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### The Ecology Of The Brain In Shaping The Dynamics Of Experience

Our bodies and brains exist in a nested system of place, culture, the world, and the extended universe, subject to ever-changing dynamics. Inevitably, feelings arise from bodily states elicited by our physical synchronization in places, layered with social and cultural exchanges and meaningful artifacts, creating the continuity of our personal journey that is inevitably structured in time and space. The transition between our internal and external worlds can be clearly demarcated by our actions that can take the form of movement outside our bodies, extend as thoughts internally, and bridge to create our personal histories. Spaces can interact with our systems to create resonance, rhythms, and feelings that are seamless with our cognition, actions, and realized experience. When in balance, the dynamical intersections of our interoceptive and exteroceptive capacities allow “state flexibility” or the ability to fluidly change our perceptual state to meet the ongoing dynamics of the world. Appreciating our built world as part of this ecosystem is fundamental to thriving.