

	<b>OUT</b>	<b>IN</b>	≈	<b>FLOW</b>
<b>0. (FREE ACTIVITY)</b>	-----	-----	≈	(Nondual flow)
<b>1. OBSERVATION</b> (turning toward 1stness)  <i>Examples:</i> (Nonmeditative)  (Meditative)	<b>OBSERVE OUT</b> Note/feel external states (UR/LR)  <i>Absorption in sensory activity, "pure" listening or viewing</i>  <i>Sensory-absorptive meditation ("see-out, hear-out, feel-out")</i>	<b>OBSERVE IN</b> Note/feel internal states (UL)  <i>Dream states, absorption in subjective/internal activity</i>  <i>Vipassana (insight) meditation; "see-in, hear-in, feel-in"</i>	≈	<b>OBSERVE FLOW</b> Note/feel flow states  <i>Intersubjective observation</i>  <i>Nondual meditative awareness; "see/hear/feel flow"</i>
<b>2. RESPONSE - INTERVENTION - ACTION</b> (turning toward 2ndness & 2ndness-of-1stness)  <i>Examples:</i> (Nonmeditative)  (Meditative)	<b>ACT OUT</b> Respond externally / Generate external states  <i>Action in the world, doing (of any kind)</i>  <i>Active meditation, "spirit possession"; Karma Yoga, "good deeds"</i>	<b>ACT IN</b> Respond internally / Generate internal states  <i>Visualizing scenes in "mind's eye" (e.g., while listening to a story or reading a poem or novel)</i>  <i>Visualization, metta, mantra meditation; Tantra, deity meditation; "focus-on-positive"</i>	≈	<b>ACT FLOW</b> Respond in flow with internal/external world  <i>Action with the world, doing-with, social/collective action</i>  <i>Nondual Tantra/deity ritual; nondual action (wu-wei)</i>
<b>3. INTERPRETATION - REALIZATION</b> (turning toward 3rdness, 3ness-of-2ness, 3ness-of-2ness-of-1ness)  <i>Examples:</i> (Nonmeditative)  (Meditative)	<b>INTERPRET OUT</b> Conceptualize external states  <i>Science, logical reasoning (about external world)</i>  <i>Integral science?</i>	<b>INTERPRET IN</b> Conceptualize internal states  <i>Psychology, Cartesian introspection</i>  <i>Analytical meditation, Jnana-Yoga</i>	≈	<b>INTERPRET FLOW</b> Conceptualize flow states  <i>Integral, process-relational ontology</i>  <i>Nondual free activity, enlightened flow, Praxis, "complete experience"</i>