

A FEW WORDS FROM THE AUTHOR

We communicate with the environment, with the world, and even with our physical body, emotional atmosphere, and mental values with our senses.

Senses are communication centers, and as a whole they form a communication network for us to be alert, to choose, to discriminate, to decide, and to act. The better our communication network, the better will be our success and life as a whole.

Great Sages, a long time ago, knew that senses were not only physical but that there were corresponding senses on many planes. For example, each of our senses has its corresponding sense in astral, mental, intuitional, and higher planes. They allow us to communicate with any object physically, emotionally, mentally, even intuitively — if these senses are unfolded, developed, and used consciously.

This book is written about two physical senses: sight and taste.

As we proceed we will see what their correspondences are on higher planes and how we can use them more intelligently.

You will find many exercises in this book. These exercises are powerful in the sense that they produce changes in consciousness and bodies.

They must be done at your own risk and discrimination. Daring is recommended; foolishness is not.

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