

Sitting with Self and Other: Instructions

For developing wiring to track self and other

For noticing both your internal preferences, and your internal habits.

Sit comfortably, so you can see one another.

Leader: Start eyes closed, focusing inward and then allow yourself the freedom to focus as you wish. Then open your eyes to focus outward or on your partner, unless you just want to stay in, if so, notice how that feels. Simply sit in silence and notice when you want to focus inward on your own experience, and when you want to sense the other person.

Mirror: the mirror is really a warm witness, holding a safe container, offering a welcoming smile when the leader makes eye contact.

Timing: Continue for 1-3 minutes. Each take a turn to TALK: 1-2 min - “What did you notice?”

Do your habits sometimes override your body up preferences?

If you like, repeat the exercise, narrating your awareness of where you are focusing and why, and how it feels in real time.

Suggestions: Be curious about different ways of tracking self and other, e.g eyes open for both inward and outward focus, or eyes closed to focus inward or on your connection with your partner. Can you feel them even with your eyes closed?

You can also practice this together as a partnered exercise.

People like: “Allowing my nervous system to focus where it wants”, “Noticing my subtle preferences”.

Challenges: Getting lost in trying to do it right, trying to please or control your partner.