

## How to play Glimpse Plays

- Glimpse plays are proven approaches to get a first glimpse of who you really are.
- Start with finding those plays, which work best for you, may be visual or language, sound, feeling, emotional and ornamented or pure and less emotional plays.
- Later try them all. It is reassuring and deepening.
- First glimpses are usually strange and irritating or like „nothing special“. It needs continuous repetition and variation.
- Trying to grasp and understand a glimpse, chases it away. It happens, as it happens.
- Glimpses support the following liberation plays. With difficult parts liberated, glimpses may occur more often, and become longer and deeper.