

REVISED AND EXPANDED EDITION

Alchemy *of* Nine Dimensions

THE 2011 | 2012 PROPHECIES
AND NINE DIMENSIONS
OF CONSCIOUSNESS

BARBARA HAND CLOW, AUTHOR OF *The Mayan Code*,
WITH **GERRY CLOW**



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BARBARA HAND CLOW
WITH **GERRY CLOW**



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by Barbara Hand Clow

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Preface to the Second Edition

I discovered Dr. Carl Johan Calleman's Mayan calendar hypothesis soon after *Alchemy of Nine Dimensions* was published in 2004. His work added critical material to my explanation for the ninth dimension (9D) in *Alchemy*, which is the most advanced level of consciousness discussed in my model.

In 1994, the Pleiadians said that "Tzolk'in" was the Keeper of 9D. Since Tzolk'in is the 260-day Maya Day Count, I initially posited that 9D must be some kind of time waves that flow from 9D into the 8D mind of the Creator. Meanwhile, Calleman's exploration of nine Mayan calendar cycles as they unfold over 16.4 billion years added an entirely new level of ninth dimensional information—*the evolutionary basis of the Mayan calendar*.

As you will see in the revised chapter, Calleman's hypothesis takes 9D to the mysterious and contemplative level of a collective enlightenment.

Meanwhile, I was pleased to find that the rest of *Alchemy* was almost perfect—except for the fourth dimension (4D), where my treatment of the human collective mind was a bit unbalanced, and possibly misleading. The fourth dimension challenges us to question our reality, since it links us to the thoughts and feelings of others. This book is meant to be a clear guide through all the nine dimensions, and now, with the clarifying addition of Calleman's hypothesis, I have also moved 4D into total clarity.

Alchemy of Nine Dimensions

The most satisfying aspect of revising *Alchemy* was to see how this great work—the understanding of nine dimensions of consciousness—grows and stretches with time. Any true alchemy is the purest and most intelligent guide we can have, so I hope these new additions will be a joy for all of you. I am finally at peace with this book.

Barbara Hand Clow
Vancouver, BC
November 2009

Barbara's Introduction: The Story of the Pleiadian Transmissions

In late fall of 1994, a hologram of light appeared in my head, which was familiar to me as a reception of consciousness from unseen dimensions. I call these "thought atoms" or "monads," and they have initiated my previous books. Yet the 1994 monad was significantly more complex than previous ones. It emitted a very high-frequency sound that was higher than my own audible range, and I could also feel it as vibration. This put me on edge, because it felt alien and seemed to be beyond my intellectual abilities.

Before this moment, when thought atoms have come into my mind, I have welcomed them because they integrate my brain and push me to write. This particular hologram seemed to be a twenty-sided sphere with triangular faces. The twelve intersections of the triangles touched the luminous sphere, where rays of blue-white light were emitted out to infinity. I could not imagine what it was. Today I know that this monad was an icosahedron, one of the five Platonic solids, encased in a luminous sphere. Lines of light were shooting out from the twelve intersections of its twenty triangles. The ends of the rays emitted strange high-frequency sounds that seemed to be sourced in spinning geometric forms nested within the sphere. That is what I saw, yet in those days I didn't know anything about Platonic solids. The sphere was entrancing; it shimmered with an otherworldly perfection. Now that I have studied Platonic solids

and crop circles, I can see that this vision opened my mind for a new cosmology, a new way to enter the universe. I have also been thrown into a search for its source, a search that still goes on today.

In any case, the monad was extremely annoying. The high-pitched sounds it emitted pierced my head. By November 1994, severe tinnitus or ear-ringing began, and the outside world seemed to be fading away. I wondered if the Pleiadians—the Ps—were contacting me again, since in the past they'd ring my inner head with various harmonic tones. These tones always got louder if I ignored them. (I've been involved in an on-and-off dialogue with beings from the Pleiades since I was four months old, which is described in many of my books.) Since they wouldn't go away, I've learned to "read" their tones, and their counsel has usually been very beneficial.

