

Sense of Boundary — Self-awareness of one's physicality.
Sensory Info — Shape, Texture, Temperature, Vibration.



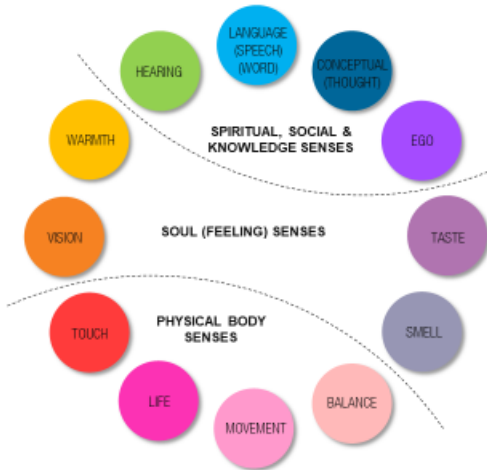
Sense of harmony / disharmony — Internal sense of the organs and life processes



Movement of **parts of the whole** and not the whole itself. The body's movement and **posture**.



Our **Orientation** (position) and **Equilibrium Observations** – up/down, left/right, front/behind, above/below



Relationship with the outer world through scent impression. Properties – **odour, scent, aromas**



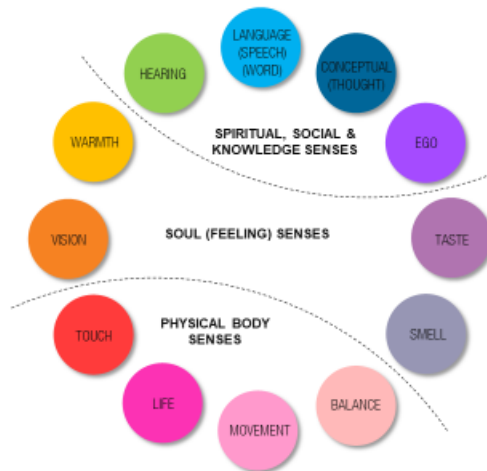
Distinguish the **qualities** of what is ingested — **Sweet, Sour, Salty, Bitter, Umami** (Savoury)



Experience of **Light, Darkness** and **Colours**



Observe the **temperature** of objects, surroundings and oneself. Temperature affects mood – too little (coolness disengaged) or too much can cause apathy



Allows us to differentiate between **Noise, Sound, Voice** and **Tone**



This sense brings us into a **deeper reality**. **Perceive the acoustic/musical aspects of language – not the meaning**. **Rhythm and Intonation** reveal qualities of the speech.



Understanding the **meaning** of words and **thinking** behind concepts



We have **sense of Ego and the OTHER**. Can allow that person's individuality in a space that you create **within yourself**.