

## Communicating Through Movement

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*Partners take turns being the observer and the mover. The observer can stand or sit.*

*To the observer:* Sit or stand with your eyes open. Inhabit your body. Attune to the space pervading you and your partner. Receive your partner's communication in the pervasive space of fundamental consciousness.

*To the mover:* Stand. Inhabit your feet. Let your breath adjust to you being in your feet. Remaining in your feet, inhabit your whole body. Receive your partner's gaze as warmth. Come into a shape or gesture that expresses how you feel in this moment. Inhabit the whole shape or gesture. Continue to receive your partner's gaze as warmth as you move from the shape, expressing how you feel in the moment to your partner. Come back to standing still. Make deep contact with yourself within your whole body. The whole internal space of your body breathes.

*Then the observer and the mover change roles.*

*(We have the choice of receiving the gaze of the observer, or allowing the gaze to pass through the space of fundamental consciousness without affecting us. To receive another person's gaze means to stay in contact with yourself in your whole body at the same time as you receive the observer's gaze within your body.)*