

Reference Glossary

Active state

DEFINITION: There is no general definition for “active state.” It is uniquely defined for each basic space. The active state for a basic space is sometimes referred to as the active aspect or simply as activity.

	DEFINITION	LABEL
<i>Touch Activity</i>	Any body experience <i>other than</i> Feel, Peace, or Relaxed.	Touch
<i>Sight Activity</i>	Looking at external objects	Sight
<i>Sound Activity</i>	Listening to external sounds	Sound
<i>Feel Activity</i>	Body sensation that seems emotional in nature.	Feel
<i>Image Activity</i>	Visual thinking.	Image
<i>Talk Activity</i>	Verbal thinking.	Talk

Application strategy

DEFINITION: Application strategies are a way of organizing focusing techniques for dealing with a specific challenge, issue, situation, or doorway of opportunity. They are “strategies” in the sense that they give you a way of thinking about how you can use what you know to deal with what you face. The thing you are facing is the “application.”

Auditory Space

DEFINITION: Sound Space and Talk Space taken together.

COMMENTS: Evenly covering this space can lead to a merging of inside and outside within the auditory modality, especially when the themes of flow or rest present themselves in both poles of the space.

Auditory Space in one of the three modality spaces.

Synonyms for Auditory Space are Sound-Talk Space, Auditory dyad, or Sound-Talk dyad.

The Basic States of this space are: Sound, Talk, Silence, Quiet.

Basic procedures

DEFINITION: Focusing techniques that can be specified by two parameters (characteristics):

1. Where (Any one of 20 or more commonly used domains)
2. How (Either of two basic focusing methods – Noting States or Covering the Space)

The basic procedures are organized into Basic Routines.

Basic space

DEFINITION: Any one of the following six:

Touch Space	Feel Space
Sight Space	Image Space
Sound Space	Talk Space.

Basic States

DEFINITION: The states of activity or rest within a given sensory space.

BIT Space

See Bodymind Space

Blank

DEFINITION 1: During closed-eye practice, Blank is defined as the general sense of darkness and/or brightness in front of or behind your closed eyes.

COMMENTS: Most people experience a mottled mixture of dark areas, bright areas, and grays. Whitishness or gray can be considered a form of brightness. Alternative terms for Blank are Blankness, Dark (if darkness predominates), Bright (if brightness predominates), and Background.

DEFINITION 2: During open-eyed practice, Blank is defined as looking inward toward Image Space, but not at any image.

COMMENTS: This might be referred to as “pure image rest.” By way of contrast, the darkness/brightness behind your closed eyes is actually a mixture of Image Rest and Sight Rest because some darkness/brightness actually comes from the outside, through your eyelids.

Body Space

DEFINITION: Touch Space and Feel Space taken together.

COMMENTS: Body Space may sometimes be experienced as conforming to the usual size and shape of the physical body (two arms, two legs, the head, face, and torso, all connected).

At other times Body Space may seem larger than the physical body, more like an extended cloud or a sphere. It may even seem to shade into endless spaciousness in all six directions.

Neither of the above possibilities is preferable over the other. In fact, they both represent windows of opportunity, although different ones.

Body Space is sometimes referred to Touch-Feel Space.

The Basic States of this space are: Touch, Feel, Relaxed, Peace.

Bodymind Space

DEFINITION: Body Space and Mind Space taken together.

COMMENTS: Bodymind Space is big and complex. You can contact it in several ways...

- Directly contact all four spaces at once
- Contact Mind Space and then add Body Space (or the other way around)
- Contact Subjective Space (Feel-Image-Talk Space) and then add Touch Space

Bodymind Space is also referred to as BIT Space.

The Basic States of this space are: Touch, Feel, Image, Talk, Relaxed, Peace, Blank, Quiet.

Clarity

SURFACE DEFINITION: Sensory specificity.

COMMENT: Sensory specificity means the ability to keep track of the components of your sensory experience – Touch, Sight, Sound, Feel, Image, Talk.

DEEPER DEFINITION: Soaking awareness into the neural circuitry that creates sensory experience.

COMMENT: The Buddha said, “The eye comes to know the eye as eye, the body comes to know the body as body...”

Domain

DEFINITION: One or a combination of sensory spaces that you have chosen to be your object of meditation for the present time.

COMMENTS: Domain is an abbreviation for “domain of focus.”

Whenever you designate a domain, you conceptually partition all sensory experience into two mutually exclusive sets...

- Sensory experience that lies within the designated domain, which you attempt to spotlight.
- Sensory experience that lies outside that domain, which you let be active, but in the background.

