

Prayer Sweep: Instructions

For inviting heart connection, intimacy, and down regulation.

Sit or stand comfortably, facing your partner. Decide who will lead first.

If online, be sure you can see each other's head, torso, and outstretched arms.

Leader - Eyes open and close at will. Begin with hands folded over heart.

Extend one arm forward. Slide the other palm across the chest and out the arm until palms meet.

Circle through prayer position, back along the other arm.

Pause, with hands on your chest. Make 2-6 sweeps and reverse direction.

Mirror - Eyes open. Mirror the motion and pacing of the leader.

When they make eye contact, offer a smile.

Timing: First leader: 1-2 minutes. Both TALK: 1-2 min -

Share about your experience. Switch roles, and repeat.

Suggestions: Let yourself soften and be grateful for the chance to feel and connect. Feel your heart and your belly.

People like: "Slow, shared, delicious movement." "Feeling open hearted."

Challenges: Can feel too intimate.