An element of Feeling is neither a part of self-consciousness nor is set up over against self-consciousness. But the consciousness of compulsion in sensation as well as the consciousness of willing necessarily involves self-consciousness and also the consciousness of some exterior force. The self and the not-self are separated in this sort of consciousness. The sense of reaction or struggle between self and another is just what this consciousness consists in. Hence, to give it a name, I propose to call it *altersense*. To avoid circumlocution, I will speak of the *altersense* element of sensation, as *Sensation* simply. Thus, *altersense* has two varieties, Sensation and Will. The difference between them is that Sensation is an event in which a feeling is forced upon the mind; while Volition or Willing, is an event in which a desire is satisfied, that is, an intense state of feeling is reduced. In Sensation, a feeling is forced upon us; in Willing, feeling forces its way out from us.