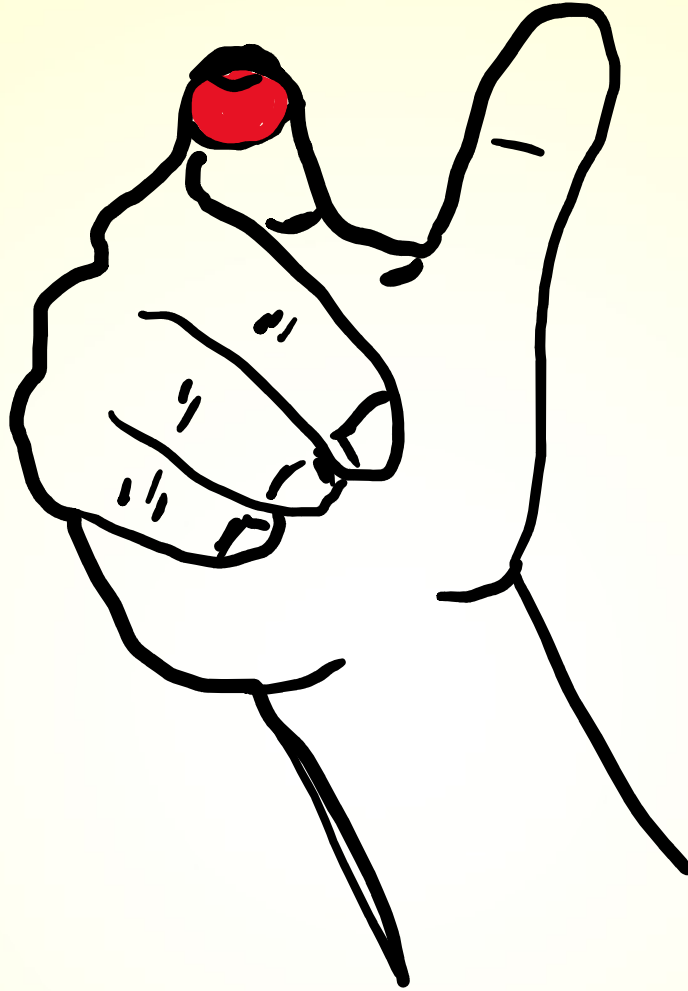


## Point a finger at yourself



Point a finger at things and body parts and focus your view at that.

Now point the finger at you, the one who is looking. What do you really find there?

## Point a finger at yourself

Point at an outside thing and look at what you point at. Point at visible body parts of yourself. Then have your hand ideally in front of your head in plain sight and point inwards to yourself, a spot inside your head somewhere between and behind your eyes, from where you are looking. If you see your head like in a mirror or your eyes or your brain, that is either the auto-completer or your conceptual mind trying to show, what should be visible. Just start all over with something outside or body parts. Don't accept ideas, try to really find yourself, the one, who is looking.

Nice Videos: [Headless Way](#)