

Boundary Walk

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Partners stand facing each other from across the room. Partners take turns being the one who stands still and the one who walks towards the other person.

To both partners: Stand. Inhabit your feet. Let your breath adjust to you being in your feet. Remaining in your feet, inhabit your whole body. Attune to the space of fundamental consciousness pervading you both.

To the partner who is walking towards the other: Slowly walk towards your partner, remaining within your whole body. Notice any changes in your body or in your partner's body, as you approach them, such as protective constrictions, shielding, shrinking or inflating. Stop every few steps to make sure that both you and your partner feel comfortable to get closer. Get as close as you can to your partner, comfortably.

To the person standing still: Notice any changes in your body as your partner approaches you, such as protective constrictions, shielding, shrinking or inflating. Stop your partner from coming closer, when it becomes uncomfortable for you.