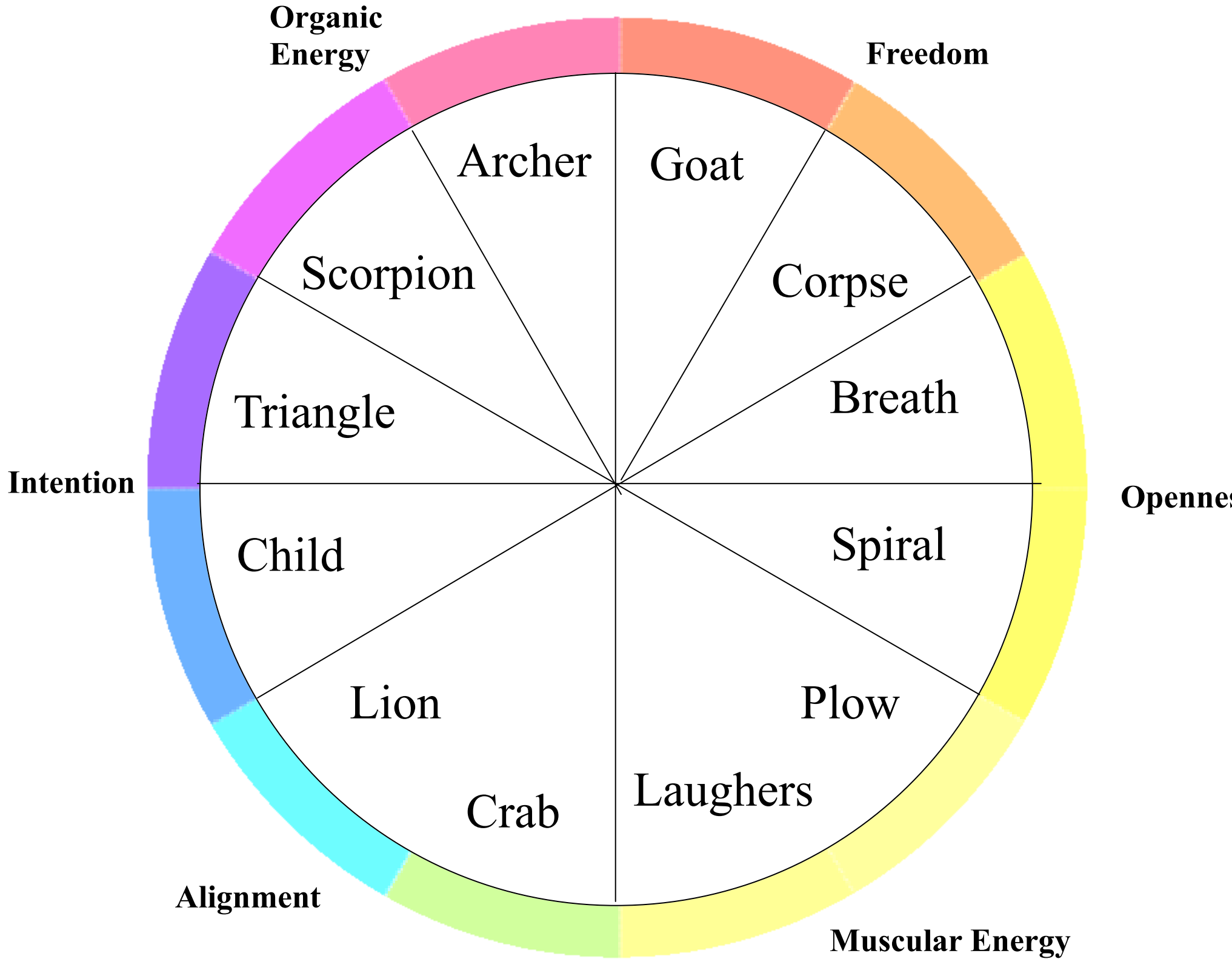


	LOGOS	COMMUNITY	MEDITATION	EXERCISE	ETHICS	RELATIONSHIPS	ECOS	EROS	NUTRITION	DESIGN	COMMUNICATION	ILLUMINATION	
♃ ♄		Inclusiveness	Inquiry	Freedom	Acceptance	Acceptance	Goods and Services Footprint	Eros	Herbs	Accept feedback	Differentiate feeling from thinking	The Way of Man	
♁ ♂									Algae, Fungi, Animal	Renewable resources			
♆ ♅		Universal authority	Breath	Openness	Wisdom	Acknowledgement			Oils and Extracts	No Waste			
♄ ♁			Body				Beans		Patterns to details				
♅ ♄		Service	Feeling	Muscular energy	Giving	Altruism	Transportation Footprint		Greens	Integrate rather than segregate	Differentiate universal needs from personal preferences	The Way of the Heavenly Lights	
♁										Small and slow solutions			
♁ ♁		Unity	Perception	Alignment	Integrity	Alliance	Food Footprint		Eris	Veggies and Roots	Use and value diversity	Differentiate requests from demands	The Way of the Seeded Earth
♁											Thought		
♁ ♁		Universal responsibility	Concentration	Intention	Focus	Attention				Fruits	Respond to change		
♁ ♁							Nuts			Observe and Interact	Differentiate observations from evaluations	The Way of the Animal Powers	
♁ ♁	Autonomy	Effort	Organic energy	Vigor	Affection	Dwelling Footprint		Seeds					Catch and store Energy
♁ ♁							Grains	Obtain a yield					



Alignment Mindfulness Jnana Prajna

Organic

Freedom

Action Effort Kriya Sila

Attitude Intention Concentration Iccha Samadhi

Archer

Binds

Scorpion

Corpse

Triangle

Breath

intention

openness

Child

Spiral

Action:
Muscular Energy: Draw from edges to focal point, midline, or into earth/foundation
Organic energy: Expand from , focal point, , midline, or up from foundation

Crab and lion

Plow and laughers

Attitude:
Openness : The Power of Now: higher power,, soft released body, spontaneous playfulness, discovery,
Intention: moving to deeper intention, expressing love, beauty devotion, co-creation

integration

Alignment:
Integration: focal points, chakras, loops, balanced action, smooth curves , whole-muscle stretching
Freedom: edge, desired intensity, unrestricted breath, pulsation, active release, uncompromised joints

Muscular energy

