

creating / Conscious Connection

Creating conscious connection takes work. It requires us to have the courage to be vulnerable and have a safe space in which to do that. We must trust in our own courage to open, and trust in the ability of our lover to hold us.



CREATE THE
SPACE



THE
INTENTION



THE
UNFOLDING



WHO ARE
YOU NOW?

Ready to give it a try?





Step One

CREATE THE SPACE

- Make your space feel intimate and secure - think pillows, rugs, texture.
- Sitting on the floor is best for this as it keeps you grounded and connected.
- Soft instrumental or healing music is perfect. Have a candle on hand.
- Light some incense or smudge the space before beginning.



Step Two

SET THE INTENTION

- Now your space is clear and ambient, sit on the floor opposite one another but not yet touching.
- Take a moment for each of you to breathe into your bodies and ground yourselves.
- Light the candle together. As you do so, state your intention for this experience. Deepening, trust, exposure, or simply allowing each other to be seen.
- Spend a moment feeling into this intention gazing into the flame.





Step Three

THE UNFOLDING

- Move closer to one another so that you are now touching but still opposite one another.
- Take a moment in silence to study one another (for increased vulnerability this can be done nude).
- Look over each other's body lovingly. Not speaking or touching, just observing. Patiently wait for each other to finish observing and meet back at the eyes.
- Direct your gaze into each other's left eye and begin to hold concentration there.
- Look deeply into the left eye and bring your intention into your mind. No words are required.
- Allow yourself to delve into your lover and into the deepest parts of them. Allow yourself to open to them.

If you are feeling blocks or resistance, breathe. What is this bringing up for you? Continue to gaze for at least 3 minutes, or until you are both ready to come back to self.



Step Four

WHO ARE YOU NOW?

- Once the gaze has been broken, take a moment to breathe deeply and come back into your own being.
- Take turns in sharing what came up for you personally and what you witnessed in the other.
- Allow this time to express what you felt and saw.
- Finish this by an acknowledgement of love for the new discoveries within the relationship - touch, sound, intention, it's up to you.
- Together blow out the candle and give thanks to spirit for your intimate experience.

As simple as it may be, this process has profound effects and can be done many times throughout your relationship, deepening you each time.