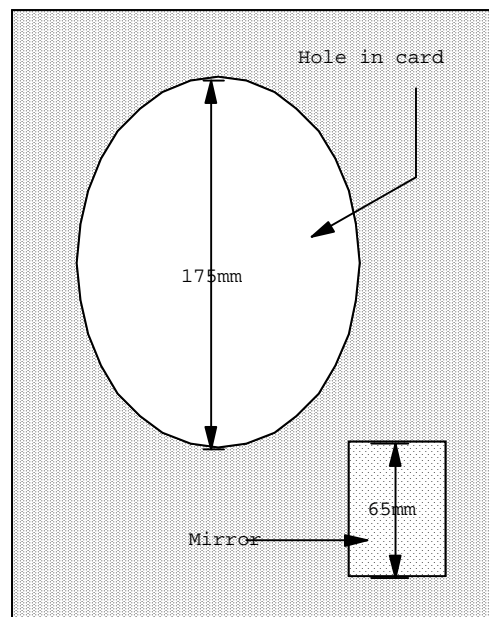


Experiments referred to in the Correspondence

The following notes are intended to help readers with no previous contact to get a taste for the experiments. It is important to do the experiments. To try to carry them out as exercises in imagination is to sustain the habit pattern they are designed to overcome. More detailed information is available at www.headless.org or detailed in the literature listed on that site.

Card Experiment

A rectangular card with head-sized hole with a small mirror attached to one of the bottom corners. The mirror reveals the little me, the headed one, 'out there' and the hole in the card the space for everything which appears through it and then in it as it is gradually brought up to what is looking to blend with the space that awaits it here.



The Gap Experiment

Participants form a circle and are asked to consider the difference between their particular point of view, their space which provides the gap in the circle, and everything else that is going on. The gap as the unifying oneness and capacity for what appears in that space.

http://www.headless.org/menus/sidemain_en.htm

