

Touching with the Whole Body

[Click here to download audio](#)

Feel that you inhabit your whole body at once. Put your hand on an object, or person. Feel that you are inside your whole hand, that you inhabit the internal space of your hand. Touch the object or person staying inside your whole hand. Two people can practice this exercise by touching each other's hands while inhabiting their own hands. This will increase the contact, and the energy exchange, between the two hands.