Because of these past experiences, I concluded that the high-frequency sounds must be from the Ps. The tinnitus was more annoying than in the past, so I gathered together a group of people who wanted to question the Ps. In a deep altered state, I "channeled" answers to their questions, and I hoped this would quiet the tones down.¹ The information in the monad felt scientific and complex, and I sensed I probably could not grasp it in a conscious state. So I simply listened to the sounds vibrating as people questioned the Ps, and I transmitted words out of the tones as if I were a phone translating electrical pulses. The sessions lasted about three hours, and thankfully the tinnitus went away, except when I allowed too much time between each session. Our little group completed eighteen sessions by March 1995; the tapes were typed and transferred into my computer by an editor; and then I organized them into a book, *The Pleiadian Agenda: A New Cosmology for the Age of Light*, which was published in September 1995 and became an instant bestseller.

Before I go on to discuss what happened after the book was published, allow me briefly to describe the book. According to these Ps, they downloaded the story of Earth's role in the Milky Way. This transmission was from the Library of Alcyone, the central star of the Pleiades. The Pleiadians have been deeply involved with Earth over a long period of time, which means they have much knowledge about Earth from a multi-dimensional perspective. Pleiadian involvement with humans has been detected by archaeologists as far back as 40,000 years ago.² The main voice in the book is a saucy Pleiadian goddess, Satya, who describes Earth as a realm that holds nine dimensions of consciousness that all humans

can access. This ability, which was natural for humans long ago, is opening up now. This process is accelerating as we approach the end of the Mayan calendar, December 21, 2012.

The nine dimensions are located on a vertical axis that grounds itself in the center of Earth and rises into the Galactic Center. When we incarnate, our locus of perception is on this axis, which was often called the Tree of Life in ancient cultures. We can travel up or down the axis, just like Jack climbing up and down the beanstalk in that famous children's story. By starting with the first dimension—center of Earth—we can travel all the way to the ninth—the Galactic Center. Or, by starting in the ninth, we can return to the first. This really got my attention because I was fascinated by Jack and the beanstalk and the giant as a child. I loved the idea that we could climb beyond Earth—yet also return—even if there was an awful ogre waiting up there. Ironically, when I was a child, no one knew there was a black hole in the center of the Milky Way.

Satya transmitted diagrams that teach how we can live in our dimension—the third dimension (3D)—and access all nine dimensions simultaneously. She said this was once natural to us, but we lost this skill thousands of years ago. As I was writing the book, I noticed that I understood the first four dimensions very well, I had a small grasp of the fifth dimension, and I barely had a clue about the sixth through the ninth. This may reflect the limitations of current science, which usually describes four dimensions. My contact with the fifth resulted from my contact with the Ps from early childhood; I'd stepped beyond the fourth dimension as a child. In recent years, I've learned about all nine by experiencing the Pleiadian models with students and listening to their feedback.

The lower dimensions (1D and 2D) are various levels of Earth (3D)—from core to surface; the fourth dimension (4D) is the realm of collective thought that bridges the physical and unseen worlds; and the fifth through ninth dimensions (5D–9D) are celestial. Most scientists will be unable to imagine the unseen realms except by mathematics that reach beyond the fourth dimension, such as topology and superstring theory. Culturally, the first four dimensions correspond somewhat to Western spirituality, and the higher ones to Eastern mysticism. Satya's diagrams for accessing all nine dimensions simultaneously are actually a wonderful integration of East and West. And having this nine-dimensional model helps me as a Western teacher access Eastern mysticism.

Our students of the Eastern persuasion have found this system enables them to understand the Western mind better. There is no hierarchy in this system, because in it the celestial realms are not superior to the Earth realms. Amusingly, Satya chides the readers of *The Pleiadian Agenda* when she notes that we can only access the higher realms while we are *in* our bodies! Why go out of your body to find God, she asks? Her system glorifies the beauty of Earth vibrating with galactic resonance; everywhere, Gaia is permeated by the divine. Satya calls her work Goddess Alchemy.

Pleiadian Agenda Activations: 1995 to 2012

When I first went out to teach *The Pleiadian Agenda* in public, I barely understood the book, which was most bizarre. Yet I was delighted to find I could easily create classes with it, since the book has a very well designed and simple dimensional structure. As I set up the models and opened the nine-dimensional form for students, some danced or played music to find their body resonance with the various levels. These classes soon became known as “Activations” because so much spontaneous knowledge flowed in through all participants.

In 1996 I asked my husband and partner, Gerry Clow, to join me in adding bodywork and healing during the Activations that fall. In 1998, the brilliant composer Michael Stearns created music to help express the nine dimensions by resonance, since only music can express the higher dimensions in a way we can understand. In 2002, I added a sacred pipe ceremony while we were experiencing the lower dimensions, which enhances and intensifies our resonance with Earth. Today, many of our students teach this material to their own students, and we hope this aspect will grow with the publication of this book.