A domain that involves a single sensory space is referred to as a simple domain. One that involves two or more sensory spaces is referred to as a compound domain.

Equanimity

SURFACE DEFINITION: An attitude of gentle matter-of-factness with regard to your sensory experience.

COMMENT: Common synonyms (all more or less misleading!) include – witness consciousness, detachment, acceptance, creating distance, collapsing distance, “owning,” non-identification, *ataraxia* (Greek Stoics), *apatheia* (early Christianity).

DEEPER DEFINITION: Radical non-interference with the sensory circuitry of your own nervous system.

Feel Activity

DEFINITION: Body sensation that seems emotional in nature.

COMMENTS: Common “flavors” of Feel include:

Anger	Interest
Fear	Joy
Sadness	Love
Embarrassment	Gratitude
Impatience	Humor
Disgust	Smile
Something unpleasant	Something pleasant

Something

Mixture (whose individual components cannot be discerned)

Changes in body sensation triggered by sensory events (Touch, Sight, Sound, Image, Talk) are usually emotionally tinged and therefore constitute Feel. Also, changes in body sensation that occur when will or desire arise often come under the category of Feel. For example, the subtle smile associated with thinking about something you’d like to have, or the subtle fear or subtle teariness associated with not having what you want, are important instances of Feel.

Feel may be well-defined in terms of quality, or it may be ill-defined (when doing the special exercise called *Noting Feel Flavors*, ill-defined Feel may be labeled as something unpleasant, something pleasant, or just something). Feel may be well-defined in terms of location, or it may be difficult to ascribe a location to it. If it seems difficult to locate, a good assumption is that the Feel is subtly present throughout your whole body.

The label for Feel Activity is “Feel.”

Feel Rest

See Peace

Feel Space

DEFINITION: The three-dimensional volume of the body when experienced from the perspective of detecting the presence or absence of Feel Activity.

COMMENTS: If you have one or more emotional centers in your body, then Feel Space consists of those centers especially, plus the rest of the body, since Feel Activity may spread beyond the centers to affect the whole body.

If you do not have any emotional centers, then Feel Space is simply the whole volume (height, width, depth) of your body.

An emotional center is a place in your body where Feel Activity tends to be prominent. Emotional centers are often, though not inevitably, located along the front central axis of the body.

The Basic States of this space are: Feel, Peace.

FIT Space

DEFINITION: Feel Space, Image Space, and Talk Space taken together.

COMMENTS: Synonyms for FIT Space are Subjective Space, and the Subjective Triad.
The Basic States of this space are: Feel, Image, Talk, Peace, Blank, Quiet.

Flow

DEFINITION: Movement, change, “energy,” or force present within a sensory experience.

COMMENTS: The most common “flavors” (types) of flow are:

- Expansion flow
- Contraction flow
- Bidirectional flow (expansion and contraction at the same time)
- Undulatory (wavy) flow
- Vibratory flow (bubbling, electricity, pulsating, sparks, scintillating mist, and so forth)

Flow in Feel Space

DEFINITION: Flow occurring in Feel Activity or Feel Rest (Peace).

COMMENTS: In Feel Activity, flow may take the form of:

- Expansion, contraction, vibration, undulation and so forth.

When feel fills the whole body and begins to soften, it may take the form of:

- “Global undulatory flow,” like the graceful waving of seaweed in a tide pool.

In Feel Rest, flow may take the form of:

- A perception that your emotional centers are sort of idling in neutral in the background without creating any actual Feel Activity in the body.

Flow in Image Space

DEFINITION: Flow occurring in Image Activity or Image Rest (Blank).

COMMENTS: In Image Activity, flow may take the form of:

- Images moving as though animated from within.
- Images continuously melting and morphing into each other.
- Images inflating (expansion) or thinning out (contracting).
- An underlying vibratory matrix that constantly churns images into existence then reabsorbs them.

In Image Rest, flow may take the form of:

- Subtle vibration on the blank mental screen (like snow on a TV monitor when the channel has gone off the air).
- The patches of dark or bright that constitute your Image Rest constantly changing shape.

Flow in Sight Space

DEFINITION: Flow in Sight Activity or Sight Rest.

Flow in Sound Space

DEFINITION: Flow in Sound Activity or Sound Rest.

Flow in Talk Space

DEFINITION: Flow occurring in Talk Activity or Talk Rest (Quiet).

