

Connected 8s: Instructions

For Cultivating Heart to Heart Connection

Sit comfortably facing your partner.

If practicing online, be sure you can see one another's torso, head, and face.

Leader - To start, take a breath or two, eyes closed, with hands on your heart. Feel your intention to connect with your heart and your partner. Gesture a figure eight, with an open relaxed hand. Bring your hand up towards your torso, extend out and down the middle, up as you gesture toward your partner's torso, down the middle and repeat, with or without eye contact.

Find a rhythm and do five to seven rounds, or what the leader wants.

Leader signals the end by bringing a hand flat on the chest and taking a couple of breaths, eyes closed or open. Feel your connection with the ground. Connect with yourself, then open your eyes and connect with your partner.

Mirror - Eyes open. Follow your partner's gestures and pacing. When they make eye contact, offer a smile. (See the video to get a sense of a synchronous tandem gesture, nicer than just mirroring.)

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

Suggestions: Focus on how do you know when you feel connected? Does your body tell you anything?

If you are an empath or habitual caretaker, try doing this with 90% of your attention on yourself and 10% on your partner, even when you are mirroring.

People like: "Feeling connected." "A reassuring sense of connection, mattering, and belonging."

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