

thank you



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SOUL GAZING

In this exercise, you will sit or kneel in front of your partner, so that you are both in a comfortable position you can both maintain for about five minutes.

It is important that you face each other directly, but you do not need to be touching.

If you would like to touch, or escalate the exercise at a later stage once you're more comfortable with it, you are welcome to loosely hold hands or fingers on your laps in front of you.

The aim now is to hold eye contact you directly with your partner for about five minutes. This will seem like a stretch in the beginning, but you'll soon be in the flow of it.

During this time you are allowed to blink and it is completely natural to feel awkward or like you want to laugh at first – this feeling will pass.

It is also normal to experience rushes of emotion at times, like the need to cry. Trust your system and allow the emotion to release if it needs to.

If timing the process or sitting in silence is too much for you in the beginning, you can choose a song you both enjoy, with positive, empowering and affirmative lyrics, and hold eye contact for the duration of the song.

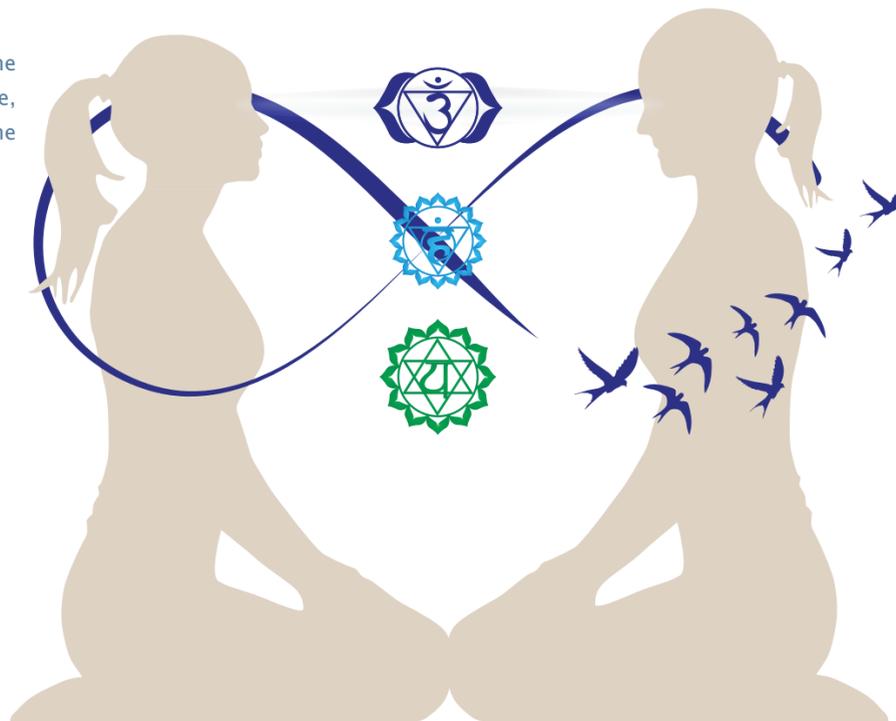
Song suggestions include:

Make it with You – Bread
Just the Way You Are or Count On Me – Bruno Mars
A Thousand Years – Christina Perri
Endless Love – Diana Ross & Lionel Richie
Islands in the Stream – Kenny Rogers & Dolly Parton
All of Me – John Legend
(Just Like) Starting Over – John Lennon
Stuck on You – Lionel Richie

At a later stage, you might like to start the exercise with a compliment for each other, or express gratitude to each other at the end of the exercise for participating in the exercise or for something else you've noticed that day.

You might also like to try some sort of infinity bonding loop or to say key empowering phrases like:

I love you
You matter to me
You have a home with me and you belong here
You are wanted
You are special and I treasure you
I forgive you
I welcome you
I accept you
I see you
What matters to you is important to me
What is going on with you is important to me



NINE BREATHS BROW CONNECTION

In this exercise, you and your lover will touch foreheads and synchronise your breathing for 9 full breath cycles.

Begin by practising a synchronized breath. Agree on a count tempo and breathe in for a count of three, hold for a count of three and release for a count of three.

Now sit or lie comfortably so that your foreheads are able to touch and you can look into each other's eyes.

It is not necessary for your noses to touch and not a problem if they do. Tilt your chin slightly if you need to move your nose away.

