

Feelings, Forms and Freedom

Outline of Feelings Based on Body Practices, Musical Elements and Device Designs and Organized According to Levels of Activation

<u>Feelings, Activations and Forms of Θ</u>	<u>Body Practices</u>	<u>Music</u>	<u>Device Designs</u>
<u>Quasi-static Activations</u> — Organism is immobile — Vitality principle: prana			
Relaxed: $\Theta = \Theta_0$ (lowest)	yoga nidra (places in the body)	tones	pulsers, Quad Nets (Shimmering Sensitivity and generation of imagery)
Stretched: $\Theta = \Theta_a, \Theta_b, \Theta_c, \dots$ { Θ_ζ } are fixed	asana yoga (supported positions)	chords	ear for Pythagorean harmonics, pulsers, dogtail for wagging
Stressed: $\Theta = \Theta_a, \Theta_b, \Theta_c, \dots$ $\Theta_\zeta = \Theta_{\zeta 0} + \delta\Theta_\zeta$	asana yoga (progressive positions)	scales and keys	ears for harmonic groups, jaws for cracking nuts, dogtail
<u>Continuous Activations</u> — Organism is "at home" — Vitality principle: qi			
Moving: $\Theta_a \leq \Theta_x \leq (\Theta_a \pm \xi)$ $\xi \ll \Theta_a$	prana yoga, qigong	phrases	eye for sharp contrast, peristalsis
Repeating: $\Theta = \Theta_a, \Theta_b, \Theta_c, \dots$ { Θ_ζ } are cyclic	prana yoga, qigong, taijiquan	melodies	birdsong detector, dogtail
Ranging: Θ_x traverses the interval [Θ_0, Θ_1]	qiqong, taijiquan, prana & vinyasa yogas	songs	eyes that look at objects, dogtail
<u>Saccadic Activations</u> — Organism is mobile and active — Vitality principle: kiai			
Stepping: Θ repeats short traversals	taijiquan, judo, karate, gongfu	the beat	vestibulo-optical reflex, neck for upright standing
Working: ranging Θ adds forces: $\Theta \pm \Delta\Theta$	body building, judo, gongfu, prana yoga	meter, tempo	fishtail for propulsion, peristalsis
Striking: Θ jumps a full interval [Θ_0, Θ_1]	karate, gongfu	rhythms, dynamics	fishtail, dogtail
<u>Shimmering Activations</u> — Organism is under control — Vitality principle: Light			
Stroking: Θ organizes variable cyclic movements	qiqong, taijiquan, karate, prana yoga	variations	neck, eyes, Quad Nets (Phase Transfer Controller)
Form-following: Θ tracks patterns held in memory	qiqong, taijiquan, karate, vinyasa yoga	forms, counterpoint	neck, ears, Quad Nets (PTC)
Autonomous: Θ generates and selects forms	gongfu, karate, judo, nataraja yoga	improvisation	Quad Nets (PTC)