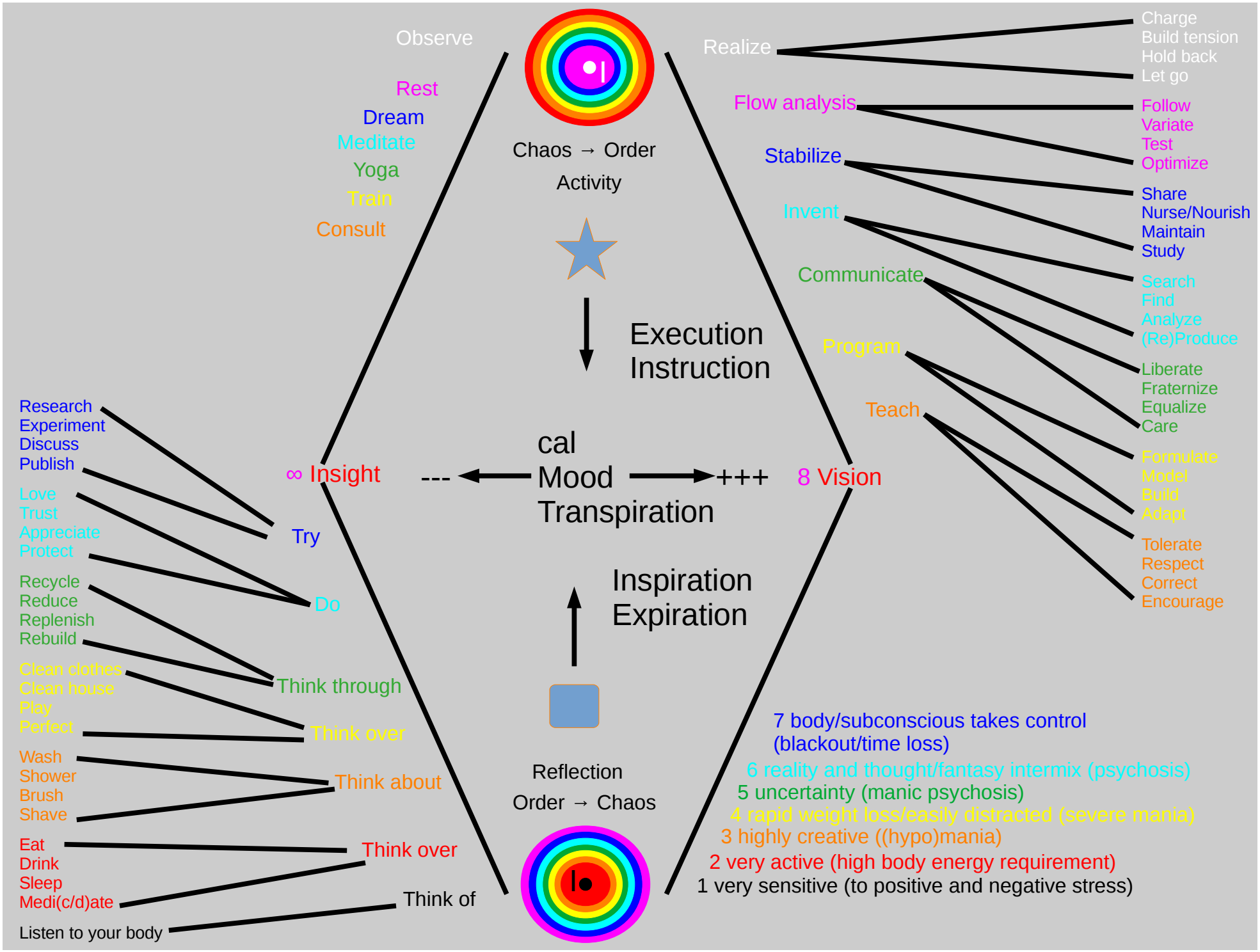
Observe
Rest
Dream
Meditate
Yoga
Train
Consult
Chaos → Order
Activity
Execution
Instruction
cal
Mood
Transpiration

+++
Inspiration
Expiration
Reflection
Order → Chaos
Realize
Charge
Build tension
Hold back
Let go
Flow analysis
Follow
Variate
Test
Optimize
Stabilize
Share
Nurse/Nourish
Maintain
Study
Invent
Search
Find
Analyze
(Re)Produce
Communicate
Liberate
Fraternize
Equalize
Care
Program
Formulate
Model
Build
Adapt
Teach
Tolerate
Respect
Correct
Encourage
∞ Insight
Research
Experiment
Discuss
Publish
Try
Love
Trust
Appreciate
Protect
Do
Recycle
Reduce
Replenish
Rebuild
Think through
Clean clothes
Clean house
Play
Perfect
Think over
Wash
Shower
Brush
Shave
Think about
Eat
Drink
Sleep
Medi(c/d)ate
Think over
Think of
Listen to your body
8 Vision
7 body/subconscious takes control
(blackout/time loss)
6 reality and thought/fantasy intermix (psychosis)
5 uncertainty (manic psychosis)
4 rapid weight loss/easily distracted (severe mania)
3 highly creative ((hypo)mania)
2 very active (high body energy requirement)
1 very sensitive (to positive and negative stress)