>	<ul style="list-style-type: none"> <li>• Funny mix</li> <li>• Starting to get more complicated</li> </ul>		<ul style="list-style-type: none"> <li>• Some of it is true</li> <li>• Disenchantment</li> <li>• Relinquishment</li> <li>• Letting Go</li> <li>• Cynicism</li> </ul>
Transition	getting hooked on sth	Solutions	Longing				
<b>Desire for Deliv-erance</b>	<ul style="list-style-type: none"> <li>• Glorious ideas/ideals - Planing!!!</li> <li>• Fantasies</li> <li>• Longing</li> <li>• Yearning</li> <li>• Salvation</li> <li>• Wanting</li> <li>• Needing</li> <li>• “if only...”</li> <li>• Heaven/home the final place of peace</li> </ul>	<ul style="list-style-type: none"> <li>• Unfulfilled</li> <li>• Unsatisfied</li> <li>• Hungry</li> <li>• Thirsty</li> <li>• Desperate</li> <li>• Desiring</li> <li>• Huge hole needs filling</li> <li>• Addicted</li> <li>• Obsessed</li> </ul>	<ul style="list-style-type: none"> <li>• As if arms, mouth... everything wide open to FINALLY receive the longed for cookie of peace</li> <li>• Push - pull</li> <li>• Back and forth</li> </ul>	<ul style="list-style-type: none"> <li>• Harsh</li> <li>• Jarring</li> <li>• Irritating</li> <li>• Yet more clear/colours</li> <li>• More</li> </ul>	<ul style="list-style-type: none"> <li>• Wider</li> <li>• Complicated</li> <li>• Violating</li> <li>• Disturbing</li> <li>• Comes closer</li> </ul>		<ul style="list-style-type: none"> <li>• Remembering: there is not this ONE solution to ALL the suffering</li> <li>• Getting REALLY into it/amplyfying</li> <li>• Open-eye</li> <li>• Noting</li> </ul>

Transition	From single pointed to all over pointed	From terrible to terrible	To more torn apart in different direction	More details			
<b>STAGE</b>	<b>MIND THOUGHT</b>	<b>EMOTION</b>	<b>BODY SENSATION</b>	<b>VISUAL</b>	<b>SPACE-ATTENTION</b>	<b>OTHER</b>	<b>TRICKS</b>
<b>Reob-serva-tion</b>	<ul style="list-style-type: none"> <li>• Everything comes on stage</li> <li>• REPETITIVE</li> <li>• Short duration thoughts interrupting each other</li> <li>• Crazy, foolish</li> <li>• Anti norm</li> <li>• Anti standard</li> <li>• Awkward</li> <li>• Weird</li> <li>• Non sense</li> <li>• All together</li> <li>• Dada</li> <li>• Blabla</li> <li>• TOOOOO MUCH</li> <li>• It will always be this way</li> </ul>	<ul style="list-style-type: none"> <li>• Restless</li> <li>• Aversion</li> <li>• Disharmony</li> <li>• CRISIS</li> <li>• Paranoid</li> <li>• Psychosis</li> <li>• Claustrophobia</li> </ul>	<ul style="list-style-type: none"> <li>• Pinchy</li> <li>• Painful</li> <li>• Restless</li> <li>• Sensations coming from everywhere</li> </ul>	<ul style="list-style-type: none"> <li>• Complex</li> <li>• Curving</li> <li>• Circles</li> <li>• Ensphering</li> <li>• Symmetries</li> <li>• Whole field</li> <li>• More details</li> <li>• Harsh</li> </ul>	<ul style="list-style-type: none"> <li>• All together</li> </ul>	<ul style="list-style-type: none"> <li>• Ear worm</li> </ul>	<ul style="list-style-type: none"> <li>• Faith</li> <li>• Some stuff needs real life addressing</li> <li>• Amplyfying until it crashes/shreds</li> <li>• Naming it</li> <li>• Assume you can handle it</li> <li>• Going wide</li> <li>• Thoughts are thoughts</li> <li>• Eyes open</li> <li>• Walk in nature</li> <li>• FUCK it</li> <li>• Talking to pp</li> <li>• Journaling</li> <li>• Mind - Body</li> </ul>
Transition	Slows down	Quietens	Softens, releases	Clears up	Resting		
<b>Equa-nimity</b>  In the begin-ning	<ul style="list-style-type: none"> <li>• Something, somehow ... slowly calms down</li> <li>• Less sticky</li> <li>• Less details</li> <li>• More generic</li> </ul>	<ul style="list-style-type: none"> <li>• Lighter</li> <li>• More relaxed</li> <li>• Wider</li> <li>• Can be still strong but more airy</li> </ul>	<ul style="list-style-type: none"> <li>• More relaxed</li> <li>• More unified</li> <li>• More broader</li> <li>• Sinking into</li> <li>• less/no pain/tension</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Brightens up</li> <li>• More light/brighter colours (white, yellow...)</li> <li>• Still quite some movement but more homogenous</li> <li>• Bigger circles, bigger fields melting into each other</li> </ul>	<ul style="list-style-type: none"> <li>• Widens</li> <li>• Periphery expands</li> <li>• A whole field</li> <li>• Everywhere</li> </ul>		<ul style="list-style-type: none"> <li>• Allowing it</li> <li>• Cultivating it</li> <li>• Paying lighter, yet consistent attention</li> <li>• Welcoming it</li> <li>• Enjoying it</li> <li>• Being ok that there is "less"(pain/difficulty)</li> <li>• Being okay with boredom</li> </ul>

Transition	Can slip back to earlier stages						
In the middle	<ul style="list-style-type: none"> <li>• Some Dark Nighty stuff may return but with less heaviness... to it</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Quietness</li> <li>• Okayness</li> </ul>	<ul style="list-style-type: none"> <li>• Blissful</li> <li>• Abrupt movements (feels relaxing/bit shocking at times)</li> </ul>	<ul style="list-style-type: none"> <li>• Less movement</li> <li>• Quietens even more</li> <li>• Even more wide</li> <li>• Even more homogenous</li> </ul>	<ul style="list-style-type: none"> <li>• Fans</li> </ul>	<ul style="list-style-type: none"> <li>• Dansk</li> </ul>	<ul style="list-style-type: none"> <li>• Nurturing</li> <li>• Encouraging the sensations with lightness</li> </ul>
Transition							
Towards the end	<ul style="list-style-type: none"> <li>• With what there is</li> <li>• Following the sensations</li> </ul>	<ul style="list-style-type: none"> <li>• Calm Excitement</li> <li>• Joy</li> <li>• Lightness</li> <li>• Okayness</li> <li>• Quietness</li> </ul>	<ul style="list-style-type: none"> <li>• Body is there and just as it is</li> <li>• No big attachment</li> </ul>	<ul style="list-style-type: none"> <li>• Speeds up</li> <li>• clear/brighter light</li> <li>• Golden light</li> <li>• Flickering</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Quicker movement</li> <li>• Turning</li> </ul>	<ul style="list-style-type: none"> <li>• Das</li> </ul>	<ul style="list-style-type: none"> <li>• Following the movement (even slightly physical inside)</li> <li>• Zooming in and zooming out at the same time</li> </ul>
<b>Fruit ion</b>							

to be continued