

# 12 Senses

## BODY SENSES

I learn about **myself**

- Comfort
- Will/Action
- Extremities/Metabolism

### Touch

Sense of inner boundaries and **membranes** of the body. Leads to sense of other.

### Life

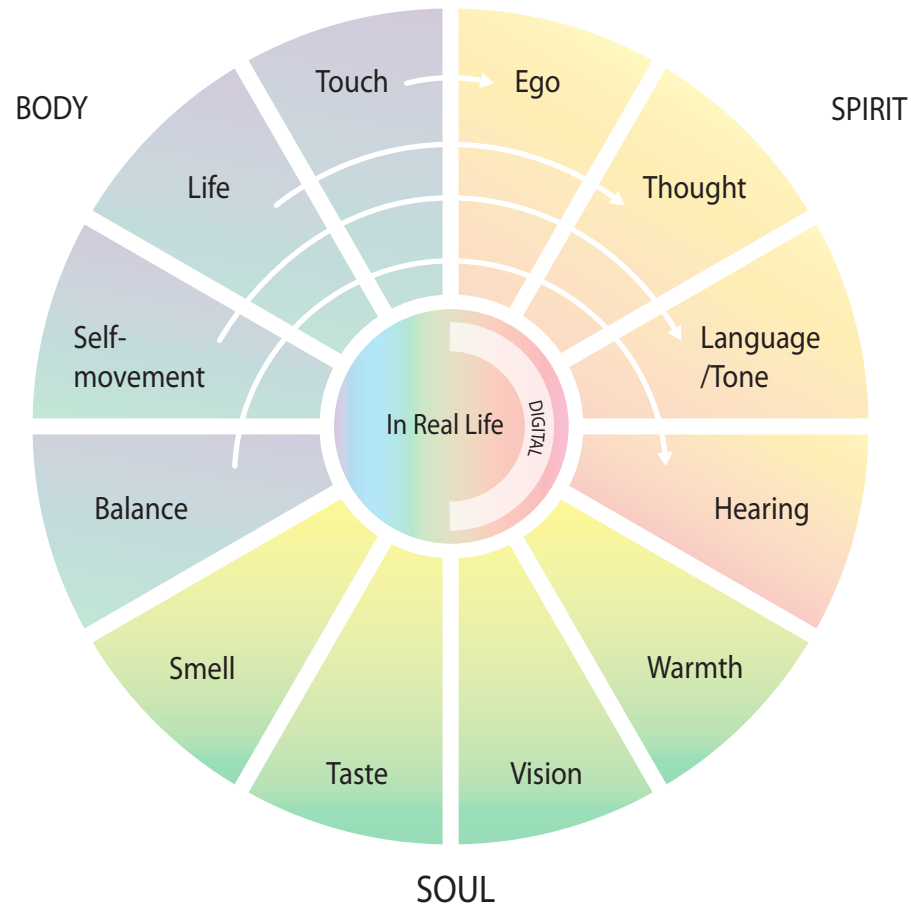
Wellbeing and health. The capacity to feel **integrated** into the body. Leads to clear thought.

### Self-movement

Sense of where we are in space in **relation** to other things (proprioception). Leads to clear speaking.

### Balance

Ensouling three dimensions of **equilibrium**. Leads to listening.



## SPIRIT SENSES

I learn about the **other**

- Communication
- Cognition
- Nerve Body

### Ego (of Other)

Entering completely into the experience of the **true beingness** of the other.

### Thought (of Other)

Entering further into the other to experience their capacity for **forming** thoughts.

### Language/Tone (of Other)

Entering into the feeling life of the other through **mood** of tone in speech.

### Hearing (Other)

Entering into the other to experience the uniqueness of their **inwardness**.

### Smell

Connection with the outer world. The world meets the soul at the **boundary**.

### Taste

Soul moves towards and **enters** the outer world.

## SOUL SENSES

I learn about the **world**

- Coordination
- Feeling
- Rhythmic Body (Respiration/Circulation)

### Vision

Soul leaves the body and contacts the outer **surface** of the world.

### Warmth

Soul moves further out into objects of the outer world through **enthusiasm**.