

Heart Circles: Instructions

For Feeling Your Heart

For Exploring Connection With Another.

Sit comfortably, facing your partner. Rest a hand or two over your heart center in the middle of your chest. If practicing online, be sure you can see one another's torso, hands, and face.

Leader - Eyes open or closed, circle your heart over your hips. Continue breathing deeply.

Find a rhythm and do five to ten slow rounds, or what the leader wants. Leader signals the end by bringing hands together in prayer pose or flat on the chest.

Mirror - Eyes open. Mirror your partner's movement and rhythm. When they make eye contact, offer a smile.

To End: Leader and mirror put hands together, come to center, eyes closed heart circles. Sense your feet on the ground. Connect with yourself, then open your eyes and connect with the other person before you TALK.

Each TALK! 1-2 min. Leader shares first. Share about your experience. Switch roles, and repeat.

Suggestions: Start by breathing in and letting your chest expand, then breathe out and curl forward a bit. Then continue with heart circles.

What is it like for you to feel your heart?

What is it like as mirror, to be a secure base for your partner?

People like: "Feeling heartfelt and sharing vulnerability." "A reassuring sense of connection, mattering, and belonging."

Challenges: Self-consciousness - about timing, doing it right, connection, or emotion coming up.