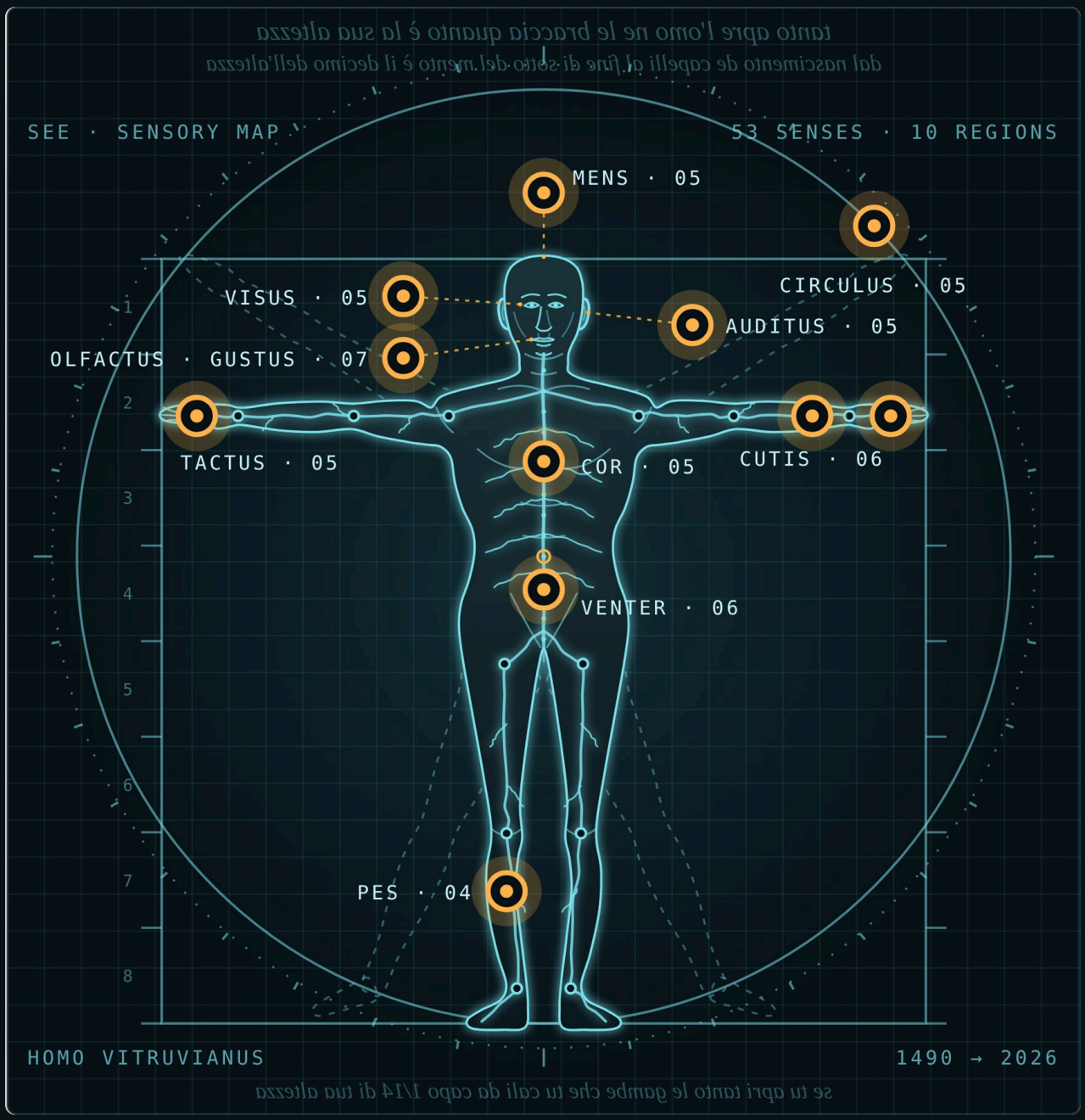


You were taught five senses.
You have fifty-three.

