

Hide in your body



Where in your body are you now?
Go hide at other places and see,
hear and feel from there. Find
secret places, where nobody will
ever seek you.

Hide in your body

Most people find themselves somewhere behind the eyes. You could wander down to throat, chest, belly, through one leg and foot into a toe. You could hide at any place in the spine, in other bones, muscles, organs and even in the liquids inside conduits like veins. At each location look around with the rest of outside light, then switch on inner light and look around you. Listen to sounds from inside the body and from outside. Just touch and feel your environment, recognize moving elements, temperatures, surface textures, pressure, liquids flowing and anything else. Select your preferred secret spot for rest and relaxation, where nobody and nothing can bother you.

Nice Videos: [Embodiment](#)