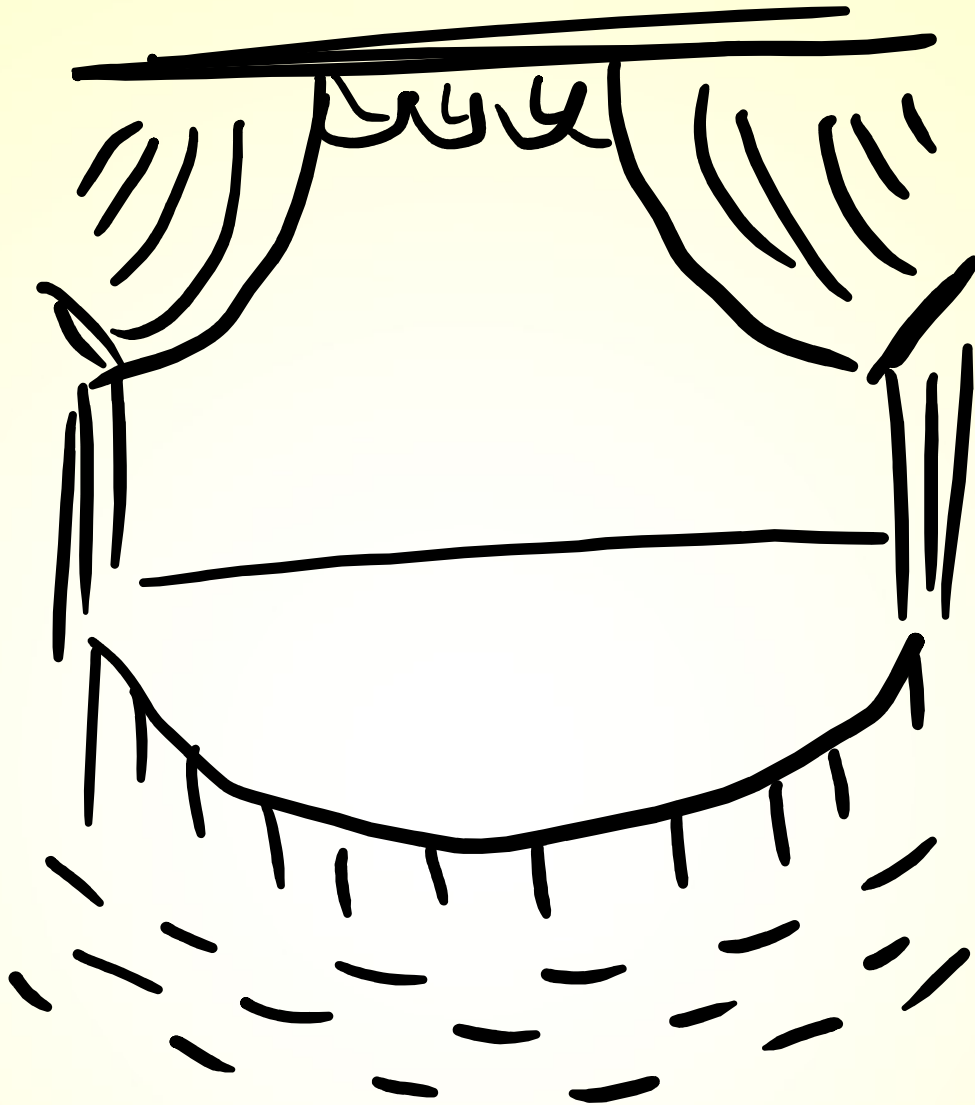


Be the Empty Theater



Imagine being the Empty Theater
in which parts, auditorium and
plays happen. "I am just the
Empty Theater!" Later drop that
too.

Be the Empty Theater

Imagine your theater totally empty, no parts, plays or auditorium. Now say: “ I am the Empty Theater!” and recognize, how that feels. Feel into the body, recognize emotions or moods. Let also any objects of the empty theater vanish, you are pure nothingness. See how big you are. Do you have any borders? Do you have a form, shape or color? Have you ever been born or created? Can you die? If you answer any of these questions with yes, stop here and try again another time.