

SPACE	Right-side Directions	EFFORT	Effort Elements within the Factors	SHAPE	*language from Peggy Hackney, Making Connections
1 Dimension: 4 individual dimensions, 2 spatial pulls per dimension 8 total spatial pulls		1 Factor: 4 Individual Factors, 2 Effort Elements per Factor, 8 total Effort Elements		1 Shape Quality: 4 Individual Qualities, 2 spatial pulls per Quality, 8 total spatial pulls	Shape Flow Support/Baseline Shape Quality
Kinesphere 0-manifold	Expanding Contracting	Flow	Freeing Binding	Space Time	Vertical Shape Quality
Vertical Dimension	High Deep	Weight	Decreasing Pressure Increasing Pressure		Horizontal Shape Quality
Horizontal Dimension	Right Left	Space	Indirecting Directing		Sagittal Shape Quality
Sagittal Dimension	Forward Back	Time	Decelerating Accelerating		
2 Dimensions: 6 constellations, 4 combinations of spatial pulls per constellation, 24 total combinations		2 Factors: 6 States, 4 combinations of Effort Elements per State, 24 total combinations		2 Shape Qualities: 6 constellations of Qualities, 4 combinations of spatial pulls per constellation, 24 total combinations	Shape Flow Support/Baseline Shape Quality
Vertical 1-manifold lines that can "wrap" to embed in 2 dimensions or form a closed loop	Expanding Contracting Contracting Expanding	Dream State	Freeing Binding Binding Binding	Flow Weight	Vertical Shape Quality
Vertical Plane	High Right Deep Right Deep Left High	Stable State	Freeing Increasing Pressure Decreasing Pressure Increasing Pressure Decreasing Pressure	Space Time	Horizontal Shape Quality
Horizontal 1-manifold	Expanding Contracting Contracting Expanding	Remote State	Freeing Binding Binding Freeing	Space Time	Sagittal Shape Quality
Horizontal Plane	High Right Deep Right Deep Left High	Awake State	Freeing Indirecting Binding Indirecting	Space Time	
Sagittal 1-manifold	Expanding Contracting Contracting Expanding	Mobile State	Freeing Binding Binding Freeing	Space Time	
Sagittal Plane	High Deep Deep High	Near/Rhythm State	Freeing Decreasing Pressure Increasing Pressure Increasing Pressure Decreasing Pressure	Space Time	
3 Dimensions: 4 constellations, 8 combinations of spatial pulls per constellation, 32 total combinations		3 Factors: 4 Drives, 8 combinations of Effort Elements per Drive, 32 total combinations		3 Shape Qualities: 4 constellations of spatial pulls per constellation, 32 total combinations	Shape Flow Support/Baseline Shape Quality
Vertical Surface 2-manifolds can "wrap" to embed in 3 dimensions or close their surfaces to form spheres, etc. - Diametric Pattern	Expanding Contracting Expanding Contracting Expanding Contracting Expanding Contracting	Spell Drive time-less	Freeing Binding Freeing Binding Freeing Binding Freeing	Flow Weight	Vertical Shape Quality
Horizontal Surface	High Right Deep Left Expanding Contracting Expanding Contracting	Vision Drive weight-less	Freeing Binding Freeing Binding Freeing Binding Freeing	Space Time	Horizontal Shape Quality
Sagittal Surface	High Right Deep Left Expanding Contracting Expanding Contracting	Passion Drive space-less	Freeing Binding Freeing Binding Freeing Binding Freeing	Space Time	Sagittal Shape Quality
Cube 3 dimensions 6 faces 12 edges 8 vertices - Diagonal Pattern	High Right Deep Left Expanding Contracting Expanding Contracting	Action Drive flow-less	Freeing Binding Freeing Binding Freeing Binding Freeing	Space Time	
4 Dimensions: 1 constellation, 16 total combinations of spatial pulls		4 Factors: 1 Complete Drive, 16 total combinations of Effort Elements		4 Shape Qualities: 1 constellation, 16 total combinations of spatial pulls	Shape Flow Support/Baseline Shape Quality
Tesseract 4 dimensions 8 cells 24 Faces 32 edges 16 vertices - Grand Diagonal Pattern	Expanding Contracting Contracting Expanding Expanding Contracting Contracting Expanding Contracting Expanding Contracting	Complete Drive	Freeing Binding Freeing Binding Freeing Binding Freeing	Flow Weight	Vertical Shape Quality
	High Right Deep Left Expanding Contracting Expanding Contracting		Freeing Binding Freeing Binding Freeing Binding Freeing	Space Time	Horizontal Shape Quality
	High Right Deep Left Expanding Contracting Expanding Contracting		Freeing Binding Freeing Binding Freeing Binding Freeing	Space Time	Sagittal Shape Quality