

The Twelve Senses

Sense	Description / Interpretation	Type
Touch	Understanding boundaries between 'self' and 'other'	PHYSICAL SENSES
Life	Vitality, growth, well-being, decay	
Movement	Impulse to change position, direction, shape	
Balance	Standing, navigating in relation to surroundings	
Smell	Discernment between 'good' and 'bad'	SOUL SENSES
Taste	A gateway to what enters the body	
Sight	Seeing and interpreting images	
Temperature	'Hot' and 'cold' in emotional as well as physical terms	
Hearing	Internalizing sounds from outside	SPIRIT SENSES
Language	Giving expression to what is within	
Thought	Interpreting and articulating what is 'true'	
Self / Ego	Who one is - individual uniqueness	