COMMENTS: In Talk Activity, flow may take several forms:

- Vibration in Talk Space as talk activates (loosely analogous to the physical vibrations that may occur in your body due to mechanical linkage with deep or loud external sounds).
- The Talk Activity may spread (expand) in Talk Space as it arises, or it may grip your attention (a flavor of contraction), or it may thin out as it spreads through Talk Space (thus, simultaneously expanding and contracting).

In Talk Rest, flow may take the form of:

- A subtle undercurrent of buzzing or vibrating (like the static between radio stations).

Flow in Touch Space

DEFINITION: Flow occurring in Touch Activity or Touch Rest (Relaxed).

COMMENTS: In Touch Activity, flow may take the form of...

- Expansion, contraction, vibration, undulation and so forth.

When touch fills the whole body and begins to soften, it may take the form of:

- “Global undulatory flow,” like the graceful waving of seaweed in a tide pool.

In Touch Rest, flow may take the form of:

- A wave of relaxation sensation that circulates from place to place over much or all of your body.

Image

DEFINITION 1: Abbreviation and label for Image Activity.

DEFINITION 2: Abbreviation for Image Space.

Image Activity

DEFINITION: Visual thinking.

COMMENTS: Thoughts related to people, places, physical objects, memories, planning, and fantasies tend to involve image activity. Patterns of color or geometrical shapes are not considered Image Activity because, although they are visual, they are not a form of “thinking.” An Image Activity is defined as visual thinking.

The label for Image Activity is “Image.”

Image-Feel Space

DEFINITION: Image Space and Feel Space taken together.

COMMENTS: Traumatic memories as well as “archetypal arisings” (spiritual visions and so forth) arise primarily in this space. The subliminal regions of this space are where the sum total of one’s memories and the emotions associated with them (one’s *imago mundi*) are stored.

The Basic States of this space are: Image, Feel, Blank, Peace.

Image Rest

See Blank

Image Space

DEFINITION: The totality of locations where Image Activity or Image Rest (Blank) may occur.

COMMENTS: There are three such locations:

- *In front of or behind your eyes* – Where memory, planning and fantasy images tend to occur.
- *Out around you* – Where images of your surroundings and images triggered by sounds tend to occur.
- *Back or down on your body* – Where your overall image of self and images triggered by body sensation tend to occur.

We will sometimes refer to the area in front of or behind your eyes where memory, planning, and fantasy tend to occur as the Center of Image Space.

Some people call this area as their mental screen. Other people use the term mental screen to refer to the whole of Image Space.

“Mental screen” is a metaphor. Don’t expect it to have a rectangular border like a TV screen!

The Basic States of this space are: Image, Blank.

Image-Talk Space

See Mind Space

Labeling

DEFINITION: To label means to think or say a word or phrase that describes what you are noting.

COMMENTS: The relationship between mindfulness, noting, and labeling is as follows: Labeling is designed to facilitate noting; noting is designed to facilitate mindfulness.

Light

DEFINITION: Ignoring color and pattern in Sight Space and focusing instead of light and spaciousness there.

COMMENT: Thus, Light, is a term for the restful state in Sight Space.

Mind Space

DEFINITION: Image Space and Talk Space taken together.

COMMENTS: Thus, far from being a whispery abstraction, mental experience, at least on the surface, is tangibly sensory (visual and/or auditory) and spatially distributed (the visual part tends to be centered in the front; the auditory part tends to be centered in the back). This means that it is possible to track subjective mental experience as a function of time and space, just as you would for any other system in nature. Thus, mental experience is quantifiable in that you can speak of it meaningfully in terms of...

- How much (activity) of
- What (visual or verbal) happens
- Where (projected in front, out, on the body, or in the head) and
- When (in real time) and
- Changing at what rate (derivative of mental activity with respect to time, dM/dt)

Mind Space is sometimes referred to Image-Talk Space.

The Basic States of this space are: Image, Talk, Blank, Quiet.

Mindfulness

DEFINITION: Clarity and equanimity.

COMMENTS: A fuller expression for clarity would be “clarity regarding sensory experience.” I use this fuller phrase when we want to emphasize that we are clarifying sensory events – their types, spatial distribution, level of activity, interaction, rates of change, and so forth.

A fuller expression for equanimity would be “equanimity regarding sensory experience.” I use this fuller phrase when we want to emphasize that our attitude of non-interference is with regard to sensory events, and that this should never be taken to imply an attitude of non-interference with objective situations!

Mindfulness practice

DEFINITION: Systematic methods that significantly increase your base level of clarity and equanimity.

Modality Space

DEFINITION: A pair of sensory spaces that includes the subjective and objective poles of a sensory modality.