SEE · the Sensory Exploration Experience. Every sense mapped to the body, one page each, with three traditional remedies for every area.

homeo.*ai*

How to use this guide

Inspired by ecopsychologist Michael J. Cohen's 53 senses, each entry gives the sense's proper name, a plain-English name, and Cohen's group (Radiation, Feeling, Chemical or Mental). The figure on the cover is divided into nine areas of the body and an outer circle for the senses that work everywhere at once. This guide follows the same order. Each sense gets a short entry: what it does, where it lives, and one way to notice it today.

01

Find the sense

Each area opens with its Latin name, the way Leonardo labelled his notebooks.

02

Try it

Every entry ends with a small exercise you can do in a minute or two.

03

Soothe it

Each area closes with three remedies traditionally used for that part of the body.

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MENS

Head & mind

6 senses with receptors in this part of the body

P. 01

Chronoception *your sense of time passing*

MENTAL

Time stretches when you are bored and shrinks when you are busy.

WHERE IT LIVES

No single organ. Timing circuits in the basal ganglia, cerebellum and cortex keep track together.

TRY IT NOW

Close your eyes and count off 60 seconds in your head, then check a clock. Most people land somewhere between 45 and 75.

P. 02

Circadian rhythm sensing *your body clock*

RADIATION

Light-sensitive cells behind the eye tell the body what time of day it is.

WHERE IT LIVES

Special cells in the retina report light levels to a master clock in the hypothalamus, which sets your sleep and wake rhythm.

TRY IT NOW

Get ten minutes of outdoor light within an hour of waking for a week, and notice when you start getting sleepy at night.

P. 03

Magnetoreception *Earth's magnetic field* EMERGING RESEARCH

RADIATION

A possible sensitivity to the planet's magnetic field, still debated.

WHERE IT LIVES

A 2019 study found human brain waves shifted when the magnetic field around people was rotated. No receptor has been found.

TRY IT NOW

Nothing to try at home yet. This one is still being argued over in the lab.

P. 04

Self-awareness *the sense of being you*

MENTAL

The felt sense of being yourself, located nowhere and everywhere.

WHERE IT LIVES

Built from many signals at once, with the insula and the front of the brain doing much of the work.

TRY IT NOW

Notice the moment you realise you've been lost in thought. That snap back to "me, here" is this sense at work.

P. 05

Sense of agency *knowing you caused it*

MENTAL

The feeling that an action was yours and not something else's.

WHERE IT LIVES

The brain compares the movement it planned with the movement it felt. A match says "I did that."

TRY IT NOW

Try to tickle yourself. It barely works, because your brain already predicted the touch.

P. 06

Mental time travel *reliving and imagining*

MENTAL

Stepping back into a memory or ahead into a future scene.

WHERE IT LIVES

The hippocampus and a network across the cortex rebuild past scenes and assemble imagined ones from the same parts.

TRY IT NOW

Close your eyes and walk through your front door from ten years ago. Notice how much detail comes back.

REMEDIES FOR THIS AREA

Belladonna	Traditionally used for sudden, throbbing headache with a hot, flushed face.
Nux vomica	Traditionally used for headache after late nights, too much coffee or overindulgence.
Bryonia	Traditionally used for headache that is worse with any movement and better lying still.

VISUS

Eyes

5 senses with receptors in this part of the body

P. 07

Ophthalmoception *sight*

RADIATION

Light, shape and colour turned into the picture you call the world.

WHERE IT LIVES

About 120 million rods and 6 million cones line the retina at the back of each eye.

TRY IT NOW

Cover one eye and look around the room, then switch. Notice how the view shifts slightly between eyes.

P. 08

Trichromacy *colour vision*

RADIATION

Three cone types tuned to long, medium and short wavelengths, blended into every colour you see.

WHERE IT LIVES

Cones packed into the fovea, the small centre of the retina you aim at whatever you look at.

TRY IT NOW

Stare at a bright red square for 30 seconds, then look at a white wall. The green ghost is your cones resetting.

P. 09

Stereopsis *depth perception*

RADIATION

Your two eyes' slightly different views merged into distance and depth.

WHERE IT LIVES

Each eye sends its own image; the visual cortex compares the small differences between them.

TRY IT NOW

Hold a finger up close and look past it at the far wall. You'll see two fingers, because your eyes are reporting two angles.

P. 10

Motion perception *seeing movement*

RADIATION

The eye's fast lane for anything that moves, strongest at the edges of vision.

WHERE IT LIVES

Retinal cells tuned to change, feeding a motion area in the brain called V5.

