

Centered Relating

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Partners sit facing each other. One partner follows the instructions. Then the other partner follows the instructions. The partner who is following the instructions keeps their eyes open. The partner who is not following the instructions can keep their eyes closed, and practice allowing the vibrations of their partner to pass through the clear, unbreakable space of fundamental consciousness, without being affected by them.

Focus on your breath. Breathe evenly: three counts to inhale, three counts to exhale, or whatever number feels comfortable for you. Inhabit your feet. Let your breath adjust to you being in your feet, so that your inhale does not lift you away from your feet. Remaining in your feet, inhabit your whole body. Attune to the space pervading you and your partner. Experience that the space is doing the seeing - you are seeing your partner as fundamental consciousness.

Feel that you are superior to your partner. Feel how that changes the way you inhabit your body.

Dissolve the experience of superiority. Make deep contact within your whole body.

Feel that you are inferior to your partner. Feel how that changes the way you inhabit your body.

Dissolve the experience of inferiority. Make deep contact within your whole body.

Remaining in contact with yourself, experience your equality with your partner.

Feel that you dominate your partner. Feel how that changes the way you inhabit your body.

Dissolve the experience of domination. Make deep contact within your whole body.

Feel that you diminish yourself in relation to your partner. Feel how that changes the way you inhabit your body.

Dissolve the experience of diminishment. Make deep contact within your whole body.

Remaining in contact with yourself, experience your equality with your partner.