



# Exterior

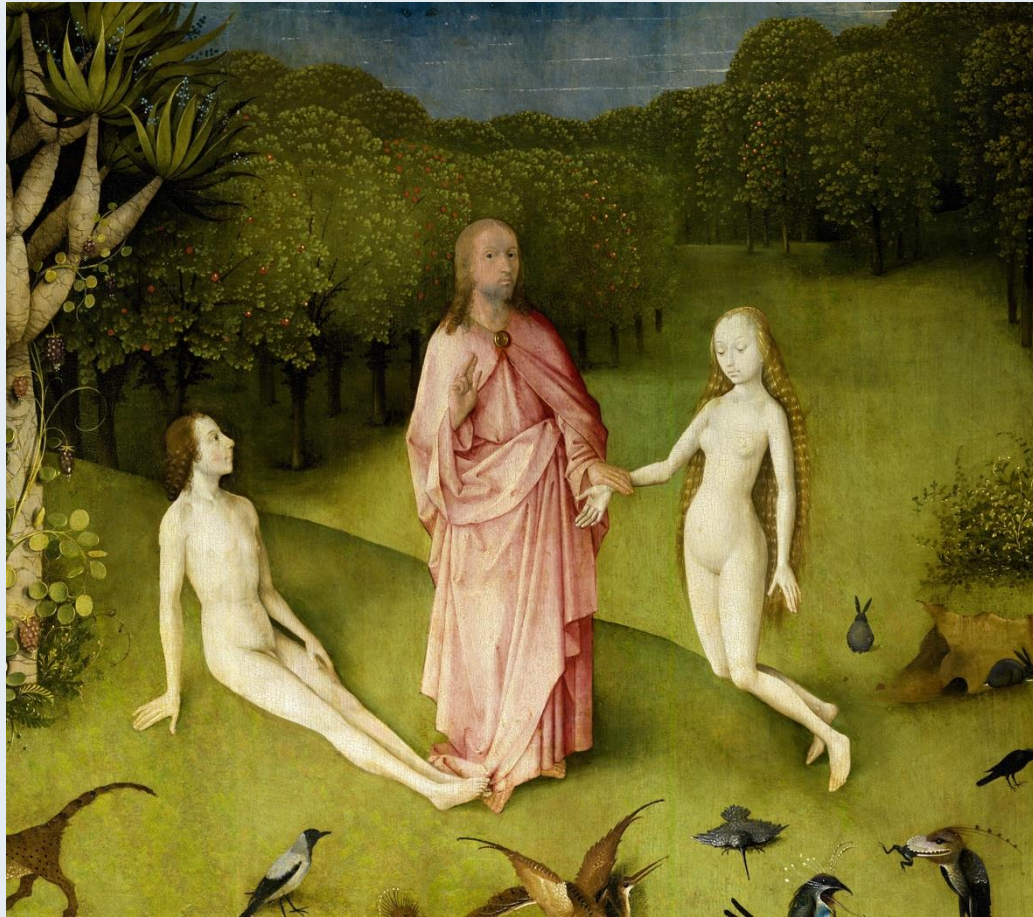




# Paradise Panel



# Paradise Detail



# Garden Panel



# Garden Detail



# Apocalypse Panel



# Sensory Engagement in the Garden



# The Sensory Wheel Michael (2017)

Clockwise from bottom right

