

Examples of Qualities of the Felt Sense

- **feeling/sensation**
 - **pressure** – even, uneven, supportive feeling, crushed feeling, cutting off circulation
 - **air current** – gentle, cool, warm, from right, from left, stimulating, rush, like a feather, like mist
 - **tension** – solid, dense, warm, cold, inflamed, protective, constricting, angry, sad
 - **pain** – ache, sharp, twinge, slight, stabbing
 - **tingling** – pricks, vibration, tickling, numb
 - **itch** – mild itch, angry itch, irritating itch, moving itch, subtle itch, small itch, large area of itching
- **temperature** – warm, hot, burning, cool, cold, clammy, chills, icy, frozen, like: hearth, oven, fire, sunshine, baked bread, snow, stone, shade
- **size** – small, large
- **shape** – flat, circle, blob, like a mountain
- **weight** – light, heavy
- **motion** – circular, erratic, straight line
- **speed** – fast, slow, still
- **texture** – rough, wood, stone, sandpaper, smooth, silk
- **element** – fire, air, earth, water, wood
- **color** – gray, blue, orange etc.
- **mood/emotion** sinking, pulling in, open, closed, uplifting, sunny day, dark cloud, roiling
- **sound** – buzzing, singing
- **taste** – sour, bitter, sweet
- **smell** – pungent, sweet, like rain, like leaves
- **absence/nothingness** – blank, empty