TRY IT NOW

Look straight ahead and wiggle a finger far out to one side. You'll see the movement before you can make out the finger.

P. 11

Polarization sensitivity *seeing polarized light* EMERGING RESEARCH

RADIATION

Haidinger's brush: a faint yellow bow some people can learn to see.

WHERE IT LIVES

Pigment arranged in rings in the macula at the centre of the eye.

TRY IT NOW

Look at a blank white area of a laptop screen and tilt your head slowly side to side. Some people spot a faint yellow bow-tie.

REMEDIES FOR THIS AREA

Euphrasia	Traditionally used for watery, gritty, irritated eyes, as with hay fever.
Apis mellifica	Traditionally used for puffy, swollen lids that feel better with something cool.
Pulsatilla	Traditionally used for sticky, itchy eyes with a thick, mild discharge.

AUDITUS

Ears & balance

6 senses with receptors in this part of the body

P. 12

Audioception *hearing*

FEELING

Pressure waves in air, sorted by pitch along the spiral of the cochlea.

WHERE IT LIVES

About 15,000 hair cells in each cochlea, arranged from high pitch to low.

TRY IT NOW

Sit still for one minute and count every separate sound you can hear. Most people find more than ten.

P. 13

Sound localization *where a sound comes from*

FEELING

Your brain timing the tiny gap between a sound reaching each ear.

WHERE IT LIVES

The brainstem compares arrival time and loudness between the two ears down to millionths of a second.

TRY IT NOW

Close your eyes and have someone snap their fingers around your head. Point to each snap.

P. 14

Speech perception *picking words out of noise*

MENTAL

Following one voice in a crowded, noisy room.

WHERE IT LIVES

Hearing plus language areas in the left side of the brain that lock onto a single speaker.

TRY IT NOW

In a busy café, pick one conversation and follow it. Then switch to another without moving your head.

P. 15

Equilibrioception *balance*

FEELING

The fluid-filled canals of the inner ear that keep you upright.

WHERE IT LIVES

Three semicircular canals in each inner ear, one for each direction of turn.

TRY IT NOW

Spin slowly a few times, then stop. The room keeps turning because the fluid in the canals is still moving.

P. 16

Graviception *which way is down*

FEELING

Knowing which way is down, even with your eyes closed.

WHERE IT LIVES

Tiny crystals called otoliths rest on hair cells in the inner ear and lean with gravity.

TRY IT NOW

Lie on your side with your eyes shut. You still know exactly which way is up.

P. 17

Echolocation *reading a room by echo* EMERGING RESEARCH

FEELING

Reading a space from the echoes of tongue clicks; a learnable skill.

WHERE IT LIVES

Hearing, plus parts of the visual brain that some trained blind people use to picture echoes.

TRY IT NOW

In a quiet hallway, click your tongue near a wall and then in open space. Listen to how the echo changes.

REMEDIES FOR THIS AREA

Chamomilla	Traditionally used for earache with great irritability, worse at night.
Pulsatilla	Traditionally used for earache after a cold, wanting comfort and fresh air.
Cocculus	Traditionally used for dizziness and queasiness from motion or lost sleep.

OLFACTUS · GUSTUS

Nose & mouth

5 senses with receptors in this part of the body

P. 18 **Olfacoception** *smell* — CHEMICAL

About 400 receptor types that can tell apart a vast number of odours.

WHERE IT LIVES

Olfactory receptors on a stamp-sized patch high inside the nose.

TRY IT NOW

Smell coffee beans, then smell them again a minute later. The fade is your receptors adapting.

P. 19 **Gustaoception** *taste* — CHEMICAL

Sweet, salty, sour, bitter and umami on the tongue.

WHERE IT LIVES

Around 10,000 taste buds on the tongue, the roof of the mouth and the throat.

TRY IT NOW

Hold your nose and eat a jelly bean. You get sweet, but the flavour only arrives when you let go.

P. 20 **Chemesthesis** *chili burn, mint cool* — CHEMICAL

The burn of chilli, the cool of mint and the sting of fizz.

WHERE IT LIVES

Pain and temperature nerves in the mouth and nose, not the taste buds.

TRY IT NOW

Eat a mint, then sip room-temperature water. It feels cold because mint triggers your cold sensors.

