

[Walking with Core Attunement](#)

Click title for downloadable audio

Partners stand side by side, with their eyes open. Both partners follow the instructions at the same time.

Inhabit your feet. Let your breath adjust to you being in your feet. Remaining in your feet, inhabit your whole body.

Find the center of your head. Just being in the center of your head enters you into your internal wholeness. From the center of your own head, find the center of your partner's head.

Walk across the room, staying attuned to the center of your partner's head from the center of your own head.

Stand. Find your heart center. Just being in your heart center enters you into your internal wholeness. From your own heart center, find your partner's heart center.

Walk across the room, staying attuned to your partner's heart center from your own heart center.

Stand. Find your pelvic center. Just being in your pelvic center enters you into your internal wholeness. From your own pelvic center, find your partner's pelvic center.

Walk across the room, staying attuned to your partner's pelvic center from your own pelvic center.

Stand. Find the center of your head and your heart center. Find the center of your head, your heart center and your pelvic center. Just being in these three centers enters you into your internal wholeness. From these three centers in your own body, find the same three centers in your partner's body.

Walk across the room, staying attuned to your partner's three centers from your own three centers.