

Sense Contact

We feel the world through our senses. Because of sensitivity flowing through sense doors (sense organs) we have sense contact. It is wonderful to have 6 sense doors with which to experience the world. Each with its own range, sensitivity, and knowing.

As well as a sense of the world through which we feel how the inner and outer world is for us, we also have a sense of our senses. Each sense door in the Dharma is a way of being conscious. We change our conscious experience by changing sense door.

Tactile (touch) The Body Sense

The body is the most grounding sense through which we feel one aspect of the world: the world of touch. Being mindful of the world we tactilely feel is often a stabilising sense for many of us. How does the body feel? How does it feel to be embodied in the body?

Feeling other sense contact

Sometimes being in the body sense is not restful and grounding, if this is the case we have other sense doors to choose to attend to and through.

All our senses are a kind of feeling contact. Let's take them in order of increasing subtlety.

- ❖ Hearing is the felt sense of contact by the delicate hairs in the inner ear
- ❖ Tasting flavours is the felt sense of food and drink dissolved in saliva on the tongue and cheeks
- ❖ Smelling aromas is the felt sense of invisible particles landing on the olfactory membrane
- ❖ Vision is the, mostly, unfelt sense of photons landing on the retina (we might feel overly bright lights)
- ❖ A thought can be said to be the occurrence of momentary imprints upon a neural substrate
 - ❖ Emotions have a bodily aspect to them

Hearing The Sound Sense

If the body is not available for experiencing the breath and tactile contact of the body in meditation, we recommend hearing consciousness as a basis for steadying attention. The ease with which sounds come and go through this sense door makes it conducive for calm presence. How we listen also affects what and how we hear.