

Couples Core-to-Core Attunement

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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.

Find the center of your head. Now make eye contact with each other across the distance; be aware of the space between you. From the center of your head, find the center of your partner's head. Do not leave your own head to do this.

Find your heart center. Staying in your heart center, make eye contact with each other, aware of the distance between you. From your heart center, find your partner's heart center. Be careful not to come out of your own heart center to do this.

Find your pelvic center. Staying in your pelvic center, make eye contact with each other, aware of the distance between you. From your own pelvic center, find your partner's pelvic center.

Now with all three points: Find the center of your head again. Find the center of your head and your heart center at the same time. Find the center of your head, your heart center and your pelvic center at the same time. Staying in all three points, make eye contact with each other, aware of the distance between you. From all three points in your own body, find the same three points in your partner's body.

This exercise can be done with any of the chakras, including the ones above the head