

12 Basic States

	Active		Restful	
	Objective	Subjective	Objective	Subjective
Somatic	Touch	Feel	Relax	Peace
Visual	Sight	Image	Light	Blank
Auditory	Sound	Talk	Silence	Quiet

FIT Space

(Subjective Triad, sense of self)

	Active		Restful	
	Objective	Subjective	Objective	Subjective
Somatic	<i>Touch</i>	Feel	<i>Relax</i>	Peace
Visual	<i>Sight</i>	Image	<i>Light</i>	Blank
Auditory	<i>Sound</i>	Talk	<i>Silence</i>	Quiet

It Space

(Objective Triad, sense of "other")

	Active		Restful	
	Objective	Subjective	Objective	Subjective
Somatic	Touch	<i>Feel</i>	Relax	<i>Peace</i>
Visual	Sight	<i>Image</i>	Light	<i>Blank</i>
Auditory	Sound	<i>Talk</i>	Silence	<i>Quiet</i>

Image-Feel Space

	Active		Restful	
	Objective	Subjective	Objective	Subjective
Somatic	<i>Touch</i>	Feel	<i>Relax</i>	Peace
Visual	<i>Sight</i>	Image	<i>Light</i>	Blank
Auditory	<i>Sound</i>	<i>Talk</i>	<i>Silence</i>	<i>Quiet</i>

Talk-Feel Space

	Active		Restful	
	Objective	Subjective	Objective	Subjective
Somatic	<i>Touch</i>	Feel	<i>Relax</i>	Peace
Visual	<i>Sight</i>	<i>Image</i>	<i>Light</i>	<i>Blank</i>
Auditory	<i>Sound</i>	Talk	<i>Silence</i>	Quiet

Talk-Image Space

(i.e., "Thought," "Mind")

	Active		Restful	
	Objective	Subjective	Objective	Subjective
Somatic	<i>Touch</i>	<i>Feel</i>	<i>Relax</i>	<i>Peace</i>
Visual	<i>Sight</i>	Image	<i>Light</i>	Blank
Auditory	<i>Sound</i>	Talk	<i>Silence</i>	Quiet