COMMENTS: There are three sensory modalities: visual, auditory, and somatic. Therefore, there are three modality spaces: Vision Space, Auditory Space, and Body Space.

Noting

DEFINITION: To note something means to notice it and then focus on it intently (but gently!) for a few seconds, unless it happens to immediately vanish.

Objective Space

DEFINITION: Touch Space, Sight Space, and Sound Space taken together.

COMMENTS: Also known as the Objective Triad, or TSS Space.

The Basic States of this space are: Touch, Sight, Sound, Peace, Light, Silence.

Objective Triad

See Objective Space

Peace

DEFINITION: The conscious awareness that there is little or no Feel Activity in Feel Space.

COMMENTS: Peace is an abbreviation for “emotional peace,” and signifies the restful aspect of Feel Space. It is most easily detected as an “idling” or as a sense of tranquility in your emotional centers.

An alternative term for Peace is Neutral.

Quiet

DEFINITION: The conscious awareness that there is little or no Talk Activity in Talk Space.

COMMENTS: Quiet is an abbreviation for “mental quiet,” and signifies the restful aspect of Talk Space. As when you go from a noisy street into a quiet room, you actually hear the silence for a moment. People usually quickly acclimate to that silence and then no longer hear it in a tangible way. The trick in focusing on Quiet is to not acclimate but to hear it anew moment by moment – a samadhi whose object is the stillness in Talk Space.

Relaxation

DEFINITION: Any perception of body repose or muscle relaxation.

COMMENTS: Relaxation is the restful aspect of Touch Space. Relaxation may occur in just one location, or shift around from place to place, or affect your whole body at once. Alternative terms for Relaxation are Relax, or Relaxed.

Rest state

DEFINITION: There is no general definition for “rest state.” It is uniquely defined for each basic space. The restful state for a basic space is sometimes referred to as the restful aspect or simply as rest.

	DEFINITION	LABEL
<i>Touch Rest</i>	Any sense of body repose or muscle relaxation.	Relaxed
<i>Sight Rest</i>	Ignoring color and pattern in Sight Space and focusing instead of on the light and spaciousness there.	Light
<i>Sound Rest</i>	When you are in a quiet location sound rest means tangibly hearing the silence. When you are not in a quiet location, sound rest means listening through, around or away from the external sounds.	Silence
<i>Feel Rest</i>	The conscious awareness that there is little or no activity in Feel Space.	Peace
<i>Image Rest</i>	During closed-eye practice, Blank is defined as the general sense of darkness and/or brightness in front of or behind your closed eyes. During open-eyed practice, Blank is defined as looking inward toward Image Space, but not at any image.	Blank
<i>Talk Rest</i>	The conscious awareness that there is little or no activity in Talk Space.	Quiet

Sensory space

DEFINITION: One or a combination of basic spaces.

COMMENTS: Sensory space is usually abbreviated to just space.

Sensory spaces made up of two basic spaces are sometimes referred to as dyads. Those made up of three basic spaces are triads. Those made up of four basic spaces are tetrads. Those made up of five basic spaces are pentads. And all sensory experience taken together could be described as the “full sensory hexad.”

Sensory modality

DEFINITION: Any one of the three most general “flavors” of sensory experience: visual, auditory, and somatic.

COMMENTS: A sensory modality may be sometimes referred to simply as a modality, for example, in the phrase “modality dyad.”

Sight Activity

DEFINITION: Looking at external objects.

Sight Rest

See Light

Sight Space

DEFINITION: The volume of colored and patterned light that appears in front of us when our eyes are open.

COMMENTS: Commonly referred to as “the material world.”
The Basic States of this space are: Sight, Light.

Silence

DEFINITION: When you are in a quiet location, Silence means tangibly hearing the silence.
When you are not in a quiet location, Silence means listening through, around, or away from the external sounds.

COMMENT: Silence represents the restful aspect of Sound Space.

Sound Activity

DEFINITION: Listening to external sounds.

Sound Rest

See Silence

Sound Space

DEFINITION: The total volume of perceived sound and silence around you in six directions.

COMMENTS: The Basic States of this space are: Sound, Silence.

Special exercise

DEFINITION: Techniques which involve focusing methods other than Noting States or Covering Spaces.

Stability

DEFINITION: The absence of flow.

COMMENTS: The adjective is “stable.”

Standard order

DEFINITION: The order in which a set (collection) of terms (words or phrases) should be memorized.

COMMENTS: In general, if you have N terms in a collection, there will be “N factorial” = $1 \times 2 \times \dots \times N$ ways of making them into a sequential list. For example, there are 1×2

$\times 3 \times 4 = 24$ ways (!) of listing the four elements in the set {Touch, Feel, Image, Talk}.

