

## Some Visualization Exercises

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#### **Models centered on the idea of *λογος* (Logos)**

**α)** You visualize three spheres. They are just close to each other. After you have felt that you visualize them in 3D, you begin to let them communicate freely. You check that communication flows from any sphere to any other.

**β)** You visualize two spheres, one above the other. You make them communicate passively. Then, you visualize that the upper sphere is being emptied by a kind of “suction” force coming from the lower sphere. The upper sphere is passive, it lets itself be emptied. You then do the opposite: the lower sphere is “suctioned” into the upper sphere.

**γ)** You visualize the opposite motion: the upper sphere *gives* its content dynamically to the lower sphere, which receives it passively. The upper sphere wants to empty itself.

**δ)** A composite of the last two exercises. At the same time that the lower sphere suctions the contents of the upper sphere, the upper sphere gives it content to the lower one dynamically. The upper sphere empties itself because of forces that come from its innermost. And the lower sphere suctions the content of the upper sphere because of forces that also come from its innermost. There is therefore a double movement: one sphere emptying itself into another one and that other one suctions the content which comes to it. Reverse the roles and the directions of flow.

**ε)** You visualize a liver with a central artery that brings blood to the entire organ. You first visualize the artery emptying blood into the liver. As you visualize this dynamic flow, you progressively visualize that the liver “sucks in”, with greed, the blood that comes in. There is a mutual “give and accept” effect which is dynamic at both ends: ***nothing is passive.***

**φ)** You visualize two spheres, one above the other. The lower sphere attracts the content of the upper one. As the content of the upper one empties into the lower one, the lower one increases in volume.

**η)** As above. The upper sphere is emptied into the lower one. The lower sphere should increase in volume. This is not the case however since the lower sphere empties itself into the upper one. In other words, there is mutual *emptying* (different from the emptying in the first exercises, which was one-way) with a moderate growth of the lower sphere. Visualize that, as opposed to the exercise above (φ), this image of *controlled swelling*).

ι) Visualize an upper, larger sphere and two lower spheres, smaller in volume, one to the right and the other to the left. Empty the upper spheres into the two lower spheres, which tend to swell. At the same time, the lower spheres empty into the upper one. This may be difficult to visualize. What should be achieved is the perception that the three spheres act as a single dynamic whole. The dynamics of that whole lead to a slight swelling of the lower two spheres, due to a greater motion or *flux* in the direction *upper to lower*.

This type of visualization is often used in the treatment of the *endocrine system*. The upper sphere is the brain, the two lower ones may be the ovaries, the testicles, the adrenal glands etc.

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