

# GRID OF BASIC CATEGORIES OF SENSORY EXPERIENCE

## Unified Mindfulness Model, Shinzen Young

	INNER	OUTER	RESTFUL	FOCUS ON POSITIVE
<b>VISUAL:</b>  <u>SEE</u>	<u>SEE IN</u> IMAGE	<u>SEE OUT</u> SIGHT	<u>SEE REST</u> BLANK SCREEN DEFOCUSSED SIGHT	<i>POSITIVE IMAGE</i>
<b>AUDITORY:</b>  <u>HEAR</u>	<u>HEAR IN</u> SELF TALK	<u>HEAR OUT</u> SOUND	<u>HEAR REST</u> SILENCE QUIET (MIND)	<i>POSITIVE TALK</i>
<b>SOMATIC (BODY)</b>  <u>FEEL</u>	<u>FEEL IN</u> EMOTIONAL BODY	<u>FEEL OUT</u> PHYSICAL BODY	<u>FEEL REST</u> NEUTRAL (EMOTION) PHYSICAL RELAXATION	<i>POSITIVE EMOTIONAL FEELING</i>