Speaking of our students, I have been profoundly impressed by how much the Activations help our students with the most basic aspects of their lives. The students seeking spiritual contact are getting it, those who want improvement in their everyday lives are finding it, and many are finding new ways to transform their cultures. We’ve even activated a few whistle-blowers, since the eighth dimension (8D) teaches how to live impeccably in the material world, and the 8D teaching motivated them. It was initially outrageous to imagine that dimensions influenced by distant star systems—the Pleiades in the fifth dimension (5D); Sirius in the sixth dimension (6D); Andromeda in the seventh dimension (7D); Orion

in the eighth dimension (8D); and the Milky Way in the ninth dimension (9D)—can actually inform us here on Earth. Perhaps this is why our ancestors believed the stars had consciousness and were repositories of their stories and myths.

Often we wondered, while the world was going crazier by the day, whether the Activations would continue until the end of the Mayan calendar. Yet our lives, and those of our students, kept improving; students kept coming, and many of them returned three or four more times to go deeper into the material. Meanwhile, I began observing changes in our Galaxy to see if the timetable in the book was corroborated by scientific events, and it has been. Frequently, the latest developments in science have moved into alignment with Satya's versions, which I call Pleiadian science or "dimensional mechanics."

Satya says that our ability to access multidimensional consciousness will be a basic survival skill as we approach the mysterious end-date of the Mayan calendar, December 21, 2012. This possibility seems more compelling since the Twin Towers—Joachim and Boaz—went down September 11, 2001. The world now seems ruled by Chaos Theory, complex mathematics that explores how systems break down amidst order. Being with students while they access heightened and divine states of consciousness has convinced Gerry and me that these demanding Pleiadians must be listened to. They know something very important about us after interacting with us for thousands of years. They seem to be guiding us through the building chaos, while gently teaching us how to find islands of peace within the discord.

Gerry and I have been fortunate to teach in the middle of this wild awakening, mostly because it is fun. We've written this book to transmit as much as we can after living with and trusting the Ps. In the midst of this journey, a marvelous convergence of dimensional science has occurred, which has spurred us on and may inspire or intrigue you. We live during days of miracles, when any one of us can access these levels if we want to—provided we first explore how we lost our multidimensional access long ago.

How We Lost Our Multidimensionality

My most recent book, *Catastrophobia: The Truth Behind Earth Changes in the Coming Age of Light* (2001), considers the indigenous records of Earth changes over the last 20,000 years in light of the latest scientific discoveries.

Throughout my childhood, my grandfather, Gilbert Hand, trained me in the Cherokee records of Earth. He was adamant that science would catch up with the ancient records in my lifetime, and he passed over his five children to give his legacy to his first granddaughter. In 1995, I acquired, as the editor at the publishing house Bear & Company, *Cataclysm! Compelling Evidence of a Cataclysm in 9500 B.C.*, by Oxford anthropologist and geologist J. B. Delair and science historian D. S. Allan. In it, I found the same science as my grandfather's!

I was stunned by the importance of this latest congruence, since the Cherokee, Mayan, and Pleiadian records are so deeply connected. Subsequently, I wrote *Catastrophobia* to explore how the great Earth changes traumatized the collective mind of humanity. Finally, I could see why our consciousness is so limited, and why so few people access the unseen dimensions. The truth is, *we are a multitraumatized species*. We experienced a great cataclysm only 11,500 years ago, which was followed by thousands of years of horrific survivalism. This is a species-level, post-traumatic stress syndrome, which we are only now ready to understand.

While I studied scientific research to write *Catastrophobia*, I considered the scientific theory lurking in the folds of *The Pleiadian Agenda*; I found some current scientific models that in varying degrees supported and described the existence of the nine dimensions. There is a scientific model for each dimension, which is the heart of this current book, and I hope that scientists will find these ideas have merit.

The Emergence of Crop Circles

As the end-date of the Mayan calendar approaches, something has been sending us symbols that are opening multidimensional consciousness for many people. These symbols are called “crop circles,” which imprint the crops in the fields each summer, mostly in England. The Circlemakers (capitalized because I think of them as divine beings who are making most of the circles) herald the total awakening of human perceptual tools, which surely will enhance the viability of Earth's species. *The Pleiadian Agenda* offers much wisdom about the dimensions expressed by the crop circles. Satya says that each dimension has a “Keeper,” which is an intelligence that holds that level in form. The story of the Keepers was closely held indigenous knowledge until 1994. Now I am free to share it. I am deeply indebted to my teachers, Hunbatz Men, Matthew Fox, J. T.

and Michael Garret, Alberto Ruz Buenfil, Hakim of Giza, and my Cherokee-Celtic grandparents. You will learn much about these mysterious Keepers in the chapters ahead.

