

What are you experiencing?

- **Physical sensations:** pleasure, tension, warmth, pressure, etc.
- **Emotions:** love, anger, happiness, fear, etc.
- **Thoughts and ideas:** imagined scenes or objects, memories, fantasies
- **Spiritual sensations:** integration, elevation, alignment, connection

Six Capacities to Support A Culture of Possibility

- Social imagination
- Empathy
- Improvisation
- Cultural citizenship
- Connectivity
- Creativity



The Court Scene from Andrea Mantegna's
Camera degli Sposi, Mantova