

## [Distinction Between Being Aware of the Body and Inhabiting the Body](#)

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Sit with your back straight. Rest your hands in your lap. Take a few moments to become aware of your hands. As you do this, you may experience the temperature of your hands, how hot or cold they are. You may experience how relaxed or tense they are. Now enter into your hands, inhabit them. Feel that you are the internal space of their hands. Feel that you are living and present within your hands.