We humans, for example, are the chosen Keepers of the third dimension, and we are doing a poor job right now. I believe that humans are destroying Earth because we do not recognize our sacred role in the awakening of the Milky Way, our birthplace. Earth is a rare jewel in the universe, and Satya says Earth is to seed the whole Galaxy with its life-forms in 2012. She reaches us by awakening these deep memories—Goddess Alchemy—which empower us to remember our roles as Keepers of Gaia. In our hearts we know that we are here to bless, not to destroy.

According to *The Pleiadian Agenda*, Earth is penetrated by nine dimensions of intelligence that we all can access, learn from, and consciously utilize in our lives. These levels offer humans extremely enhanced intelligence as well as freedom, yet first we must consider our current condition. After thousands of years of separation from the divine, our collective mind—which functions in the fourth dimension (4D)—is caught in a field of polarized, archetypal thoughtforms that are locked in our bodies and minds as emotional trauma blocks. These days, clever media demons manipulate the 4D collective mind to amuse themselves, make money, capture innocent souls, or merely to avoid looking inside themselves. Yet the 4D zone is *not* their personal territory, since 4D is a bridge out of the physical to the divine. It is not meant to be an insipid frequency zone that crams our heads with stupid images through advertising, pornography, and Internet spam.

We need to own 4D as the zone where our feelings can access alluring high-frequency visions. We are all wired to access higher dimensions through images that are time-released from the Galactic Center, and we can only do this by active intuition and intense feelings. We can locate our personal pathways in the great landscape of cosmic potential by *feeling* our way in the fourth dimension and clearing our heads of junk images. Our brains are more than tangled cassette and video tapes or computer hard drives. Caught in the current media-soaked 4D zone, most people can't see the portal doors to higher worlds. Our objective as an awakening species is to reconstruct and clear the powerful 4D zone, so as to identify the vibrational frequencies of all nine dimensions.

In sharing the essential nine-dimensional structure of Earth's intelligence with students, Gerry and I have seen how varying levels of spatial and temporal dislocation caused by unresolved trauma, originally sourced in the cataclysm and reinforced by traumatic life experiences, afflict our students and people in general. We feel that we have attained a deep understanding of how this trauma locks people up. Having explored Earth changes of the last 20,000 years and how humans are traumatized by them, I can see that humans cease being violent when they release their trauma and recover their story; they get back into the now, or current space and time. This is why we have healers working during Activations.

Gerry is a healer who focuses on keeping students in their bodies, and my work is on expanding their minds, as I work with large mental systems such as the nine-dimensional form. This form was drawn as two models by the Ps: a diagram of a vertical axis of consciousness, and a canopy of dimensions over a person on a healing table. These models help us understand the dimensional structure itself, as well as show how we receive it in our bodies. Here, I introduce these models, and then each chapter of the book is devoted to an in-depth discussion of each dimension.

The Vertical Axis of Consciousness

Through the depiction of a person lying on a healing table, figure I.1 shows how we receive the dimensions. The Ps show human dimensional access this way because many of us have first experienced unseen dimensions during healing sessions, such as massages or past-life regressions. This is because healers can set dimensional fields with which their clients can resonate. The person in this diagram could also be sitting or walking around; however, most people at this time are not able to be in nine dimensions while going shopping. The way it works is simple. While we are alive, we exist in linear space and time—3D—which is a plane; 2D is shown as an isosceles triangle with one side as the 3D plane, and the bottom point is 1D—the iron core crystal in the center of Earth.