Taste

Touch

Sight

Smell

Hearing



# Sensory Wheel: Longthorpe Tower (UK) 1320

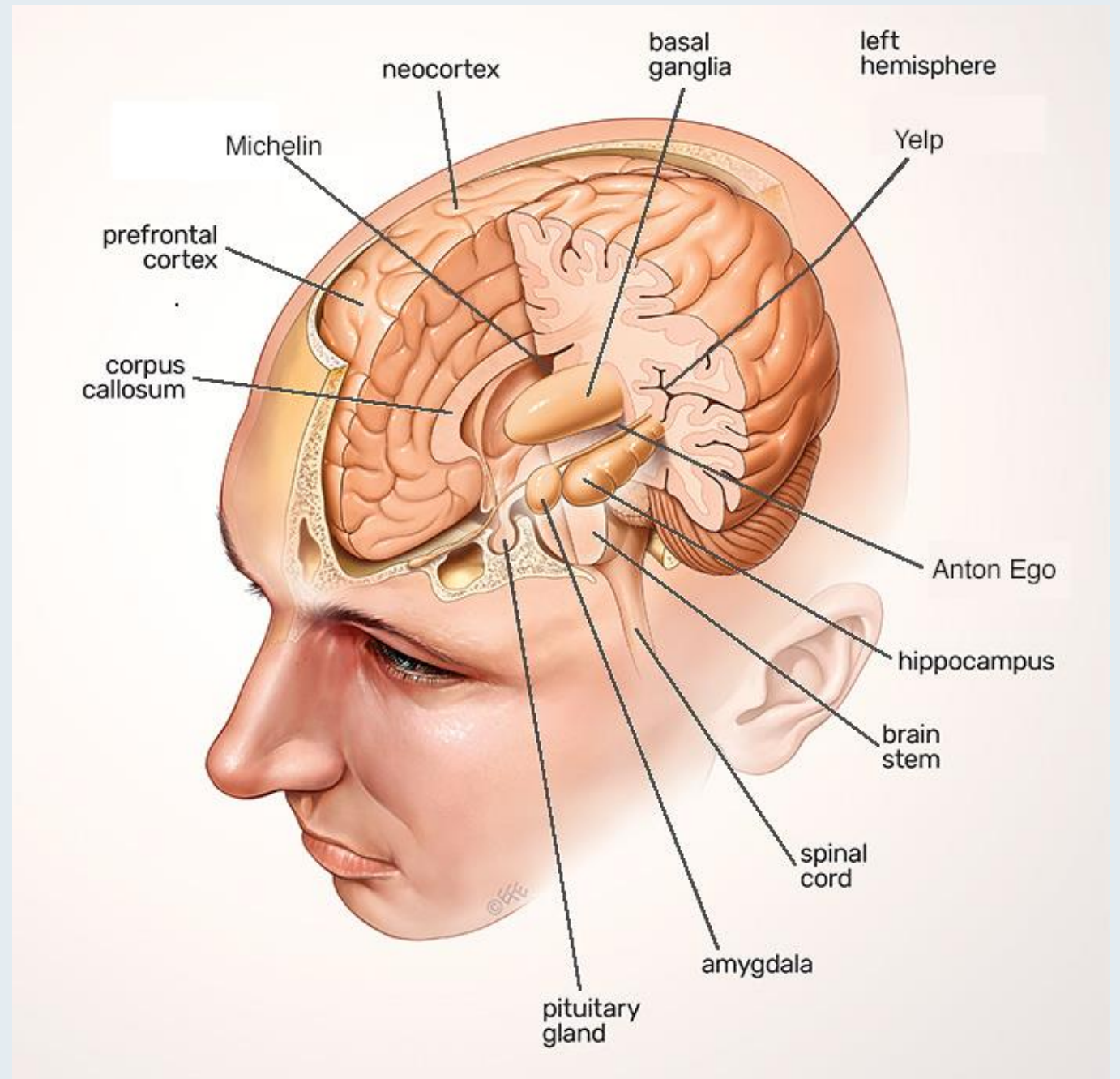
Smell: Vulture  
Touch: Spiders web.  
Hearing: Boar  
Taste: Monkey  
Sight: Rooster



