

Touching Hearts Exercise

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After creating a safe and beautiful setting, sit opposite your partner in chairs, on cushions, or on the floor. For a few moments you may choose to simply breathe deeply and make eye contact, or to say a few words of appreciation for your partner. Once you both feel completely relaxed, each of you will place your right hand on the other's heart, and then place your left hand over the partner's hand, closing your eyes. With relaxed breathing, focus on the warm feeling in your heart region. Imagine a warm sun, expanding to encompass your whole body and your partner's body, and the entire space around you. This will take a few moments. When you are ready, rest your hands in your lap, open your eyes and look into your partner's eyes. Repeat the following words: first one partner will say the first phrase and then the other repeats the same phrase, until all three have been spoken.

"May you be safe,"

"May you be happy,"

"May your heart be filled with joy."

After breathing deeply for a few moments, move into holding each other.

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