P. 21 **Osmoreception** *thirst* — CHEMICAL

The brain's call for water when the blood grows more concentrated.

WHERE IT LIVES

Sensors in the hypothalamus that read how salty and how full the blood is.

TRY IT NOW

Notice that thirst eases after a few swallows, long before the water reaches your blood.

P. 22 **Pheromone detection** *chemical signals between people* EMERGING RESEARCH — CHEMICAL

Chemical signals between people; the human evidence is thin.

WHERE IT LIVES

The vomeronasal organ that animals use for this is mostly inactive in adult humans.

TRY IT NOW

Nothing reliable to try. The research is still open.

REMEDIES FOR THIS AREA

Allium cepa	Traditionally used for streaming, burning nose with bland, watery eyes.
Arsenicum album	Traditionally used for thin, burning nasal discharge with restlessness and chilliness.
Mercurius solubilis	Traditionally used for sore throat with heavy saliva and bad breath.

COR

Heart & chest

6 senses with receptors in this part of the body

P. 23 **Cardioception** *feeling your heartbeat* — FEELING

Sensing your own heartbeat without touching your wrist.

WHERE IT LIVES

Signals from the heart and chest wall, read by the insula.

TRY IT NOW

Sit still with your eyes closed and count heartbeats for 30 seconds. Then check against your wrist.

P. 24 **Baroreception** *blood pressure* — FEELING

Pressure sensors in the arteries that keep blood pressure steady.

WHERE IT LIVES

Stretch sensors in the aorta and the carotid arteries.

TRY IT NOW

Stand up quickly after lying down. The brief head rush is your baroreceptors catching up.

P. 25 **Pulmonary stretch sensing** *breathing rate* — FEELING

The stretch sensors that pace each breath.

WHERE IT LIVES

Stretch receptors in the lungs and airways signal the brainstem.

TRY IT NOW

Breathe in as deeply as you can. The point where it stops is your lungs reporting "full".

P. 26 **Chemoreception** *the urge to breathe* — CHEMICAL

Sensing carbon dioxide and acidity in the blood.

WHERE IT LIVES

Sensors in the brainstem and in the carotid arteries of the neck.

TRY IT NOW

Hold your breath. The urge to breathe comes from rising carbon dioxide, not from running out of oxygen.

P. 27

Dyspnea *air hunger*

CHEMICAL

The uncomfortable sense of not getting enough air.

WHERE IT LIVES

Carbon dioxide sensors plus signals from the breathing muscles.

TRY IT NOW

Breathe out slowly through a straw for a minute and notice the pull to breathe deeper.

P. 28

Affective sensing *emotions felt in the body*

MENTAL

The warmth or tightness in the chest that comes with emotion.

WHERE IT LIVES

Heart, lung and gut signals mapped together by the insula.

TRY IT NOW

Recall a moment you felt proud, and notice where in your body it shows up first.

REMEDIES FOR THIS AREA

Bryonia	Traditionally used for dry, painful cough; holding the chest helps.
Drosera	Traditionally used for tickling, spasmodic cough that comes in fits.
Spongia tosta	Traditionally used for dry, barking cough that sounds like a saw through wood.

VENTER

Gut & core

6 senses with receptors in this part of the body

P. 29

Interoception *what's happening inside*

FEELING

The broad sense of what is going on inside the body.

WHERE IT LIVES

Nerves from every organ, carried mainly by the vagus nerve.

TRY IT NOW

Sit for one minute and name three things you feel inside, like warmth, fullness or your heartbeat.

P. 30

Hunger *the call to eat*

CHEMICAL

Stomach hormones and stretch telling you when to eat.

WHERE IT LIVES

The hormone ghrelin rises from the stomach before meals.

TRY IT NOW

Note the time your hunger shows up each day for a week. It follows your usual meal times.

P. 31

Satiety *the signal that says enough*

CHEMICAL

The slower signal that says you've eaten enough.

WHERE IT LIVES

Gut hormones and stomach stretch signalling the brainstem.

TRY IT NOW

Eat a meal slowly and pause halfway for two minutes. Fullness often catches up.

P. 32

Glucoreception *blood sugar*

CHEMICAL

The body tracking blood sugar to steer energy and appetite.

