

# 80 Laban Effort Elements And Combinations With Space Affinities

(Pink Cells are the new Space Affinities)

EFFORT		Effort Elements within the Factors				SPACE	Space Affinity - Right Handed Directions			
Each Factor has 2 Elements		Weight	Space	Time	Flow		Vertical	Horizontal	Sagittal	Kinesphere
1-8 Effort Factors: Weight, Space, Time, Flow	Decreasing Pressure					Vertical Dimension	High			
	Increasing Pressure						Deep			
		Indirecting				Horizontal Dimension		Right		
		Directing						Left		
			Decelerating			Sagittal Dimension			Forward	
			Accelerating						Back	
				Freeing		Kinesphere				Far/Expanding
				Binding						
Two Factors: 6 States (24 combinations of Elements)		Weight	Space	Time	Flow	Representative Object	Vertical	Horizontal	Sagittal	Kinesphere
9-12 Stable State	Decreasing Pressure	Indirecting				Vertical Plane	High	Right		
	Increasing Pressure	Indirecting					Deep	Right		
	Increasing Pressure	Directing					Deep	Left		
	Decreasing Pressure	Directing					High	Left		
13-16 Awake State		Indirecting	Decelerating			Horizontal Plane		Right	Forward	
		Indirecting	Accelerating					Right	Back	
		Directing	Accelerating					Left	Back	
		Directing	Decelerating					Left	Forward	
17-20 Near/Rhythm State	Decreasing Pressure		Decelerating			Sagittal Plane	High		Forward	
	Increasing Pressure		Decelerating				Deep		Forward	
	Increasing Pressure		Accelerating				Deep		Back	
	Decreasing Pressure		Accelerating				High		Back	
21-24 Dream State	Decreasing Pressure			Freeing		Vertical Dimension (Vertical 1-Manifold)	High			Far/Expanding
	Increasing Pressure			Binding			Deep			Near/Contracting
	Decreasing Pressure			Binding			High			Near/Contracting
	Increasing Pressure			Freeing			Deep			Far/Expanding
25-28 Remote State		Indirecting		Freeing		Horizontal Dimension (Horizontal 1-Manifold)		Right		Far/Expanding
		Directing		Binding				Left		Near/Contracting
		Indirecting		Binding				Right		Near/Contracting
		Directing		Freeing				Left		Far/Expanding
29-32 Mobile State			Decelerating	Freeing		Sagittal Dimension (Sagittal 1-Manifold)			Forward	Far/Expanding
			Accelerating	Binding					Back	Near/Contracting
			Decelerating	Binding					Forward	Near/Contracting
			Accelerating	Freeing					Back	Far/Expanding
Three Factors: 4 Drives (32 combinations of Elements)		Weight	Space	Time	Flow	Representative Object	Vertical	Horizontal	Sagittal	Kinesphere
33-40 Action Drive	Decreasing Pressure	Indirecting	Decelerating			Cube	High	Right	Forward	
	Increasing Pressure	Directing	Accelerating				Deep	Left	Back	
	Decreasing Pressure	Directing	Decelerating				High	Left	Forward	
	Increasing Pressure	Indirecting	Accelerating				Deep	Right	Back	
	Decreasing Pressure	Directing	Accelerating				High	Left	Back	
	Increasing Pressure	Indirecting	Decelerating				Deep	Right	Forward	
	Decreasing Pressure	Indirecting	Accelerating				High	Right	Back	
	Increasing Pressure	Directing	Decelerating				Deep	Left	Forward	
41-48 Spell Drive	Decreasing Pressure	Indirecting		Freeing		Vertical Plane (2-Manifold)	High	Right		Far/Expanding
	Increasing Pressure	Directing		Binding			Deep	Left		Near/Contracting
	Increasing Pressure	Indirecting		Freeing			Deep	Right		Far/Expanding
