

List Of Known Conscious Senses (most probably incomplete)

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X=External, C=Contact, I=Internal

X :: Sight : mainly eyes CN II :

- external (foveal) : colour, central focus
- external (peripheral) : B&W, low light conditions, peripheral motion, motion tracking
- Pineal gland (light/dark)
- skin and other cells (?)
- **internal** “visualisation” or “mind's eye”

X :: Sound : Frequency & Quality (Timbre, Loudness, Intonation & Direction

- middle ear CN VII: direct through auditory canal and indirect through bone conduction
- lateral line pressure sensors : deep sounds, pressure changes, rhythm
- Viscera (?) : deep sounds
- **internal** “self-talk”, thinking, etc

X :: Echolocation

C :: Taste : tongue CN V₃, VII, IX, X (Salty, sweet, sour, bitter, Umami)

X,C :: Smell (often confused for taste) :

- CN I (at least 1 trillion different odours?)
- Vomeronasal organ (hormones, emotionals, etc)
- varies with diurnal cycle

C :: Touch/skin contact

- Pressure
- texture (rough, sharp, smooth, slippery, soft, hard, etc)
- vibration
- moisture

X,C,I :: Temperature :

- external (radiant infra red)
- contact/skin & internal (Heat, Cold)
- internal head temperature

C,I :: Pain, tissue damage & inflammation (nocioceptors):

- Itch
- external/skin
- internal (muscle)
- internal (visceral)

I :: Proprioception (the ability to tell where your body parts are, relative to other body parts : sensations of muscle movement and joint position including posture, movement, and facial expression), includes

- stretch receptors (inc **Muscle tension**)
- interoception (somatic sensations)
- internal map
- visual clues

X(I?) :: Direction

- Relative direction
- *Geographic sense (magnetic?)*

I :: Time : internal clocks

I,X,C :: Electrical/Electromagnetic senses

X :: Proxemic sense : body space

X :: Air motion & static electricity (skin hairs)

X,I :: Counter-Transference & Empathy (!)

I,C,X :: Equilibrioception (the ability to keep your **balance** and **sense body movement** in terms of acceleration and directional changes) : combination of

- inner ear/labyrinth
- stretch receptors in joints
- **Kinaesthetic sense** : acceleration
- pressure (soles of feet)
- **Visceral Stretch Receptors**: e.g. lungs (lung inflation), bladder (urination), stomach (fullness), blood vessels (blood pressure), and the gastrointestinal tract (bolus/defecation).
- visual clues.

I :: Thirst

- Left Cingulate Cortex (midbrain) & hypothalamus
- maybe also plasma osmotic pressure

I :: Hunger

- Brain : Hypothalamus (also related to emotion)
- Hunger pangs in subdiaphragmatic viscera
- Blood glucose?

I :: Chemoreceptors : These trigger an area of the medulla in the brain that is involved in detecting blood-borne hormones and drugs. It also is involved in the vomiting reflex. e.g.

- CSF pH
- Blood Oxygen content & O₂/CO₂ ratio
- Blood pressure : arterial, maybe also venous

I :: Other Interoceptive senses :

- Lymphatic activity
- Moisture
- etc etc

I :: Sense of “presence” & other qualitative experiential aspects of being alive

I :: Somatic aspects of Mental-Emotional states

? :: ESP (etc) and all that stuff

NOTE : Synaesthesia!

NOTE : Multisensory integration (e.g. colour/taste, balance/movement)

“Come to your senses!”

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BODY SENSATION WORDS

Frozen, icy, cold, chilly, cool, wet, sweaty, moist, damp, boiling, warm, dry (dry-mouthed), hot, burning, parched, dehydrated, thirsty

Hungry, ravenous, full, bloated, satiated, satisfied, stuffed

Comfortable, uncomfortable

Dizzy, swirly, woozy, spacey, faint, floaty, giddy, disconnected, ungrounded, floating, light-headed

Numb, blank, absent, empty, hollow

Queasy, nauseous, sick

Energetic, wired, buzzing, tingly, bubbly, energised, fizzy, electric

Pulsing, pounding, vibrating, throbbing, pressure

Trembly, nervy, twitching, butterflies, fluttery, quivering, shaky, shivery, shuddering

Calm, peaceful, spacious

Expanded, expansive, airy, open, floating, relaxed, released, light, soft

Solid, grounded, strong,

Flexible, fluid

Stiff, rigid, taut, tight, tense

Exhausted, limp, floppy, damp rag, tired, drained, flat

Squirmy, jittery, jumpy, wobbly

Cloudy, dark, dull

Spongy, congested, heavy, saggy, squishy, squashed, stretchy, Bloated

Clenched, closed, contracted, blocked, knotted, constricted, small, short

Bursting, radiating

Stabbing, jabbing, stinging, tight, raw, sore, achy, bruised, hurting, sensitive, itchy, prickly, tickly, jagged

Breathless, suffocated, short of breath, easy-to-breathe, headachey, thick-headed

Teary, tearful

To these can be added many other descriptive words – such as *metallic*, *woody*, *plastic*, *glassy*, *leathery*... Some sensations feel like they have the quality of very specific materials, often in combination with associated textural sensations – *sharp*, *rough*, *smooth*, etc.

This list does not include emotions – which are also complex combinations of sensations (in specific parts of the body) that we have labelled.