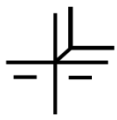






Effort



Effort can be described as the dynamics, qualitative use of energy, texture, color, emotions, inner attitude, etc. There is an ongoing (Flow) sense of self (Weight) in relation to the environment (Space) over time (Time).

Effort is both functional and expressive. Effort is not quantitative—it is qualitative. There is sometimes an underlying **functional** Effort (for example: Strength in a weight shift underneath a Light upper body). Usually, however, we are more concerned with the **expressive** aspects of Effort.

Motion Factors: Flow, Weight, Time, Space. Each Motion Factor is a continuum between the polarities which are Effort Elements/Qualities.

FACTOR	ELEMENT (Indulging)	ELEMENT(Condensing)	Motif Symbol (Only the Factor is shown here)
FLOW , as a Factor is about continuity, ongoingness, progression, emotions, involvement.	Free Flow: Outpouring, letting the inside out and the outside in, uncontrollable, can't be stopped, open hearted, fluid, etc.	Bound Flow: Contained, controlled, keeping the inside in and the outside out, can be stopped at any moment, rigid, boundaries, clarity, etc.	
WEIGHT , as a Factor is about sensing, intention, feeling my own weight, "me" oriented (me, myself, my physicality), presence, relationship to earth/gravity.	Light (Active Weight): Delicate, fragile, overcoming one's weight, buoyant, lifted up, etc.	Strong (Active Weight): Power, "standing one's ground," immovable, etc.	
	Limp (Passive Weight): Giving up my weight.	Heavy (Passive Weight): Complete collapse.	
	Weight Sensing (can be on the Light or Strong end): Between active and passive weight. You relax and release into your weight to sense it. Generally uses a lot of Flow.		
TIME , as a Factor is about intuition, decision making, related to the moment, now vs. not now, knowing the right moment to act, reinvesting in the moment.	Sustained: Lingered, drawing out the moment, luxuriate, languidly, adagio, prolonging, leisurely, "not yet, not now," etc.	Sudden or Quick: Urgent, instantaneous, staccato, quick, hurried, condenses the moment, spark-like, now, now, NOW!	
SPACE , as a Factor is about thinking, attention, intellect and ideas, perception—using my senses, environment/other related, external.	Indirect: Multi-focused, over-lapping, roundabout, scanning, taking it all in, expansive, seeing all the possibilities, etc.	Direct: Channeled, honing in, riveted, linear, laser-like, single-focused, pin pointed, "this is it," "this is the way."	

Effort can be a single Element or configurations of 2 (States), 3 (Drives), or 4 (full Effort) Factors.