The reason for choosing just one of the possible ways and using only that way is two-fold...

- So you can rattle it off automatically without having to think.
- Some of the orderings are more “natural” than others.

There are two basic principles involved in determining the standard order.

- In terms of spaces: Touch < Sight < Sound < Feel < Image < Talk
- All active states precede any of the restful states.

For example, Bodymind states should be memorized as Touch, Feel, Image, Talk, Relaxed, Peace, Blank, Quiet. The objective triad (TSS) should be memorized as Touch, Sight, Sound, Relaxed, Light, Silence.

Subjective Space

See FIT Space

Subjective Triad

See FIT Space

Talk

DEFINITION 1: Abbreviation and label for Talk Activity.

DEFINITION 2: Abbreviation for Talk Space.

Talk Activity

DEFINITION: Verbal thinking.

COMMENTS: It can come in the form of clear words, subtle whispering, or as a vague preverbal rumbling in your head. It may be your own voice or involve the voices of others. The label for Talk Activity is “Talk.”

Talk-Feel Space

DEFINITION: Talk Space and Feel Space taken together.

COMMENTS: For many people this space is the center of self, although the Feel component may be quite nebulous. Judgments and beliefs come up primarily in this space.

The Basic States of this space are: Talk, Feel, Quiet, Peace.

Talk Rest

See Quiet

Talk Space

DEFINITION: The place where you listen for Talk Activity or Talk Rest (Quiet).

COMMENTS: For most people this will be in their head and/or at their ears. Its size, shape, and exact location are often rather vaguely defined. That's fine. "In my head" is sufficiently precise for the purpose of our work.

The Basic States of this space are: Talk, Quiet.

Touch Activity

DEFINITION: Any body experience *other than*...

- Feel
- Peace
- Relaxed

COMMENTS: Stated simply, Touch Activity is most of what goes on most of the time in your body. Some examples are...

- Itches, pressures, aches and pains
- Muscles working
- Ordinary breath sensation, ordinary pulse sensation
- Hot and cold
- Sleepy sensations, fatigue sensations
- Full bladder, gas, empty stomach
- Touch of clothes, touch of cushion, touch of air

Stated in another way, Touch Activity is any body experience that is not marked as being special because of being restful, nor marked as being special because of being "limbic."

The label for Touch Activity is "Touch."

Touch-Feel Space

See Body Space

Touch Rest

See Relaxed

Touch Space

DEFINITION: The three-dimensional volume of the body when experienced from the perspective of detecting Touch Activity or Touch Rest.

COMMENTS: Geometrically speaking, Touch Space and Feel Space are the same space, i.e., the volume (height, width, depth) of the "sensed body."

When we attend to that volume from the perspective of detecting Feel Activity or Feel Rest, we refer to it as Feel Space.

When we attend to that volume from the perspective of detecting Touch Activity or Touch Rest, we refer to it as Touch Space.

The Basic States of this space are: Touch, Relaxed.

TSS Space

See Objective Space

Vanishing

DEFINITION: The abrupt disappearance of all or part of what you are focusing on.

COMMENTS: The label is “Gone.” But within this context, the word gone implies no more and no less than the definition of vanishing as given above. Thus, the label “gone” does not necessarily imply that the thing is gone for good. It might immediately reappear. Furthermore, gone does not necessarily imply that all parts of the thing have vanished; only one part of it may have vanished.

In order to count as an instance of “vanishing” you must actually detect the moment of disappearance, not just become aware after the fact that something is no longer there.

Note that vanishing is defined as the *moment* of ending or subsiding. By this definition a gradual fading does not count as a “vanishing.” On the other hand, the instant that something goes from very faded to no longer existing does!

Vanishing may occur in any sensory space. Vanishing may occur from any state. Vanishing may occur from any level of intensity. All or part of an active state may abruptly subside. All or part of a restful state may abruptly subside. An individual burst or wavelet of flow may come to an end. An intense phenomenon may abruptly subside. A subtle phenomenon may abruptly subside.

Vision Space

DEFINITION: Sight Space and Image Space taken together.

COMMENTS: Evenly covering this space can lead to a merging of inside and outside within the visual modality. This is especially likely when the themes of flow or rest present themselves in both poles of this space.

Vision Space in one of three modality spaces.

Synonyms are Sight-Image Space, the Vision dyad, and the Sight-Image dyad.

The Basic States of this space are: Sight, Image, Light, Blank.