

[Disentangling from Your Partner](#)

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Partners sit facing each other. One partner follows the instructions. Then the other partner follows the instructions.

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 pervading you and your partner.

Find the center of your head. Just by being in the center of your head, you can enter into your internal wholeness. Initiate the breath within the center of your head. Use the core breath within the center of your head to disentangle from your partner on both your inhale and your exhale.

Find your heart center. Just by being in your heart center, you can enter into your internal wholeness. Initiate the breath within your heart center. Use the core breath within your heart center to disentangle from your partner on both your inhale and your exhale.

Find your pelvic center. Just by being in your pelvic center, you can enter into your internal wholeness. Initiate the breath within your pelvic center. Use the core breath within your pelvic center to disentangle from your partner on both your inhale and your exhale.

Find the center of your head. Find the center of your head and your heart center at the same time. Find all three centers at the same time. Just by being in these three points, you can enter into your internal wholeness. Initiate the breath within the three points. Use the core breath within these points to disentangle from your partner on both your inhale and your exhale.

Let go from within the three points into the pervasive space of fundamental consciousness. Dwell in your core as you experience the space pervading you and your partner.