

Sleeping and Waking
Finding our Rhythm Part 2

Katarina Halm

Author *Wind at my back
*Horizons of Understanding.
*Rolling with Possibility

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“A KINETIC INTELLIGENCE is forging its way in the world, shaping and being shaped by the developing dynamic patterns in which it is living. Thus again we see that possibilities at any given moment do not stand out as so many recourses of action; possibilities are ADUMBRATED [overshadowed] **in the immediacy of the evolving situation itself**, a situation that **moment by moment opens up a certain world and certain kinetic ways of being in that world.**” (emphasis added KH)

– Maxine Sheets-Johnstone. 1999, p. 489; 2011, p. 424.
The Primacy of Movement
(1st edition 1999, expanded 2nd edition 2011)

“One cannot solve a problem any old way. There cannot be a feedback object, a carrying forward of a complexity any old way.

The CHANGE in the FORMATION is not the same as the change inherent in feeling the direct referent once it is there. The formation is murky—then suddenly the FURTHER formation is what the direct referent FALLS OUT FROM as a stable object or datum. For some seconds or minutes sometimes months, the falling out does not occur. It is nothing like turning and reflecting on what is there waiting. It is a very special formation. When it falls out, every bit of that sequence is exactly what the previous bit required, and the object made by that sequence is a PERFECT FEEDBACK OBJECT.” (emphasis added KH)

– Eugene Gendlin, A Process Model (1997 d)
Relevance and Perfect Feedback Object

Domain	Subscale	Description	Item Count
Social	Social Engagement Subscale	Higher scores on this subscale reflect the evaluation of the environment as non-threatening and safe for social engagement. These scores reflect feelings of being accepted, understood, cared for, being able to express oneself without being judged, and having someone to trust.	14
Compassion	Compassion Subscale	Higher scores on this subscale reflect the ability to be compassionate and feeling connected, empathetic, caring and wanting to help others.	7
Bodily	Bodily Sensations Subscale	Higher scores reflect internal sensations of the body in a state of calm capturing the feeling of relaxation in the face and the body, steady heartbeat and breath, and settled stomach.	8

4. Subscale Overview

Neuroception of Psychological Safety Scale (NPSS)

Manual and Scoring Guide

Morton, L., Cogan, N., Kolacz, J., Calderwood, C., Nikolič, M., Bacon, T., Pathe, E., Williams, D., Porges, S. (2021) ©

Neuroception of Psychological Safety Scale (NPSS) FORMS
with kind permission from Dr Jacek Kolacz

Brain Body Center Sensory Scales (BBCSS)	2
Auditory Processing (336699)	3
Visual Processing	6
Tactile Processing (Touch)	8
Ingestion and Digestion	11
Brain Body Center Sensory Scales (BBCSS)	24
Child form ~ Auditory Processing	24
Child form ~ Visual Processing	28
Child form ~ Tactile Processing (Touch)	30
Neuroception of Psychological Safety Scale - Generic Version (NPSS-G)	39
A New Measure of Feeling Safe: Developing Psychometric Properties of the Neuroception of Psychological Safety Scale (NPSS)	41
Purpose in Life Scale.pdf	50



“Sleeping Enough to Be Truly Awake”

<https://www.awakin.org/v2/calls/285/matt-walker/bio>

Awakin Call guest Matt Walker,

Professor of Neuroscience at UC Berkeley

Director of the Sleep and Neuroimaging Laboratory

The best bridge between despair and hope is a good night's sleep.

- E. Joseph Cossman -

FSPM: TWO BODY PROCESSES



FELT SENSE

Interoception

FOCUSING
& MINDFULNESS
MEDITATION

**Focusing Often Creates
a Felt Shift in Neuroception**

POLYVAGAL

Neuroception

AUTONOMIC
NERVOUS SYSTEM

THE SUBCONSCIOUS
DETECTION OF SAFETY
OR DANGER

Less and less do you
need to force things
until finally you arrive
at non-action.

When nothing is done,
nothing is left undone.

—Tao Te Ching *Stephen
Mitchell, trans.*

"Dreams lead some people to an abject reverence for ancient patterns, symbols, and rituals. (Jung called them "archetypes.") That is not the recommended attitude. A social pattern (current or ancient) deserves careful but rebellious handling. One cannot just wish it gone. It has energy because it is a life-pattern of the body. But, when its function is lived out differently, its power wanes. And even if we cannot live some of that, the old pattern weakens if our choices and intricate experiences are asserted in a continuing interplay with it. " Gene Gendlin
Appendix A Theory of the Living Body and Dreams, I. THE LIVING BODY, #1 - #14

[Source: ☆ Gendlin, E. T. \(1986\). #14. Political and Individual Change. In Let Your Body Interpret Your Dreams](#)