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The Texturing of States

- Suppose you could *texture* your mental and emotional states . . .
- Suppose you could add various tastes, ‘feels’, and qualities to your current frame of mind . . .
- Suppose you could make the way you move through the world richer and fuller, radiating with a delightful and fascinating aroma . . .
- Suppose that you were not stuck or limited with just plain vanilla states . . .

If we begin with, and use, these ‘supposing’ questions regarding the quality and nature of our everyday mind–body states, we can then begin to design and engineer the quality of our lives. When we do this, we move to one of the most exciting and captivating features of meta-states.

Plain vanilla states

Consider the following mental and emotional states.

Confidence	Anger	Joy
Clarity	Fear	Playfulness
Commitment	Anxiety	Respect
Courage	Sadness	Interest
Congruence	Discouragement	Enthusiasm
Curiosity	Tension	Relaxation

Now take a moment to explore them in terms of how you experience the *quality* of these states. You could ask about their

Intensity and Strength
Accessibility and Development
Features and Feel