Examples of Qualities of the Felt Sense:

1. **feeling/sensation**
   a. **pressure** – even, uneven, supportive feeling, crushed feeling, cutting off circulation
   b. **air current** – gentle, cool, warm, from right, from left, stimulating, rush, like a feather, like mist
   c. **tension** – solid, dense, warm, cold, inflamed, protective, constricting, angry, sad
   d. **pain** – ache, sharp, twinge, slight, stabbing
   e. **tingling** – pricks, vibration, tickling, numb
   f. **itch** – mild itch, angry itch, irritating itch, moving itch, subtle itch, small itch, large area of itching

2. **temperature** – warm, hot, burning, cool, cold, clammy, chills, icy, frozen, like: hearth, oven, fire, sunshine, baked bread, snow, stone, shade

3. **size** – small, large
4. **shape** – flat, circle, blob, like a mountain
5. **weight** – light, heavy
6. **motion** – circular, erratic, straight line
7. **speed** – fast, slow, still
8. **texture** – rough, wood, stone, sandpaper, smooth, silk
9. **element** – fire, air, earth, water, wood
10. **color** – gray, blue, orange etc.
11. **mood/emotion** sinking, pulling in, open, closed, uplifting, sunny day, dark cloud, roiling
12. **sound** – buzzing, singing
13. **taste** – sour, bitter, sweet
14. **smell** – pungent, sweet, like rain, like leaves
15. **absence/nothingness** – blank, empty

I know the above is a long list. One thing that can be helpful is to pick a handful, say 5 of them, and ask either or questions, for example, Does it feel more rough or more smooth? Is it slow or fast? Does it feel heavy or light?

What does your experience of the felt sense look like?
Creative Felt Sensations
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