

To access Pi:

I don't think it needs to go into heavy pattern analysis if it's not integrated much in your psyche. Easy Pi trigger is going into anecdotes and describing the chains of events of the shared story. Try to delve into how each element of the story (people, place, objects) relate to each other because of how events unfolded altogether. Or how some random object makes you recall something from your past, and how it is now playing into your life (how important it might be). It's not about logical or rational bonds, it's about *circumstances* that created a bond.

A good example could be talking about your day at work, how did it go? What is usual and recurrent at work? What are certain coworker habits that keep coming around? Or what is your routine? How has everything played out *similarly* from the past week? What is *similar* today from yesterday?

Vultological Aspects to Consider

Physically, get yourself comfortable. Pi is a comfort zone. It visits something known, already discovered. You need to create a sort of invisible bubble of comfort, which is the narrow head zone.

And it's dense, your body becomes dense, as if heavier as it is carrying a lot in its delivery. But it's fluid, because there is always more to be added. I always compare Pi to water, where something onto it creates a ripple and can get engulfed and added into its vast pool of "liquid".

The body reacts the same, it takes time to incorporate a new element, thus it is slowed, but it still moves *along* with it. There shouldn't be resistance, but still a heaviness due the density it withholds and the need to see how and/or where it fits within everything previously encountered. So, slow down your movements, take the time to let them be moved, like the effect of a ripple or a wave. The more there is a charge of information, the slower and heavier it gets, leading to the slow inert motions. So, the slower and heavier you get, the more it should help to delve "deep" into the "pool" of information you have.

If you are Je lead, try to slow down your movements, and allow them to trail off to bring fluidity between your points. It doesn't require loosening the firmness of the limits you establish, but it still allows space to add them up and make them gain in weight. If you are Ji lead, allow your neck and torso to relax, and in your few movements, let them trail off as well. Also, if toggles happen, try to delay between each and try to bring them back

into a narrow zone of exploration. If you are Pe lead, simply slow your movements. Keep the same fluidity, but slow them down, like if you were in a pool and moving in it. And try to toggle in one particular area, even if it's not in the cone at the beginning.

To access Je:

Whatever the question, ask yourself how things "should be", and how they "should be" a certain way that is probably different from what it actually is. Je has a sense of how things "should go", how they should "add up" together. It goes by a "logical causation", so something you feel isn't "doing or resulting in how it should" could indicate a way to trigger your Je. It's all about how things are expected to add up together, not by anecdotal knowledge, but by logical deductions.

It could be something really simple like about how peanut butter and garlic pickles should or shouldn't be a thing (because some people like that combination, I swear to god). Or why toilet paper should be displayed on a certain side, or how fucking laundry should be done... Really basic dumb stuff that Je ironically cares about. You could choose topics such as some ideology as well, like feminism, wo/manhood, body positivity, politics, school systems... Those are heavier topics though, so that might require a certain degree of acceptance of Je to get heated about it.

Vultological Aspects to Consider

Physically, it's literal assertion. Take space. Let yourself show and create boundaries. Establish how you stand. The more you feel strongly about something, the more it creates pushes since it speaks of firm boundaries and thresholds. It's as if you are showing the line to not cross. This is why the hands and head are heavily implicated, they show, they extend, and the motion should be clear, since boundaries imply a clarity of how and where they stand.

There is force into Je because of this, so there should be force in your movements. However, it doesn't matter if it's fast or slow, what matters is the intensity of the impact and the clarity of the impact. If you are Pi lead, don't force the speed, accentuate the clarity, the impact and be careful to extend properly. If you are Pe lead, don't necessarily try to slow it down, but take the time to clear cut your motions. If you are Ji lead, extending the motion will be the most difficult part, so take the time to push and try to gain force into the extension as you get used to using Je.

To access Ji:

I want to say get philosophical, like question the core of things you are inquiring about. Almost question everything like children do. What makes you say X event/person/action is good, bad, practical, impractical, revolutionary, etc. What's the core of things? What can't you subtract from the object/subject you are discussing or else it becomes something else. Also, getting picky on what words you are choosing to describe what you are describing. It's mind wrecking but Ji is a real grammar Nazi, it really cares about being accurate. It seeks oneness, as in seeking how it can nail into one word, sentence or conception the topic, subject or object at hand.

Literal dumb example: What makes a chair a chair. Which parts can't you subtract or else it cannot be considered a chair anymore. Is it its utility that makes it a chair? But then whatever you sit on could be a chair, and we can't say a box full of stuff is a chair, so what distinguishes them? Is it its form? But then if it looks like a chair but you can't sit on it, is it still a chair? And I would start with simple things as well to not get knee deep into Ji right off the bat (or your brain gonna auto destruct itself. Not good, no one wants that). Even my chair question went pointlessly deep.

Vultological Aspects to Consider

Physically, contrary to Je, retract yourself. You should say less rather than more. There is caution in Ji, a delicateness in its delivery, through the body but through the words as well. The boundaries are scarce and aren't as extended, so all your body is rather restrained.

It's not comfortable like Pi is; it's also impenetrable, but much more in standstill and fragile in its extensions (thus exerted pushes). There is density in Pi, while there is scarcity in Ji. There is certainty in Pi, while there is uncertainty in Ji. The body should reflect this through how the limbs get retracted, as if defensive because it gets to the very core of the matter (the body). But the core of the body is unshakable, since Ji's fundamentals are irrefutable. So the body itself should be firmer and almost immobile. It is more resistant than Pi is at its core, but also much more flexible in its extension since it is scarce in its delivery. As I said, it wants to say less, but with exactitude within a few words and movement.

For Pe leads, define with precisions, but also care about your motions. It is slower motion than if Je was involved, and far more cautious. Get back to your body and try to make your torso stand straighter as if it was the lighthouse from which you start your explorations. If you are Pi lead, same with the torso, get straighter, and try to incorporate delicateness into your fingers. Also, take pauses to reflect on whatever you

are rambling about and see the fundamental aspect that interrelates everything together. For Je lead, pauses. When you assert something, delay your next sentence and choose your words more wisely. Incorporate delicacy in your delivery, it should help to refine the "line" where you are drawing your point. Thinner but cleaner is better than thicker and scattered.

To access Pe:

Hum... I'll let Pe people share for this one because I'm more clueless about it lmao. I would guess to let yourself derive from one idea to another. How what you are talking about suddenly makes you wonder about another topic, and how it could evolve... But well, I'd prefer a Pe person to tell me x"D

Vultological Aspects to Consider

Physically it also takes space, but contrary to Je, it's much more tentative and literally exploratory. It's fluid and undefined because it explores limits and boundaries rather than establishing them. There is almost randomness to it, while Je is purposeful in its gestures. So, Pe demands letting the whole body move around and even breaking any perceived boundaries to see what lies beyond. When hitting a wall or approaching a potential yet presently unexplored zone, it almost instinctively sways the body/eyes to go beyond it. When it comes to perceived obstacles/boundaries, the firmer or thicker it is perceived, the more intense the body swaying feels or more eye toggling happens.

I would say, for Ji leads, allow your movement to trail but through expansion rather than in the slow inert way like Pi. And your body to loosen and let your head follow the toggles more. For Je lead, it would be to allow your movement to take amplitude and be more tentative. There is some defined line, but also a bit further ahead too, though it's still yet to be explored. And for Pi leads, to give movement to this density allow it to move near the threshold of the comfort zone and go at least a bit further beyond. Briefly, simply allow more amplitude in the movement of the eyes, the drifts, in the hand gestures, head and body specifically.