	Decreasing Pressure	Directing		Binding			High	Left		Near/Contracting
	Increasing Pressure	Directing		Freeing			Deep	Left		Far/Expanding
	Decreasing Pressure	Indirecting		Binding			High	Right		Near/Contracting
	Decreasing Pressure	Directing		Freeing			High	Left		Far/Expanding
	Increasing Pressure	Indirecting		Binding			Deep	Right		Near/Contracting
49-56 Vision Drive		Indirecting	Decelerating	Freeing		Horizontal Plane (2-Manifold)		Right	Forward	Far/Expanding
		Directing	Accelerating	Binding				Left	Back	Near/Contracting
		Indirecting	Accelerating	Freeing				Right	Back	Far/Expanding
		Directing	Decelerating	Binding				Left	Forward	Near/Contracting
		Directing	Accelerating	Freeing				Left	Back	Far/Expanding
		Indirecting	Decelerating	Binding				Right	Forward	Near/Contracting
		Directing	Decelerating	Freeing				Left	Forward	Far/Expanding
		Indirecting	Accelerating	Binding				Right	Back	Near/Contracting
57-64 Passion Drive	Decreasing Pressure		Decelerating	Freeing		Sagittal Plane (2-Manifold)	High		Forward	Far/Expanding
	Increasing Pressure		Accelerating	Binding			Deep		Back	Near/Contracting
	Increasing Pressure		Decelerating	Freeing			Deep		Forward	Far/Expanding
	Decreasing Pressure		Accelerating	Binding			High		Back	Near/Contracting
	Increasing Pressure		Accelerating	Freeing			Deep		Back	Far/Expanding
	Decreasing Pressure		Decelerating	Binding			High		Forward	Near/Contracting
	Decreasing Pressure		Accelerating	Freeing			High		Back	Far/Expanding
	Increasing Pressure		Decelerating	Binding			Deep		Forward	Near/Contracting
4 Factors: 1 Complete Drive (16 combinations of Elements)		Weight	Space	Time	Flow	Representative Object	Vertical	Horizontal	Sagittal	Kinesphere
65-80 Complete Drive	Decreasing Pressure	Indirecting	Decelerating	Freeing		Tesseract (4-Dimensional analogue of a cube, Euclidean 4-space)	High	Right	Forward	Far/Expanding
	Increasing Pressure	Directing	Accelerating	Binding			Deep	Left	Back	Near/Contracting
	Decreasing Pressure	Indirecting	Decelerating	Binding			High	Right	Forward	Near/Contracting
	Increasing Pressure	Directing	Accelerating	Freeing			Deep	Left	Back	Far/Expanding
	Decreasing Pressure	Directing	Decelerating	Freeing			High	Left	Forward	Far/Expanding
	Increasing Pressure	Indirecting	Accelerating	Binding			Deep	Right	Back	Near/Contracting
	Decreasing Pressure	Directing	Decelerating	Binding			High	Left	Forward	Near/Contracting
	Increasing Pressure	Indirecting	Accelerating	Freeing			Deep	Right	Back	Far/Expanding
	Decreasing Pressure	Directing	Decelerating	Freeing			High	Left	Back	Far/Expanding
	Increasing Pressure	Indirecting	Decelerating	Freeing			Deep	Right	Forward	Far/Expanding
	Decreasing Pressure	Directing	Decelerating	Binding			High	Left	Back	Near/Contracting
	Increasing Pressure	Indirecting	Decelerating	Freeing			Deep	Right	Back	Far/Expanding
	Decreasing Pressure	Directing	Decelerating	Binding			Deep	Left	Forward	Near/Contracting
	Increasing Pressure	Indirecting	Accelerating	Binding			High	Right	Back	Near/Contracting
	Decreasing Pressure	Directing	Decelerating	Freeing			Deep	Left	Forward	Near/Contracting
	Increasing Pressure	Indirecting	Accelerating	Freeing			High	Right	Back	Far/Expanding

