

POWER'S TRINITY OF EXPRESSION

Areas of Expression	Mental	Moral	Vital
What is dominant	Thought (mind to mind)	Empathy (heart to heart)	Vitality (Slice of life)
Movement is through/revealed in	Ida/discovery	Images/feelings	Action/visualization
What is internalized	Thought	Feelings	Story
Eye focus	Direct	Indirect	Combo
Emphasis through	Infection	Extension	Energy
Pause to	Get inside thoughts	Respond on feeling level	Get with the action
Non-verbal	Fingers, eyes	Face, palms	Arms, torso
Bottom Line	Clear thought patterns	Depth of Feeling	Character internalization

Adapted from Leland Powers, Practice Book.
Boston: Haven Merrill Powers Publishing, 1916.