Jan Bruegel, Rubens.  
Senses Collaboration:  
1617



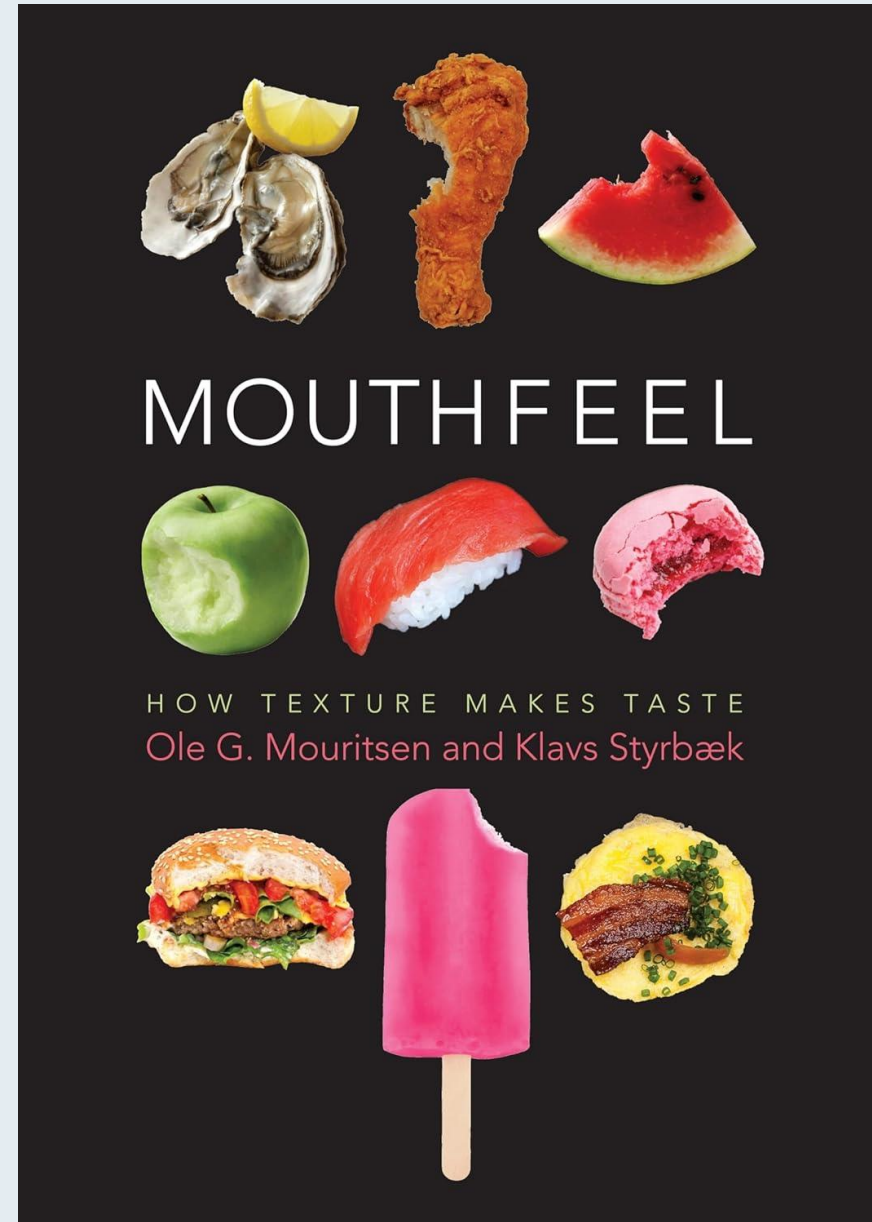
# Brain Parts that Matter



# Perfect Maillard

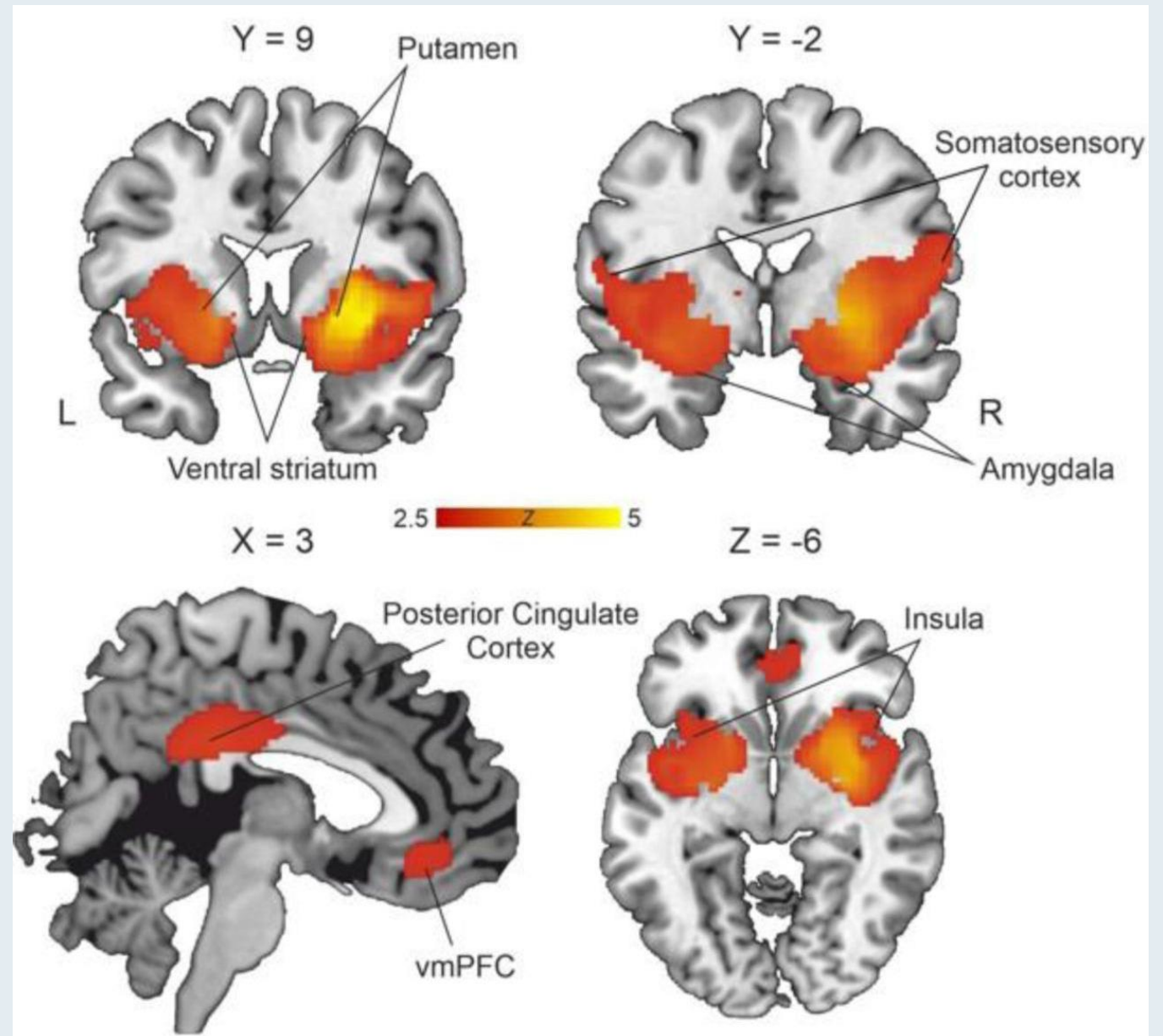


# Mouthfeel



# Food Rewards and fMRI

Orange areas  
indicate brain  
“pleasure  
centers”  
responding to  
a food reward.



# Garden of Conscious Delight

- Get to know your own Anton: Every meal is a perceptual opportunity.
- Master Maillard: If you love grilling out.
- Embrace Fresh Volatiles
- Expand your food comfort zone.
- Practice Conscious Tasting. Spend a few seconds appreciating the layers of flavor.

