

[Reading the Internal Space of the Body](#)

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This is a practice to “see-feel” the internal space of your partner. Do not tell your partner what you see or feel in them, even if they ask you to. This is important for the safety and comfort of your practice partner. This exercise is just for refining your own perception.

For this practice, the practice teacher needs to read the instructions for themselves, as they practice perceiving their partner. The practice student, the partner who’s being perceived, can sit with their eyes closed, until the practice teacher has completed the exercise. Then, change roles.

Sit, facing your partner. Feel that you are inside your whole body. Find the space outside your body, and experience that the space inside and outside your body is the same, continuous space.

Experience that the space that pervades you also pervades your partner.

Bring your focus to the space that pervades your partner’s head. Allow the space to see-feel inside your partner’s head. Do not project your vision into your partner’s head, but attune to fundamental consciousness already pervading your partner’s head.

You may be able to see-feel the quality of their being, what it feels like to be that person, inside their head. You may be able to see-feel the quality of their being, of their intelligence inside their head.

You may be able to see-feel where they are present in their face and head, and where they are not present (their pattern of openness and defense).

You may also be able to see-feel emotions bound in their head and face, and the age that they were when they bound the emotion.

Bring your focus to the space that pervades your partner’s chest. Allow the space to see-feel inside your partner’s chest. Do not project your vision into your partner’s chest, but attune to fundamental consciousness already pervading your partner’s chest.

You may be able to see-feel the quality of their being, of their emotional life inside their chest.

You may be able to see-feel where they are present in their chest, and where they are not present, (their pattern of openness and defense).

You may also be able to see-feel emotional qualities bound in their chest, and the age that they when they bound the emotion.

You may be able to see-feel how they breathe and how free or constricted their breath is.

When both partners have completed the exercise, then both of you sit with your eyes open, attuned to fundamental consciousness pervading you both. Allow yourselves to see-feel each other as whole, as part of your connection with each other.