WHERE IT LIVES

Sensors in the pancreas, liver and hypothalamus.

TRY IT NOW

Notice the dip in focus an hour or two after a sugary snack.

P. 33

Nausea *the "don't eat that" warning*

CHEMICAL

The body's warning that something swallowed may be harmful.

WHERE IT LIVES

A centre in the brainstem fed by the gut and the inner ear.

TRY IT NOW

Read in a moving car and notice the queasiness. Your eyes and ears disagree about motion.

P. 34

Visceral stretch reception *bladder and gut fullness*

FEELING

Sensors in the gut and bladder wall that report fullness.

WHERE IT LIVES

Stretch receptors in the walls of hollow organs.

TRY IT NOW

Notice how the urge to go builds in waves rather than a straight line.

REMEDIES FOR THIS AREA

Nux vomica	Traditionally used for heavy stomach after rich food, coffee or alcohol.
Carbo vegetabilis	Traditionally used for bloating and gas, better for burping.
Colocynthis	Traditionally used for cramping pain that eases when you bend double.

TACTUS

Hands & arms

3 senses with receptors in this part of the body

P. 35

Tactioception *touch*

FEELING

Light contact, read by several receptor types in the fingertips.

WHERE IT LIVES

Thousands of receptors packed into every square centimetre of fingertip.

TRY IT NOW

Have someone touch your back with one or two pencil points. Close together, two feel like one.

P. 36

Vibroception *vibration*

FEELING

Buzzes and hums felt through the skin.

WHERE IT LIVES

Pacinian corpuscles deep in the skin.

TRY IT NOW

Rest your fingers on a speaker playing music and feel the bass.

P. 37

Kinesthesia *sensing your own movement*

FEELING

Feeling your limbs move as it happens.

WHERE IT LIVES

Muscle spindles and joint receptors in every limb.

TRY IT NOW

Close your eyes and touch your nose with each index finger in turn.

REMEDIES FOR THIS AREA

Arnica montana	Traditionally used for soreness and bruising after a knock or overuse.
Ruta graveolens	Traditionally used for strained tendons and wrists from repetitive work.
Rhus toxicodendron	Traditionally used for stiff joints that loosen up once you start moving.

CUTIS

Skin

8 senses with receptors in this part of the body

P. 38

Thermoception *warm and cold*

RADIATION

Separate sensors for warm and for cold.

WHERE IT LIVES

Warm and cold receptors in the skin, with more for cold than for warm.

TRY IT NOW

Put one hand in cool water and one in warm, then both in lukewarm. Each hand reads it differently.

P. 39

Radiant heat sensing *feeling sun or fire at a distance*

RADIATION

Feeling heat arrive through the air before anything touches you.

WHERE IT LIVES

The same warm receptors in the skin, picking up infrared energy from the sun or a fire.

TRY IT NOW

Hold your palm a hand's width from a warm mug. You feel the heat without touching it.

P. 40

Nociception *pain*

FEELING

The alarm system for damage, the basis of pain.

WHERE IT LIVES

Free nerve endings throughout the body.

TRY IT NOW

Rubbing a bumped elbow eases it, because touch signals compete with pain signals.

P. 41

Pruriception *itch*

FEELING

Itch, which has its own nerve pathway apart from pain.

WHERE IT LIVES

Dedicated itch nerves in the skin.

TRY IT NOW

Scratching swaps an itch for a mild pain for a moment, which is why it works.

P. 42

C-tactile sensing *comforting, gentle touch*

FEELING

The pleasant feeling of slow, gentle stroking.

WHERE IT LIVES

C-tactile nerves in hairy skin, tuned to slow strokes.

TRY IT NOW

Stroke your forearm slowly, then quickly. The slow stroke feels better.

P. 43

Hygroreception *wetness and humidity* EMERGING RESEARCH

FEELING

Sensing wetness; skin has no water sensor, so the brain infers it from cold and pressure.

WHERE IT LIVES

The brain combines cold and touch signals to guess at wetness and damp air.

TRY IT NOW

Touch cold, dry metal with your eyes closed. It can feel damp.

P. 44

Anemoreception *air movement and wind*

FEELING

Feeling the faintest breeze through the hairs on your skin.

