

Within

**Touch** – the internal response to a contact with the outside world

Within

**Life** – this sense is the internal feeling of well-being, of being alive

Within

**Movement** – being inwardly aware of the way body parts move in relationship to each other

Within

**Balance** – this sense orients us to the world with respect to up, down, right, and left

Outside

**Smell** – the sense that allows one to come in contact with the outside world via odors carried by the air

Outside

**Taste** – a deeper connection with the outside world in which flavors are directly sampled

Outside

**Sight** – the sense that takes in the exterior images of the outside world

Outside

**Warmth** – with this sense we are aware directly of the warmth of another body

Outside

**Hearing** – this sense can tell us more about the inner structure of an object than sight. When an object resonates, we learn about its deep structure from the sound we hear.

Outside

**Speech** – the sense of *speech or word or tone* – which is the hearing that involves meaningful words

Outside

**Thought** – this refers to the deeper sense of entering the being speaking through their words

Outside

**Ego** – this is the sense of *ego or I* which enables us to turn our thinking towards the being of another and to behold their I, their unique individuality directly

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