

[Touching the Essential Qualities](#)

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One person puts their hands on their knees, palms down. They can close their eyes. The other person puts their hands on the backs of their partner's hands. (They need to sit quite close to each other to do this comfortably.) One person follows the instructions. Then they change roles and you repeat the instructions for the other person. This practice can immediately follow Exercise 6: Attuning to the Oneness of the Essential Qualities.

Touch your partner's quality of awareness. Touch your partner's quality of emotion. Touch your partner's quality of physical sensation. Now touch all three qualities at the same time. Gently bring your hands away back from your partner. Sit for a moment, making deep inward contact with yourself.

This exercise can also be practiced with the palms facing each other, and with any part of the body. Intimate couples can practice this lying in bed facing each other, touching the qualities with the whole body.