



# The Twelve Senses

*Albert Soesman*

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## **The Twelve Senses** Albert Soesman

The senses both nourish our experience as "wellsprings" and act as windows on the world. But overstimulation may undermine healthy sense experiences. The Twelve Senses gives a lively way of both experiencing and understanding the human senses.

Albert Soesman explores not merely the usual five senses, but twelve senses. These are the senses of touch, life, self-movement, balance, smell, taste, vision, temperature, hearing, language:, the conceptual, and the ego senses. The development, expression, and functioning of each sense is described. The senses are discussed in physical, soul, and spiritual/social groups, contrasted as polarities, distinguished as "inner" or "outer," and each sense is related to the signs of the zodiac.

The author's imaginative approach to the senses will be useful as an accessible study guide for teachers, doctors, therapists, counsellors, psychologists, and scientists.

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