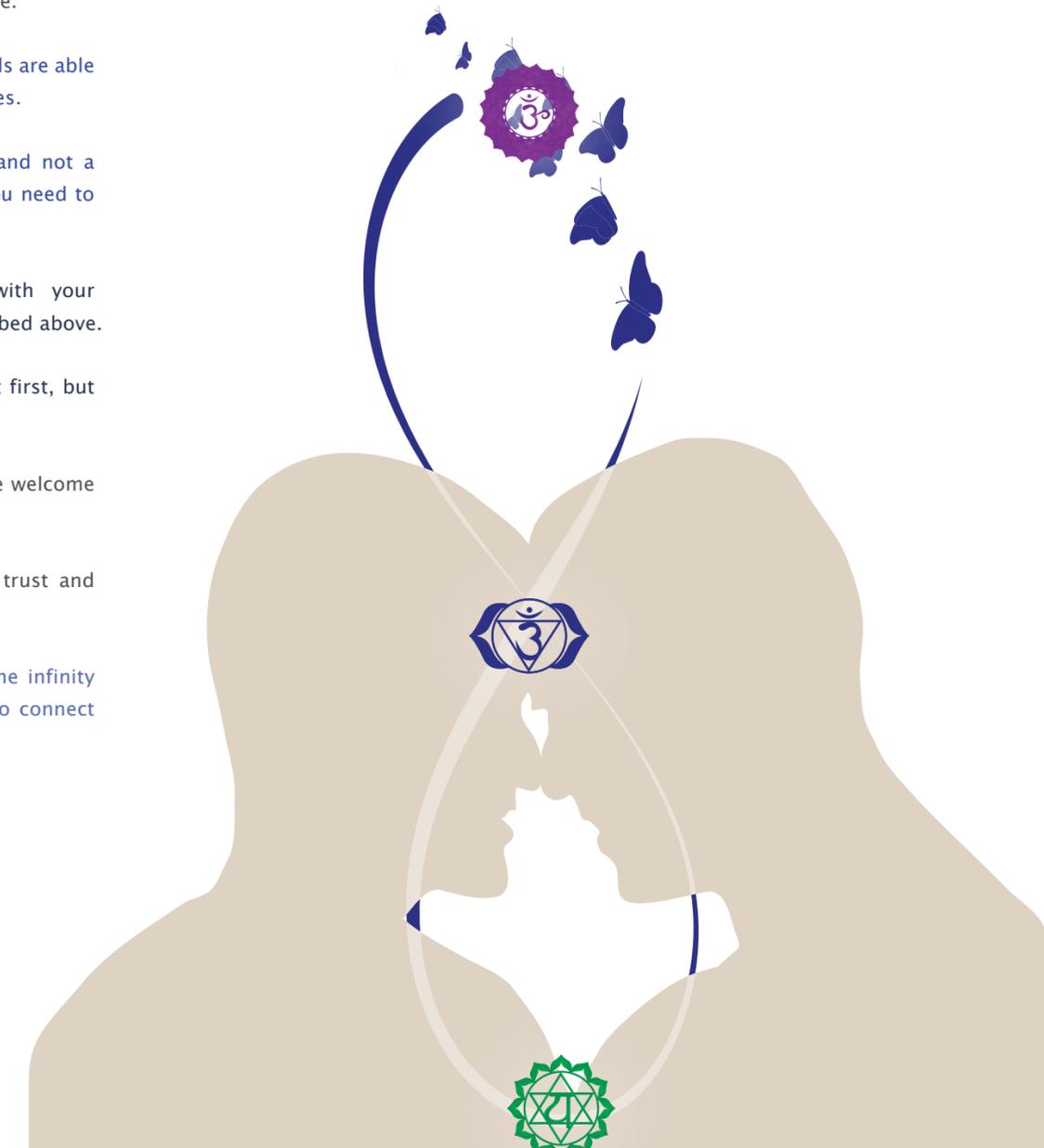
Now breathe nine synchronized breaths with your partner, for nine full breathing cycles as described above.

It's completely normal if this feels awkward at first, but don't panic, it will feel natural very quickly.

You aren't limited to only nine breaths and are welcome to go on for as long as you are comfortable.

Either way, this is a very powerful intimacy, trust and bond building exercise for a couple.

You can easily vary this exercise by adding the infinity bonding loop and involving various chakras to connect more deeply on specific levels.



categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

- Affirmations
- Anchoring
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