WHERE IT LIVES

Nerve endings wrapped around hair follicles respond when a hair bends.

TRY IT NOW

Blow gently across the back of your hand from a foot away. You feel the air before you see anything move.

P. 45

Electroreception *electric fields* EMERGING RESEARCH

RADIATION

Sensing electric fields, common in sharks and platypuses, unproven in people.

WHERE IT LIVES

No known human receptor. Static is felt through the skin and hair movement.

TRY IT NOW

Hold your forearm near a freshly rubbed balloon and feel the hairs lift.

REMEDIES FOR THIS AREA

Calendula	Traditionally used for minor cuts and scrapes; traditionally applied as a cream.
Urtica urens	Traditionally used for minor burns and stinging, nettle-rash skin.
Apis mellifica	Traditionally used for insect stings that swell and feel hot.

PES

Legs & feet

3 senses with receptors in this part of the body

P. 46

Proprioception *where your body is*

FEELING

Knowing where your limbs are without looking.

WHERE IT LIVES

Muscle spindles, tendon organs and joint receptors.

TRY IT NOW

Close your eyes and place one foot exactly beside the other.

P. 47

Mechanoreception *pressure*

FEELING

The soles of the feet reading the ground for balance.

WHERE IT LIVES

Pressure sensors spread across the soles and throughout the skin.

TRY IT NOW

Stand on one foot with your eyes closed. Feel your sole shift weight to keep you up.

P. 48

Tension sensing *how hard your muscles work*

FEELING

Sensors in each tendon that report the load on a muscle.

WHERE IT LIVES

Golgi tendon organs where muscle joins tendon.

TRY IT NOW

Hold a full bag in one hand and an empty one in the other with your eyes closed. You know which is which instantly.

REMEDIES FOR THIS AREA

Magnesia phosphorica	Traditionally used for muscle cramps that ease with warmth and pressure.
Arnica montana	Traditionally used for aching legs after a long walk or a hard workout.
Rhus toxicodendron	Traditionally used for stiff, achy legs that are worse at rest.

CIRCULUS

The outer circle

5 senses that work everywhere at once

P. 49 **Spatial navigation** *sense of direction* MENTAL

Knowing which way you're facing and how to get back.

WHERE IT LIVES

Head-direction, place and grid cells in the brain's navigation system.

TRY IT NOW

Before opening a map, point to where you think north is.

P. 50 **Intuition** *knowing before reasoning* MENTAL

Fast pattern-matching that arrives as a feeling before a reason.

WHERE IT LIVES

Built from past experience and body signals working together.

TRY IT NOW

Next time you get a hunch, write it down and check later whether it was right.

P. 51 **Threat detection** *sense of danger* MENTAL

The quick, wordless sense that something is off.

WHERE IT LIVES

The amygdala, which reacts before the thinking brain catches up.

TRY IT NOW

Notice how fast you jump at a shape that turns out to be a coat on a chair.

P. 52 **Social perception** *reading people* MENTAL

Reading faces, tone and the mood of a room.

WHERE IT LIVES

Face areas in the brain and regions that track other people's intentions.

TRY IT NOW

Watch a conversation with the sound off and guess the mood.

P. 53

Tidal rhythm sensing *lunar cycles* EMERGING RESEARCH

MENTAL

A proposed sensitivity to lunar cycles; very limited evidence.

WHERE IT LIVES

No known receptor. A few sleep studies hint at a link.

TRY IT NOW

Track your sleep against the moon's phases for two months.

REMEDIES FOR THIS AREA

Gelsemium	Traditionally used for nerves before an exam, interview or performance.
Ignatia amara	Traditionally used for grief and emotional shock, with sighing.
Coffea cruda	Traditionally used for sleeplessness from a racing, overactive mind.

BEFORE YOU GO

A note on health

homeo.ai is for education. The senses are explained from published research, and senses marked "emerging research" are still being studied. Remedy entries describe traditional homeopathic use. They are not a diagnosis or a substitute for care from a qualified professional. Follow the directions on the label of any product you use.

> **Get medical help right away for** chest pain, trouble breathing, a high fever, a head injury, sudden severe pain, signs of a stroke, or any symptom that is getting worse.

One sense a week

Explore the interactive figure and get the free Sunday letter, one sense at a time, at **homeo.ai**.

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