Using the image of the person lying on the table in the 3D plane, 4D—the collective mind or archetypal realm—forms a canopy over the person's body, which forms out of the polarizing thoughts and feelings of that person. The higher dimensions—5D through 9D—make portals in

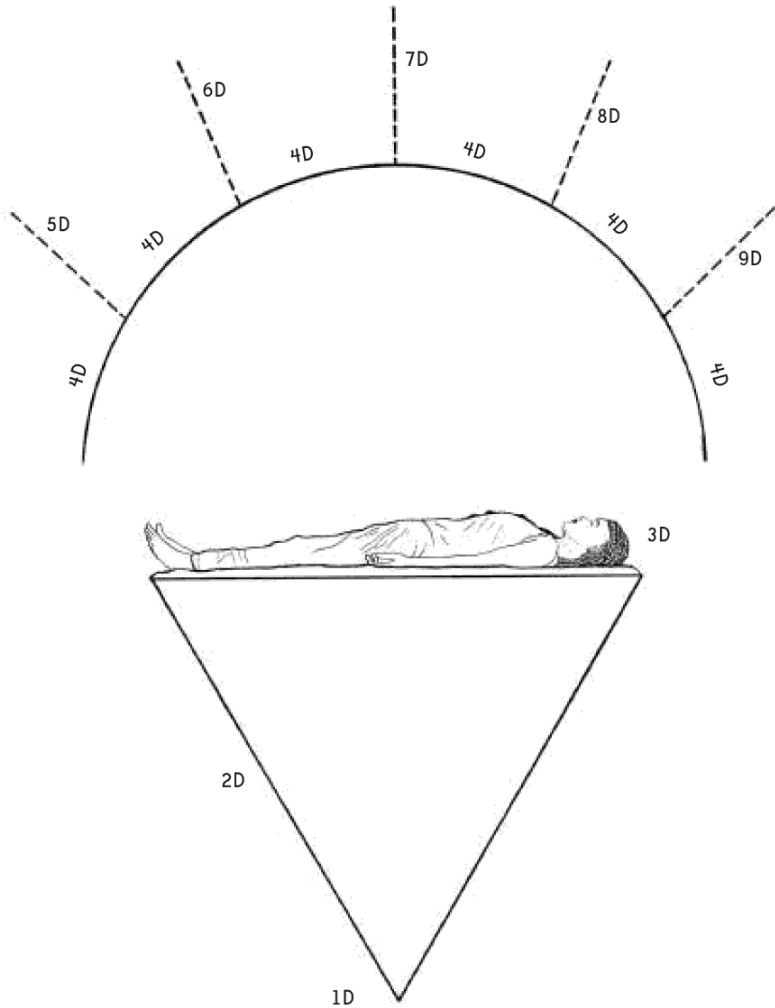


Figure 1.1 This shows how we humans receive all nine dimensions. Adapted from *The Pleiadian Agenda*, Barbara Hand Clow, p. 72.

this 4D canopy when the person resolves the polarity and activates subtle consciousness.

This multidimensional model shows how we each perceive the dimensions. The Ps told me to tattoo this drawing on the back of my hand, which was a bit much for me, so I memorized it perfectly. You, too, can avoid tattooing yourself by referring back to this diagram when you can't remember how to contact the nine dimensions. As we move progressively through the dimensions, I ask you constantly to imprint this simple little

diagram; this will reinforce the feeling that you can do it all in your own body. Later, you will see that the Circlemakers liked this model so much they made at least three versions of it in the fields in England in 1997!

Figure I.2 shows the dimensional structure of the vertical axis of consciousness from the lowest to the highest dimension. To explain the ener-

