

Five Senses Times Three.

The man remembered that while in grammar school, he didn't remember which grade, he was taught that there are 5 senses, but it seems to him now that there are more than that.

He wondered aloud how to phrase this feeling, and he heard Five Senses Times Three.

First are the five physical senses:

Sight, hearing, smell, taste, and touch.

Next are the five spiritual senses:

Inner knowing (Intuition), inner vision (seeing direction with the mind or heart), inner voice (hearing clarity from within), inner perception (feeling places and the feelings of others), and spiritual alignment (knowing if and when he's doing what's right).

And next are the five mental senses:

Auto balance (inner gyroscope so he won't fall over), temperature sensor (to control his body temperature), pain awareness (to help him mitigate physical harm), hunger/thirst regulation (so he knows how to maintain his health), and survival instinct (the choice to fight or flee danger).

The man didn't know why he and others weren't taught more than the first five, but he presumed people had determined that teaching only the five physical senses was sufficient. The man certainly had not questioned that determination until recently.

The man mused about knowledge and how sometimes there is no escaping learning things we should never have learned, and sometimes there is no escaping forgetting things we should never have forgotten. But he also knew that even though his mind might forget, the seeds planted years earlier continue to grow, like a rare orchid seed germinating behind a tall boulder, which provides protection, will blossom both in beauty and scent simply because that's what successful orchids do.

The man accepted that his parents had created his life. But his path to maturity and longevity was nurtured by his incessant curiosity and unfailing optimism, which provides protection, thus allowing him to grow physically, mentally, and spiritually, because that is what successful humans do; they blossom into being their best.

Written by Peter Skeels © 4-27-2026