

## List of physical sensations

Feel free to add to this list other sensations that you have observed such as color, smell, taste, etc...

<b>PRESSURE/ WEIGHT</b>	<b>TEXTURE</b>	Shaky	Expansive	Flat
Breathless	Bumpy	Streaming	Hollow	Huge
Floating	Even	Tickling	Light	Large
Light	Itchy	Tingling	Loose	Lines
Lifting	Jagged	Throbbing	Open	Miniscule
Soft	Metallic	Trembling	Solid	Round
Spacey	Prickly	Twitchy	Steady	Small
Supported	Rough	Queasy	Spacious	Tiny
Touching	Sandpapery	Upward		
Uplifting	Soft	Vibrating	Blocked	<b>DEGREES</b>
	Silky	Vital	Closed	Cellular
Crushing	Smooth	Wobbly	Clenched	Deep
Hard	Uneven		Congested	Dull
Heavy		<b>SPEED</b>	Constricted	Gentle
Pressing	<b>MOVEMENT / DIRECTION</b>	Brisk	Contracted	Gross
Pulling	Bubbly	Easy	Dense	Immense
Pushing	Buzzy	Fast	Full	Large
Sinking	Dizzy	Moderate	Knotted	Mild
Suffocating	Downward	Slow	Tight	Microscopic
Weighed down	Draining	Still	Thick	Shallow
	Electric	Quick	Tense	Slight
<b>TEMPERATURE</b>	Energized	<b>STONE</b>	Viscous	Subtle
Chills	Erratic	Agreeable	Wooden	Teeny
Clammy	Effervescent	Bitter		Tender
Cold	Flowing	Pleasant	<b>PAINFUL</b>	Tiny
Cool	Fluid	Comfortable	Achy / Aching	Vast
Freezing	Fluttery	Disagreeable	Bruised	
Frozen	Inward	Neutral	Numb	<b>ABSENCE</b>
Hot	Nauseous	Unpleasant	Sore	Blank
Icy	Nervy	Uncomfortable	Sharp	Disconnected
Boiling	Opening	Soothing	Sensitive	Empty
Burning	Outward	Sour	Stabbing	Nothing
Warm	Pounding	Sweet	Tender	Numb
Inflamed	Radiating		Twisting	
Fiery	Releasing	<b>DENSITY</b>		
Sweaty	Roiling	Airy	<b>SIZE / SHAPE</b>	
	Shivery	Dense	Big	
	Straight	Empty	Blob-like	
			Circular	

Source: Jay Soffer, O. (2018) Say What You Mean. Shambala. Kindle Edition.

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