

# The Five Senses

1. The senses are a kind of reason. Taste, touch and smell, hearing and seeing, are not merely a means to sensation, enjoyable or otherwise, but they are also a means to knowledge – and are, indeed, your only actual means to knowledge. **St Thomas Aquinas.**
2. Nothing exists in our intelligence that has not first passed via our senses. **Aristotle**
3. All our knowledge begins with the senses, proceeds then to the understanding, and ends with reason. There is nothing higher than reason. **Immanuel Kant**
4. No-one makes better use of the five senses than wild, uneducated children. **Charles Alexandre Eastman**
5. The senses deceive us from time to time, and it is prudent never to trust wholly those who have deceived us even once.  
**Rene Descartes.**
6. The kidnapping of our five senses by information technology is as serious as organ transplants that irrevocably separate the individual from his body. **Thierry Paquot**
7. Of all the five senses that man possesses the most important is common sense! **Anon.**
8. God Almighty is, to be sure, unmoved by passion or appetite, unchanged by affection; it is then to be added that He neither sees nor hears nor perceives things by any senses like ours; but in a manner infinitively more perfect. **Joseph Butler**
9. The only time you really live fully is from thirty to sixty. The young are slaves to dreams; the old servants to regret. Only the middle aged have all their five senses in the keeping of their wits.  
**Theodore Roosevelt.**
10. Adolescence is a plague on the senses. **Henry Rollins**

## Taste & Smell

1. Nothing takes the taste out of peanut butter quite like unrequited love. **Charlie Brown.**
2. Fish, to taste right, must swim three times -in water, in butter, and in wine. **Polish proverb**
3. An effective way to deal with predators is to taste terrible. **Stephen Potter.**
4. The first law of dietetics seems to be: if it tastes good, it's bad for you. **Isaac Asimov.**
5. Hay smells different to lovers and horses. **Stanislaw Jerzy**
6. Smell is a potent wizard that transports us across thousands of miles and all the years we have lived. **Helen Keller**
7. Hit a tripwire of smell and memories explode all at once. **Diane Acherman**
8. An old woman found an empty jar which had lately been full of prime old wine and which still retained the fragrant smell of its former contents. She greedily placed it several times to her nose, and drawing it backwards and forwards said. " O most delicious! How nice must the wine itself have been, when it leaves behind in the very vessel which contained it so sweet a perfume! The memory of a good deed lives. **Aesop's Fable**

## Hearing

1. The most important thing in communication is hearing what isn't being said. **Anon**
2. When you hear a kind word spoken about a friend, tell him so. **H. Jackson Brown Junior**
3. The right to be heard does not automatically include the right to be taken seriously **Hubert H. Humphrey**
4. Praise does wonders for our sense of hearing. **Arnold Glasgow**
5. A platitude is simply a truth told so often that you no longer hear it. **Stanley Baldwin**
6. To make the right choices in life, you have to get in touch with your soul. To do this, you need to experience solitude, which most people are afraid of, because in the silence you hear the truth and know the solutions. **Deepak Chopra**

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## Seeing

1. We see things not as they are but as we are. **John Milton**
2. Two men look out through the same bars one sees the mud and one the stars. **Rev. Fred Langbridge**
3. Vision is the art of seeing the invisible. **Jonathon Swift**
4. The eye is the window of the human body through which it feels its way and enjoys the beauty of the world.  
**Leonardo de Vinci**
5. One sees great things from the valley only small things from the peak. **G. k. Chesterton.**
6. The bravest sight in the world is to see a great man struggling against adversity. **Lucius Annaeus**

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# Touch

1. Nature is not affected by finance. If someone offered you ten thousand dollars to let them touch your eyeball without blinking, you would never collect the money. At the very last moment, nature would force you to blink your eye. Nature will protect her own. *Dick Gregory*
2. A child's hand in yours - what tenderness and power it arouses. You are instantly the very touchstone of wisdom and strength. *Marjorie Holmes*
3. Touch comes before sight, before speech. It is the first language and the last, and it always tells the truth. *Margaret Atwood.*
4. Have a heart that never hardens, and a temper that never tires, and a touch that never hurts. *Charles Dickens.*
5. The mind's first step to self-awareness must be through the body.  
*George Sheehan*
6. Often the hands will solve a mystery that the intellect has struggled with in vain. *Carl G. Jung*

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