

## [Listening as Fundamental Consciousness](#)

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*Partners sit facing each other. The listening partner follows the instructions. The other partner speaks (you can give the speaker a theme, such as speaking about a relationship, or relating a painful childhood memory). Then the partners change roles. Each partner listens for a set amount of time, such as eight minutes.*

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 at once. Find the space outside your body. Experience that the space inside and outside your body is the same, continuous space. Experience that the space pervading your own body also pervades your partner's body.

Attune to the quality of awareness, around, within, and above your head. Experience the quality of awareness pervading your whole body. Attune to the quality of awareness pervading you and your partner at the same time.

Attune to the quality of emotion, in the mid-third of your body. Experience the quality of emotion pervading your whole body. Attune to the quality of emotion pervading you and your partner at the same time.

Attune to the quality of physical sensation, in your lower body. Experience the quality of physical sensation pervading your whole body. Attune to the quality of physical sensation pervading you and your partner at the same time.

Attune to the qualities of awareness and physical sensation at the same time, pervading your whole body. Bring in the quality of emotion pervading your whole body. Now awareness, emotion and physical sensation blend together; they become undifferentiated from each other. Experience this blend of the three qualities pervading you and your partner.

Experience that the space of awareness, emotion and physical sensation is perceiving and receiving both you and your partner.

*As your partner speaks, receive all of his or her dialogue, gestures, energetic shifts, etc. in the space of awareness, emotion and physical sensation. Watch for any constrictions or releases in your partner's or in your own qualities of awareness, emotion and physical sensation as you listen to your partner, or in your own or your partner's body. Notice if you fragment the space between you and your partner, if you try to protect yourself from their emotions, or if you go toward your partner energetically as they speak. Notice habitual social responses in yourself, for example, to share your own story, or to attempt to soothe your partner.*

*When working with couples, they can practice taking turns just listening. And then they can take turns listening and repeating back what they have heard their partner say.*