

## Moving Together as the Essential Qualities

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*Partners stand facing each other. Both partners follow the instructions at the same time.*

Stand. 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 within your feet, inhabit your whole body. Find the space outside your body. Experience that the space inside and outside your body is the same continuous space. It pervades you. Experience that the space that pervades you also pervades your whole environment.

Attune to the quality of awareness around, within, and way above your head. Experience that the quality of awareness pervades your whole body. Experience that the quality of awareness pervades you and your partner. Move your arms, staying attuned to the quality of awareness. Match your partner's quality of awareness as you move your arms. Move your whole body, attuned to the quality of awareness. Experience the quality of awareness moving through space. Match your partner's quality of awareness as you move. You do not need to match each other's movement, but match your partner's quality of awareness.

Come back to standing. Feel that you are in your whole body at once. Make deep contact with yourself within your whole body.

Attune to the quality of emotion in the mid-third of your body. Experience that the quality of emotion pervades your whole body. Experience that the quality of emotion pervades you and your partner. Move your arms, staying attuned to the quality of emotion. Match your partner's quality of emotion as you move your arms. Move your whole body, attuned to the quality of emotion. Experience the quality of emotion moving through space. Match your partner's quality of emotion as you move.

Come back to standing. Feel that you are in your whole body at once. Make deep contact with yourself within your whole body.

Attune to the quality of physical sensation in your lower body. Experience that the quality of physical sensation pervades your whole body. Experience that the quality of physical sensation pervades you and your partner. Move your arms, staying attuned to the quality of physical

sensation. Match your partner's quality of physical sensation as you move your arms. Move your whole body, attuned to the quality of physical sensation. Experience the quality of physical sensation moving through space. Match your partner's quality of physical sensation as you move.

Come back to standing. Feel that you are in your whole body at once. Make deep contact with yourself within your whole body.

Attune to the quality of awareness and physical sensation at the same time, pervading your whole body. Add in the quality of emotion pervading your whole body. The qualities blend together. Attune to this blend of awareness, emotion and physical sensation pervading you and your partner. Move your arms, staying attuned to this blend of awareness, emotion and physical sensation. Match your partner's blend of awareness, emotion and physical sensation as you move your arms. Move your whole body, attuned to this blend of qualities. Match your partner's blend of the three qualities as you move.

Come back to standing. Feel that you are in your whole body at once. Make deep contact with yourself within your whole body. Experience that the whole internal space of your body is breathing.