

# Episode One Hundred Eight - The Benefits of A Proper Understanding of the Senses and of Natural Science

Post by "Don" of February 12, 2022 at 6:28 AM

[Quote from smoothiekiwi](#)

It's evident that we should be cautious when trusting our senses- sometimes they can lie.

I would rephrase that as "It's evident that we should be cautious when *interpreting* our senses - *we can* sometimes *lie to ourselves (often unknowingly)*).