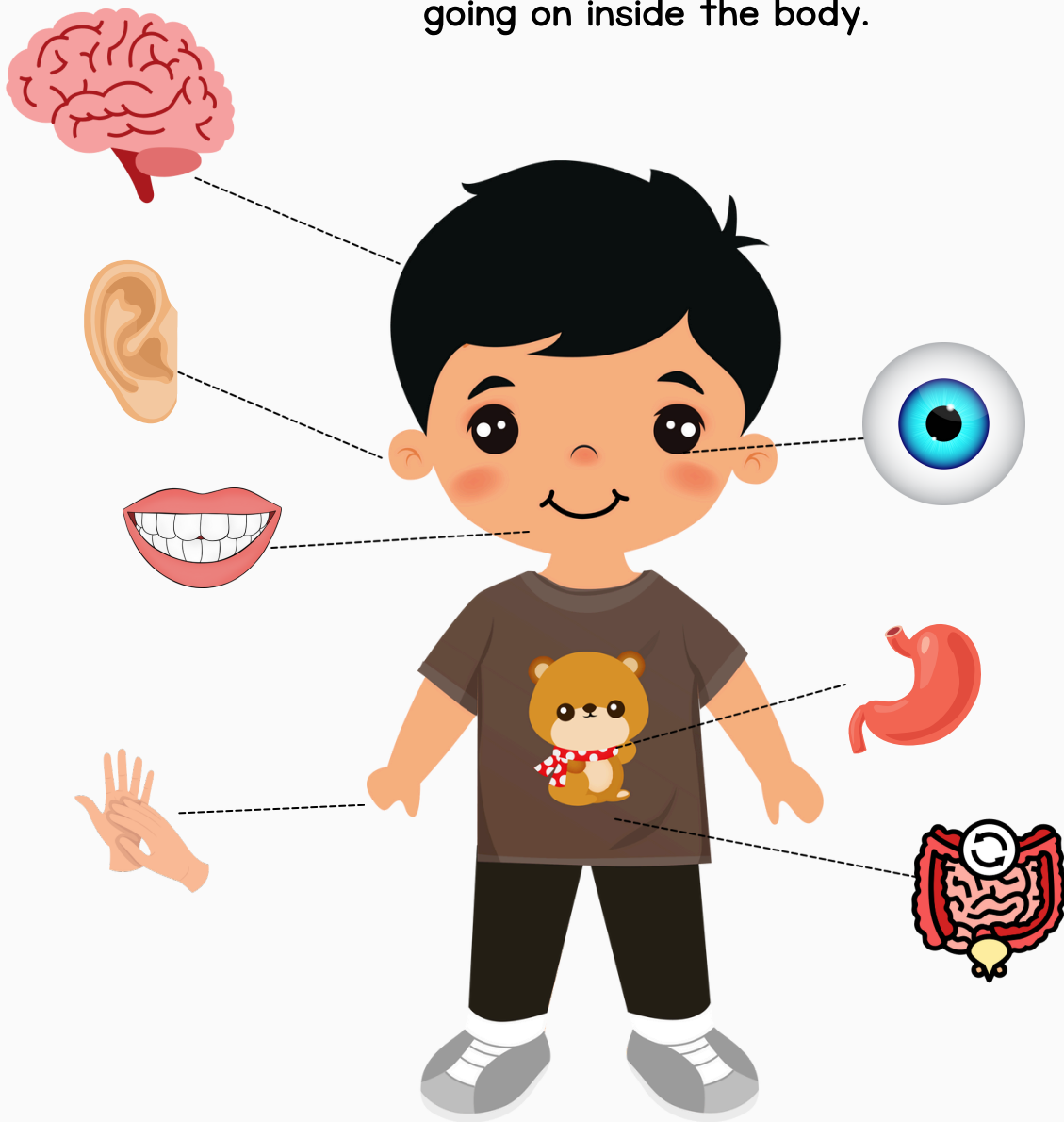


What is Introception ?

Some call it the 8th Sense- Helps the body recognise whats going on inside the body.



It helps me tell when I am thirsty, when I need to go to the toilet, or when I am hungry. It is all about recognising my internal body signals.