



## II. The Embodiment of Human Experience

All experience is embodied by and situated within the organism experiencing it. This means despite the endless array of varieties in which it manifests itself, all experience is *finit*e (has a beginning, middle, and end), has a precise *locus* in physical space-time, is *specific* to the person having it, and is thus inevitably and individually *distinct* in its overall character, quality, movement, tone, tempo, and “color.”

*Experience is the organism actively making sense of what it comes across within and without as its life process unfolds from beginning to end.* Not only is this process part of us, but we are part of it. And we are much too quick to think we understand it; but its size and vitality are not sufficiently grasped until we begin to see the life that is ours as something we have, do, and are.

The constituent physiological fundaments which harbor the human ability to experience are found in the body as a whole, certainly linked with (though not limited to) the forebrain, midbrain, and hindbrain with spinal cord functions of the central nervous system, depicted here as three spheres bearing the discrete type of meaning that they customarily generate and most enhance.

Each of the three rudimentary sentient activities shown here gives rise to a basic and quite pronounced human experience-state, and these three can mix and intermingle to form still other states (such as sensing, intuiting, judging, perceiving and others). This is comparable to the way in which primary colors combine to form other colors. But whether the result be simple or complex, every human experience is essentially a unified whole, with a particular meaning-quality of its own, much like we experience green as green itself rather than perceiving it as a mixture of blue and yellow.

