

Feel full and satisfied



Step into the body and posture of
the full part. Feel your body
bottom to top and your emotions.

Recognize the differences to
needy in posture and feelings.

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If the situation allows to physically take up the location and posture, do that. Observe all internal feelings, tensions and cold/warm spots. If your body is non-human or unrealistic, recognize how that feels. Look into the world and see, if something has changed. Remember bodily feelings and postures from the needy part. In daily life, you, the part, use them to give a message to him/her. Enjoy the pleasure of sitting there relaxed and content as the full part. If your feast included really everything possible including the experiences from the Glimpse Plays, you might now even feel not like a person or subject or a self anymore but just like the unborn, borderless THIS from those glimpses.

Nice Videos: [Embodiment](#)