

Four Facets of Body Sensation

Flavor – (Intrinsic sensory quality)

Anger, fear, sadness, embarrassment, impatience, fascination, tiredness, hot, cold, joy, love, etc. all represent distinct "*qualia*" or "flavors" of sensation. The quality of a sensation is analogous to the hue of a color.

Intensity – (Level of activity at any given instant)

A particular quality at a particular location may be absent, mild, medium, or strong in intensity.

Geometry – (Spatial distribution within or perhaps beyond the body)

A. General Spatial Distribution

1. Single location
2. Several disconnected locations
3. Evenly distributed through body

B. Local Details of Form

Size, shape, location, orientation, kernels, holes, connectors, etc.

C. Global Spreading Tendencies

Nested shells or zones of secondary spreading from a primary sensation nucleus. Spread is not always present, but it is important to detect it when it does occur. Here's an example of four nested shells: While running, a person may experience oxygen hunger pain intensely in the heart, from there spreading to the six sides of the torso, and from there (subtly) to the four limbs, and finally (incredibly subtly) into the surrounding space.

Impermanence – (Rates of change and patterns of force)

The quality, intensity, and geometry of sensations typically change, if only subtly, instant-by-instant. These accelerations and decelerations represent the underlying Force field that molds consciousness. This field is known variously as *Ki*, *Qi*, *Prana*, Creator Spirit, or *Anicca* (impermanence).

The following list is intended to be suggestive. A given sensation may present several aspects of impermanence simultaneously. For example, a sensation may be “mostly expanding with a hint of contraction and a lot of subtle vibration” or “subtle vibration occurring in abrupt bursts.”

Some Aspects of Impermanence

1. The sensation is unchanging but with an outward pressure force detectable.
2. The sensation is unchanging but with an inward pressure force detectable.
3. The sensation is unchanging but with both outward and inward pressure forces simultaneously detectable.
4. The sensation is stable with a light peaceful quality.
5. There are high frequency vibrations (subtle *anicca*, champagne bubbles, atomizer spray, sparks, scintillating mist, etc.).
6. There is constant rapid fluctuation.
7. There is slow undulatory movement (lava, jellyfish, amoeba, etc.).
8. There is occasional change.
9. There are eruptive spikes (burst, attack, shooting sensation, etc.).
10. The sensation is unchanging with no movement or pressure forces detectable (i.e., its rate of change is zero).

Strategies for Working with Aspects of Impermanence

Aspect	Strategy
1. Unchanging with outward pressure force	Continually yield to the outward force. Continually be alert to any possible fluctuations in its strength. Notice if this yielding eventually makes the discomfort less bothersome (makes pleasure more fulfilling, makes neutral sensation pleasant).
2. Unchanging with inward pressure force	Continually yield to the inward force. Continually be alert to any possible fluctuations in its strength. Notice if this yielding eventually makes the discomfort less bothersome (makes pleasure more fulfilling, makes neutral sensation pleasant).
3. Unchanging with both outward and inward forces simultaneously	Simultaneously yield to both forces. Continually be alert to any possible fluctuations in the relative strength of the forces. Notice if this yielding eventually makes the discomfort less bothersome (makes pleasure more fulfilling, makes neutral sensation pleasant).
4. Stable with light peaceful quality	Focus continually on the light peaceful quality and enjoy it. If possible, let it spread and influence the rest of consciousness.

Aspect	Strategy
5. High frequency vibration	Let it massage and soften you like a vibrating chair. Is the vibration level always the same or does it erupt in bursts and then subside? If it comes in bursts, detect each of them and focus on the Profound Peace that may follow as the vibrations die away.
6. Constant rapid fluctuation	Let it massage, soften and energize you. Become so fascinated with its movement that you forget its materiality.
7. Slow undulatory movement	Slow down your internal clock to match its time scale. Let yourself be rocked like a baby. Let it gently massage, soften, and nurture you. Become so fascinated with its movement that you forget its materiality.
8. Occasional change	Slow down your internal clock. Focus continuously in the area. Detect each change. Be aware of possible peaceful qualities between changes. Become so fascinated with its movement that you forget its materiality.
9. Eruptive spike	The spike may be too quick to focus on clearly, but its “after effects” can be contacted and worked with. Each new spike then adds to the cumulative residual subtle energy flux through the body. Preserving the momentum of this flux creates a more fluid sense of the body, so that the eruptive spikes are less jarring to your being.
10. Unchanging and without detectable pressure forces	Infuse the sensation with mindfulness and equanimity. Enter a timeless world of sameness and acceptance. If movement or force become evident, implement an appropriate strategy selected from 1 through 9 above.