

The Vaso-Motoric Cycle - 2

after Biodynamic Psychology (Gerda Boyesen), and based on Wilhelm Reich's charge-discharge formula

In this model, each cycle of experience is seen as emerging from within unconscious depth of bodymind and psyche, gathering momentum and acquiring focus in preparation for contact with the world. During this phase of the cycle, the organism gets activated and charged in preparation for action. This leads to expression and hopefully a satisfying interaction and meeting with the world, thus purposefully using and discharging the accumulated energy. The bodymind experience is then digested psychologically and physically, before the organism returns to energetic equilibrium and contented stillness.

mental-cognitive, voluntary and self-reflective

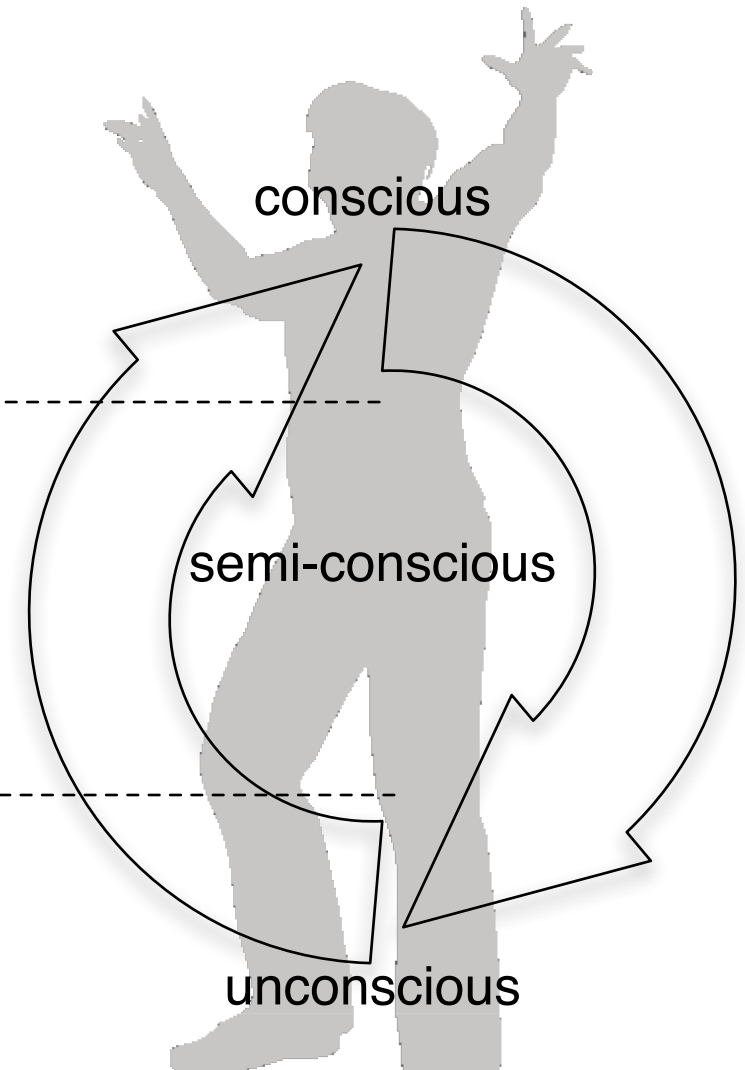
mental-cognitive, voluntary and self-reflective bodymind functions and capacities (imagination, thinking, language): identity/power, self-expression, heart sensory systems and peripheral areas of the body in action - making contact
voluntary and expressive muscles = arms / legs / face;
neurologically: Central Nervous System (cortex) is active

emotional, affective

emotional-affective bodymind functions and capacities
range of feelings from primal/raw to complex: vitality & spontaneity, sex, power
emotion (e-motion = "moving out")
breathing as crucial regulator: diaphragm as engine or inhibitor, energy moving up within the body = "ID"-canal

somatic-physiological, vegetative and involuntary

somatic-physiological, vegetative involuntary bodymind functions and capacities (sensation, proprioception, reflexes): basic energy, survival, life functions & instincts
vegetative & physiological functions; involuntary muscles (organs)
neurologically: Autonomous Nervous System (sympathetic & parasympathetic), endocrinal and hormonal regulation of energy: metabolism, heart-rate, blood flow, digestion, etc.



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