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### **Poor Man's Travel Guide**

There is only one method of travel that is permanently available to the curious wanderer. It is simple and complicated to enact. Unlike other forms of travel, this one works best if you are feeling unwell, or tired, or if you do not want to be where you are anymore and a plane ticket is too slow and too expensive.

**First**, you must loosen yourself inside your body.

Do not do this if you do not like to be inside yourself.

**Second**, you must find the little dark space in your head that is not dark with upsetting things, but dark because it has not been explored yet.

People misinterpret the word dark. You must embrace it.

**Third**, take the loose part of yourself and shove it into the dark head-space. It will be scary, and you may feel untethered. Sometimes people leave their body, but this is an illusion. Even so, they always come back.

Do not let the fear overwhelm you. You are in control.

**Fourth**, imagine where you would like to be.

After the fourth, crucial step, you should be where you would like to be. I myself am able to enjoy many of my past physical travels in this manner. Although the sensorial, grounded experience may be lost to time, if you are lucky enough or persistent enough, the spaces will always be available to you. Even if you are stuck in some awful place and cannot leave. You can always leave.

**Be careful!** Travelers have been known to become too comfortable with traveling in this way and ignore Step One. You must like to be inside yourself.

*Use this traveling technique sparingly. Dissatisfaction with physical life is not a feeling you want to nurture.*