Presence and Experiencing

PRESENCE

EXPERIENCING

Formless	Form
Awareness 7	Thinking/imagining
	Emotion
Witnessing	
	Sensation/sensing
Noticing	Gross (dense and subtle)
Attention	Longing/Yearning
A., 11	
Attending to	Valuing/Needing
5	
Being With	Acting/Behaviors
	(includes speaking)