



IV. *The Embodiment & Enactment of Human Experience*

The first two diagrams (I & II) illustrate that human experience is grounded in the human body. When dealing with human experience, this very finite fact is never to be forgotten. Regardless of whatever its *focus* of the moment may be, any experience that ever happens or occurs, always has its *locus* too – a very specific one – for it is taking place in an existing someone’s body. (Even so-called “out of the body experiences” reported by people remain with and are thus inseparably a part of the lives of those having them, and these very lives, and the bodies which contain them, are always to be found somewhere specific.)

And in the final two diagrams (III & IV), the embodied experience is also shown as something being enacted or taking place at any given moment. Actually, as touched on in our discussion elsewhere, embodiment and enactment cannot finally be separated and always occur together.

In diagram IV, the act of making the sense of the moment can easily be shown by placing the *point of stasis* illustrated in diagram III (as the life-defining context) within the overall experience environment . . . thus indicating here a person who is involved at the moment in thinking. The dotted line in the drawing depicts the temporal dimension, those particular aspects of a life and its experiencing which are unfolding at the moment. It might also be thought of as representing what a person is currently tending towards, their leading or “cutting edge,” so to speak.

Tenuous as it appears and indeed often is, this tacit, tending dimension ought not to be

slighted. With all you've ever done or been, at any given moment, you are more *what you are becoming*. For think a minute: an instant's becoming holds within itself *all* of that . . . and more.