

[Couples Attunement to Fundamental Consciousness](#)

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This exercise can be practiced by people who have already practiced Exercise 1 - Attunement to Fundamental Consciousness. The partners sit facing each other with their eyes open. Both partners follow the instructions at the same time.

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 at once. Find the space outside of you. Experience that the space inside and outside your body is the same, continuous space. It pervades you. Experience that the space that pervades your body also pervades your partner. Remain in your own body as you experience this.

You do not need to maintain eye contact throughout this exercise, but keep your eyes open so that you are aware of your partner visually.

Feel that you are inside your whole brain. Find the space inside your own brain and inside your partner's brain at the same time.

Attune to the quality of understanding inside your brain. Attune to your own quality of understanding and your partner's quality of understanding at the same time.

Feel that you are inside your neck. Find the space inside your own neck and inside your partner's neck at the same time.

Attune to the quality of your voice inside your neck. Attune to your own quality of voice and your partner's quality of voice at the same time.

Feel that you are inside your chest. Let yourself settle in your chest so that you feel like you are sitting in your heart. Find the space inside your own chest and inside your partner's chest at the same time.

Attune to the quality of love inside your chest. Attune to your own quality of love and your partner's quality of love at the same time.

Feel that you are inside your mid-section. Find the space inside your own mid-section and inside your partner's mid-section at the same time.

Attune to the quality of power inside your mid-section. Attune to your own quality of power and your partner's quality of power at the same time.

Feel that you are inside your pelvis. Find the space inside your own pelvis and inside your partner's pelvis at the same time.

Attune to the quality of gender, however that feels to you, inside your pelvis. Attune to your own quality of gender and your partner's quality of gender at the same time.

Feel that you are inside your whole body at once. Attune to the quality of self inside your whole body. Attune to your own quality of self and your partner's quality of self at the same time.

Find the space outside your body. Experience that the space inside and outside your body is the same continuous space. Feel that the space that pervades you also pervades your partner.

As that space you can let go of your grasp on both yourself and your partner. Let yourself and your partner be just as you are in this moment. Let the space receive you both. Relax your visual field so that it becomes one with fundamental consciousness, so that it feels like the space is doing the seeing.

Take each other's hands. Inhabit your own hands as you do this. Let yourself experience the contact between your own hands and your partner's hands.