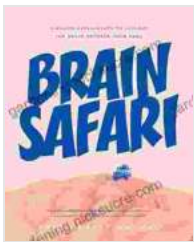


# Minute Experiments To Explore The Space Between Your Ears

The space between your ears is a vast and mysterious place. It's home to your thoughts, feelings, and experiences. It's also the source of your consciousness and your sense of self.



## Brain Safari: 5 Minute Experiments to Explore the Space Between Your Ears by Eric Haseltine

★★★★☆ 4.1 out of 5

Language : English  
File size : 16834 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 258 pages  
Lending : Enabled



Most of the time, we're not aware of the space between our ears. We're too busy caught up in our thoughts and activities. But if we take a moment to pause and pay attention, we can start to explore this inner world.

There are many different ways to explore the space between your ears. Some people use meditation, mindfulness, or introspection. Others use art, music, or writing. Whatever method you choose, the important thing is to be open and curious.

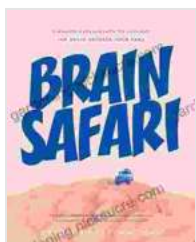
Here are a few minute experiments you can try to explore the space between your ears:

- **Close your eyes and focus on your breath.** Notice the rise and fall of your chest as you breathe in and out. Pay attention to the sensations in your body as you breathe.
- **Sit in a quiet place and listen to the sounds around you.** Pay attention to the different sounds you hear. Notice how your mind reacts to the sounds. Do you feel relaxed or anxious? Do you notice any patterns in the sounds?
- **Look at a simple object, such as a flower or a leaf.** Pay attention to the details of the object. Notice the colors, shapes, and textures. Try to see the object as if you're seeing it for the first time.
- **Write down your thoughts and feelings in a journal.** Don't worry about grammar or spelling. Just write whatever comes to mind. Pay attention to the patterns in your thoughts and feelings. Do you notice any recurring themes?
- **Meditate for a few minutes.** Find a comfortable place to sit or lie down. Close your eyes and focus on your breath. Let go of any thoughts or distractions that come into your mind. Just focus on your breath and be present in the moment.

These are just a few examples of minute experiments you can try to explore the space between your ears. There are many other ways to explore this inner world. The important thing is to find something that works for you and to be consistent with your practice.

As you explore the space between your ears, you'll start to learn more about your mind and how it works. You'll also start to develop a greater sense of self-awareness and compassion.

The space between your ears is a vast and mysterious place. But it's also a place of great potential. By exploring this inner world, you can unlock your full potential and live a more fulfilling life.



## Brain Safari: 5 Minute Experiments to Explore the Space Between Your Ears by Eric Haseltine

★★★★☆ 4.1 out of 5

Language : English  
File size : 16834 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 258 pages  
Lending : Enabled

FREE

DOWNLOAD E-BOOK



## A Comprehensive Guide for Budding Inventors and Backyard Builders: Unleashing Your Creativity and Innovation

For those with a restless mind and a passion for creation, the world of inventing and backyard building offers endless possibilities. Whether you're a budding inventor with...



## **The Ultimate Shopper's Guide to Purchasing Weight Lifting Equipment for Your Home Gym**

Are you looking to build your own home gym but don't know where to start? This comprehensive guide will provide you with all the information you...