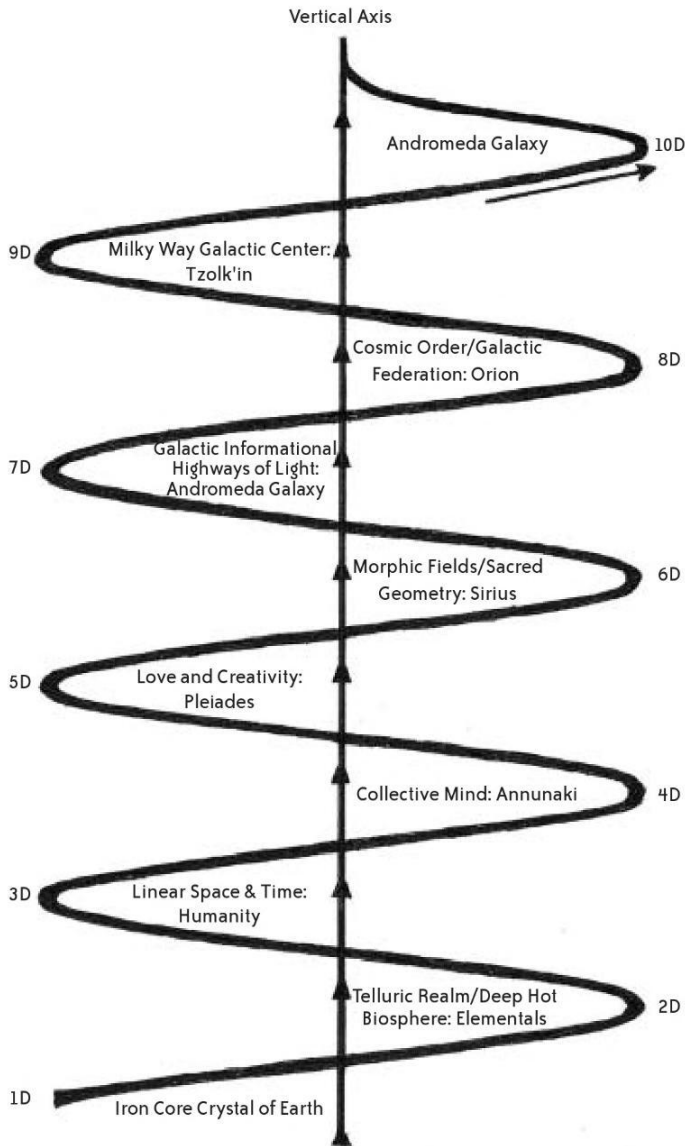


Figure I.2 The progressive structure of the vertical axis of consciousness. Adapted from *The Pleiadian Agenda*, Barbara Hand Clow, p. 163.

getics of the nine dimensions, we must progress from the first dimension to the ninth on the vertical axis. The lowest dimension (1D) is the densest dimension, and the highest (9D) is the least dense; the lower dimensions have less space, the higher ones more. Density is governed by gravity, which coaxes light or photons into forms. Feel how intense and dense the iron core crystal (1D) in the center of Earth must be.

According to science, the center of Earth is a huge iron core crystal, and iron crystals are twice as dense as other mineral crystals. The second dimension (2D) is the area between the iron core crystal and the crust; for example, the mantle. The second dimension is much denser than 3D, Earth's surface. We are solid in 3D, whereas 4D—the collective realm of thoughts and feelings emanating from all living things—is not solid. We all can *feel* 4D and participate in it, such as by sharing beliefs about history and religion.

As we move to higher dimensions—such as being in the heart (5D) or existing in sacred geometry (6D)—we experience each dimension going up the vertical axis as less dense, more spacious, more complex, and more difficult to explain in words. To move into the higher dimensions, we humans must expand ourselves, and to move into the lower dimensions, we must contract ourselves.

We are solid in 3D in linear space and time and have five senses. We stay in our realm by gravity, which I called “grabbity” as a child. Gravity, until we approach it more scientifically, represents the density factor. Gravity also exists in the higher and lower dimensions, and when we go to these levels, our specific gravity changes. Our bodies are located in 3D while we are alive, yet many functions of our energetic systems are stimulated by the lower two dimensions, the 1D iron core crystal and the 2D tectonic or telluric realm. We are also stimulated by the 4D collective thought realm, sometimes perhaps too much. We humans are like the center of an Oreo cookie sandwiched between the denser realms of Earth and the emotionally and mentally charged realm of the group mind that changes constantly according to what it's plugged into.

To be more explicit, 2D is the denser world of minerals and microbes, and 2D is much slower than our pulse, breath, or thoughts. The second dimension regulates all our autonomic body processes, and our health is absolutely contingent upon our resonance with it. Resonance means that our autonomic processes are vibrating in harmony with 2D, which maintains our physicality in 3D. The second dimension itself is a vibrating,

various energetic techniques to slow the vibrational frequency of the person down to the 2D, maybe even to the 1D level. The healer holds frequencies in his or her own body and helps the person shift his or her frequencies to encourage healing. Healing is the modulation of our frequencies in 3D in ways that encourage health. For example, 2D is the realm where inorganic matter becomes organic, and the beings there create all the codes of life. When we bring the 2D frequency into our bodies, our cells heal, DNA repairs, and blood flows like a pure crystalline stream from a high mountain lake. If the healer intuits that the person's block is emotional or mental, the healer will polarize the energy in the client's body, and a canopy of emotional energy stimulated by the collective field—4D—will form over the client's body on the table.

