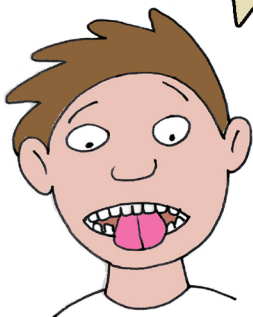
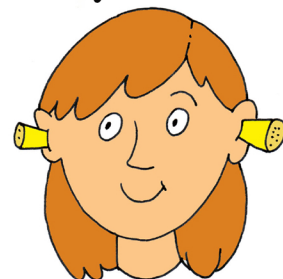


Our tongue can be harmful when we speak badly. Watch your words.



Don't let bad things pollute your sense of hearing.



Honour your senses!

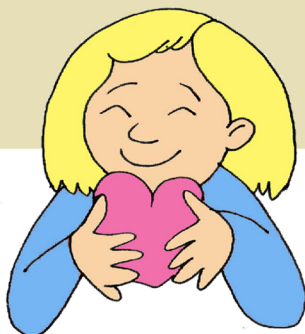
The five senses of sight, sound, smell, taste and touch, and their respective sensory organs, (eye, ear, nose, tongue, skin), help us explore and interact with the world, and enjoy our stay on planet Earth! We need to learn how to use the information our senses perceive, and not let them lead us astray. Sometimes sensory input can be misleading, at others it is simply not good for us!

Learn by watching **YOUR SELF!**

Human senses are very important tools, but they need to be used with skill! Watch yourself to be aware of how they influence your behaviour and choices. They push and pull you here and there, like wild horses! So watch out!



Don't use your sense of smell for anything that can hurt you.



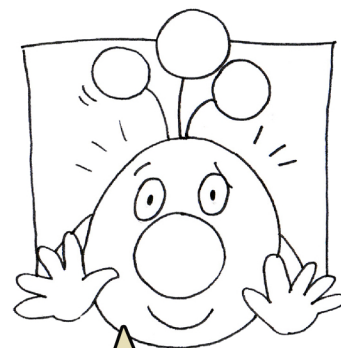
Your sense of touch should be used with love and respect.



Your eyes have a pair of shutters so you can keep out negativity.

How can you control your senses? Speak good! Think good! Do good!

- Does the food you eat honour your sense of taste?
- Do the sounds you hear honour your sense of hearing?
- Do the images you see honour your sense of sight?
- Do the scents you smell honour your sense of smell?
- Do the things you touch honour your sense of touch?



Never forget to honour and respect your self and your true worth and value!