

## Sensation Quality vs. Meaning & Interpretation

In Wholeness Work, we are guided to shifting our experience from content, to what we call “sensation quality.” Content includes the meanings we give to experiences, and include emotions, interpretations, and even metaphor. Sensation quality is the direct experience of something. When we find separate structures inside (such as ‘I’s, Authorities, etc.), shifting to “sensation quality” makes it possible and easy for this separate structure to integrate.

The following chart shows the difference between sensation quality and interpretation.

<b>Examples of Sensation Quality</b>	
<ul style="list-style-type: none"><li>• warm, cool</li><li>• light, dark</li><li>• clear, opaque</li><li>• dense, airy</li><li>• solid or misty/foggy</li></ul>	<ul style="list-style-type: none"><li>• soft, hard</li><li>• heavy, light</li><li>• moving, still</li><li>• vibratory, bubbly, buzzy</li><li>• smooth, rough</li></ul>
<b>Examples of Meaning or Interpretation</b>	
<ul style="list-style-type: none"><li>• Emotions (how it feels): “It’s sad.” “It’s angry.”</li><li>• Intent (what it’s trying to do): “It’s trying to protect me.”</li><li>• Function (what it’s doing): “It’s keeping my head separated from my body.” “It’s managing everything.”</li><li>• Cause: “This ‘I’ was formed because my parents beat me.” “This ‘I’ was formed because I had to be nice.”</li><li>• Consequence: “This is what keeps me awake at night.”</li><li>• Metaphor: “It’s an umbrella over my head.” “It’s a pineapple.”</li><li>• Other: “This is an archetype.”</li></ul>	

You can find more discussion of why this matters in the book, *Coming to Wholeness*, Chapter 11.