

## Some Restful Systems

### Easy Rest

	Objective	Subjective
Somatic	<b>Relax</b>	<i>Peace</i>
Visual	<i>Light</i>	<b>Blank</b>
Auditory	<i>Silence</i>	<i>Quiet</i>

### Somatic Rest

	Objective	Subjective
Somatic	<b>Relax</b>	<b>Peace</b>
Visual	<i>Light</i>	<i>Blank</i>
Auditory	<i>Silence</i>	<i>Quiet</i>

### Visual Rest

	Objective	Subjective
Somatic	<i>Relax</i>	<i>Peace</i>
Visual	<b>Light</b>	<b>Blank</b>
Auditory	<i>Silence</i>	<i>Quiet</i>

### Auditory Rest

	Objective	Subjective
Somatic	<i>Relax</i>	<i>Peace</i>
Visual	<i>Light</i>	<i>Blank</i>
Auditory	<b>Silence</b>	<b>Quiet</b>

### Mind Rest

	Objective	Subjective
Somatic	<i>Relax</i>	<i>Peace</i>
Visual	<i>Light</i>	<b>Blank</b>
Auditory	<i>Silence</i>	<b>Quiet</b>

### Bodymind Rest

	Objective	Subjective
Somatic	<b>Relax</b>	<b>Peace</b>
Visual	<i>Light</i>	<b>Blank</b>
Auditory	<i>Silence</i>	<b>Quiet</b>

### Subjective Rest

	Objective	Subjective
Somatic	<i>Relax</i>	<b>Peace</b>
Visual	<i>Light</i>	<b>Blank</b>
Auditory	<i>Silence</i>	<b>Quiet</b>

### Objective Rest

	Objective	Subjective
Somatic	<b>Relax</b>	<i>Peace</i>
Visual	<b>Light</b>	<i>Blank</i>
Auditory	<b>Silence</b>	<i>Quiet</i>

### Full Spectrum Rest

(with eyes closed)

	Objective	Subjective
Somatic	<b>Relax</b>	<b>Peace</b>
Visual	<i>Light</i>	<b>Blank</b>
Auditory	<b>Silence</b>	<b>Quiet</b>

### Full Spectrum Rest

(with eyes open)

	Objective	Subjective
Somatic	<b>Relax</b>	<b>Peace</b>
Visual	<b>Light</b>	<b>Blank</b>
Auditory	<b>Silence</b>	<b>Quiet</b>