Some people feel the canopy as an emotional field that vibrates or crackles; the healer may also feel this. The healer charges this canopy with even more polarity, and the client will begin to see images or feel pain in various parts of the body. Then the healer can help the client bring forth these images to clear the body block by processing the content of the images and any pain that comes up. The person on the table is presenting previously-blocked energy that he or she is ready to release—that is, clearing trauma. As you will see later, the higher dimensions become available once the 4D blocks are cleared. The higher dimensions cannot be accessed without resolving polarity in our bodies. Also, the person must understand many things about these higher worlds in order to enter them and stay awhile; that material is the essence of this book.

Regarding how to read this book, complex scientific footnotes, as well as sources, have been kept out of the text so as to make it more readable; you can find this information in the endnotes section at the back. You will also find a glossary at the end of the book, in case you've forgotten the definition of a word. Please note that each dimension has been described in such a way as to trigger the actual energy of that dimension. We start with the incredibly dense first dimension, and each successive dimension is less dense and more "spacey." Therefore reading this book is like attending your own mini-Activation; if you find yourself getting agitated, take a moment to relax, have a cup of tea, and let yourself settle. If you find yourself getting sluggish or sleepy, stretch and take a walk. It might be wise to read one chapter a day in a sacred space as you explore these very powerful ancient dimensional teachings. Have a great journey!

Gerry's Introduction: The Healer's Quest

I began teaching with Barbara in Crete in 1996. I was one of nine men in a group of forty women; we men were celebrated by the women for our bravery, and the women were deeply enjoying being feminine in this goddess-rich landscape. I love Crete: the wooded hills, the drone of the locust in the hot, sun-baked mountains, the buzz of the bees collecting honey in the orchards, the crypt-like chapels in the groves of gnarled olive trees, the black cassocks on the Orthodox priests, the sense of fertility and order, simplicity and time. I'm glad I began my journey here.

I tell this story for the benefit of other men out there, and women, who might enjoy knowing how it was for a husband suddenly to be challenged by his wife to WAKE UP! and join her in her quest. No, it was not enough that we were co-publishers and co-owners of Bear & Company, a thriving New Age press in New Mexico. Nor was it enough that I had done my own past-life regressions, received my own profound healings from alternative therapists, and started to feel energy in my hands and sight in my third eye. Nor was it enough that I was a responsible father to our four children and a loving husband to her. She knew—and I knew, deep down inside—that we were on a quest, and the work had just begun.

We remembered our joint lifetime in Minoan times, she as a seer, I as a warrior and protector, and how our lives had been cut short by the cataclysmic eruption of Santorini Thera. Perhaps we did have to complete

onance with Paul Vick in Vermont. During this time I began to see clients, first as a hands-on spiritual healer, then as a Polarity Therapy practitioner, and finally as a craniosacral therapist. I am currently using this training to teach others, clients and students alike, what I have learned and what seems most appropriate to share at these times.

I am aided always by a deep memory of when I was a healer and teacher in another time. We call that time Atlantis, but that is not how the people thought of themselves at that time. We were part of a global maritime civilization; our technology was far advanced from today's; and yes, the end came, through a giant cataclysm with which you are all now familiar. The reason I share this memory with you is to say: We can do this, we can make the critical leap happen, we can return and continue on the path we once followed. Yes, we were all once less dense, and yes, we are moving, through personal healing and transmutation, to that lighter place, where there is more room for the Light in our bodies, in our consciousness—and at the same time we are still a part of Earth.

My work is now twinned with Barbara's work; we balance each other well. Thanks to my training and my years as an athlete, I love the body, honor the body, begin with the body—the diamond essence of physicality. Barbara, thanks to her tireless self-education and the training from her grandfather, loves the mind, the diamond essence of mental acuity. Together, we treat students the way we treat our family members: each as a unique being, allowing plenty of room for experimentation and growth. As Aquarian teachers, we like to empower our students, let them stand on their own, and see what happens. We like to combine the power of presence with the discipline of detachment. I like to call it “active neutrality.” I am honored and grateful to be in such a role, and I treasure every opportunity I have with students and clients. These moments together allow me to be at my full potential, which is something we all can help each other achieve these days.

Now, I'd like to tell you about the meditations that I have written at the start of each chapter and in my own chapter at the end. They are inspired from my trainings with Paul Vick, the extraordinary craniosacral teacher from London, and the insightful Polarity Therapy practitioner, Andreas Lederman, from Switzerland—and from my experiences co-teaching the workshops. I am giving you an image to work with, in a meditative state, that will facilitate your movement, mentally and energetically,

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