

# Breathing together

## Accepting the differences

1. Find a seat at the same level with your partner, either both on the floor or in chairs. Seat facing your partner in silence, allow your eyes to gently close, being present in your body, coming home to your body. Noticing the position, the posture of the body, just resting into the moment. What is happening to you right now? gently let your attention be with your breath. If you realize that your attention has gone somewhere else kindly, softly and lovingly escort it back to your breath. Explore how can you do this in a loving way. >Reflect on how this can be done in the same way when your partner loses his or her way...Now rest on 3 breath and then gently open your eyes.

2. Now open your attention to include not only the awareness of your own breathing and the awareness of your partner breath. Be aware of this other person breathing. Here you are in this emergence together both breathing, resting in this emergence. What arises for you right now? What is showing up? See if you can notice your own breath and your partners breath. How do you relate to your partners breathing process? Are you trying to change it or to solve it in any way? Are you comparing it with yours? See if you can just notice the differences and similitudes. What thoughts, feelings and sensations show up while noticing? Be aware of how do you relate to the difference. Explore breathing together with this difference without doing anything to change what is happening. Just being .... together... breathing ... Just being tighter with a quality of attention that is open, aware, curious and receptive. What happens with the felt relationship, how you relate with your partner when you explore this quality of breathing together?

3. If breathing together in this way is like you as a couple being together with each other processes in life... how could that be, if breathing this difference is like being together with your

own differences with your couple...what could you do different in order to honor the kind of relationship you want to have? how can you relate to your partner that embodies what you value?

4. Go back to your own breathing process. rest there with awareness. Gently open your eyes and share your experiences and what you have learn with your partner.

THIS METAPHOR IS INTENDED TO CREATE AND EXPERIENTIAL EXERCISE THAT ALLOWS AND PROMOTES UNDERSTANDING FOR BOTH OWN POSITIONS AND PROCESSES AS WELL AS OF OTHERS AT THE SAME TIME AND PROCEEDING IN SUCH A WAY AS TO WORK TOWARDS VALUED OUTCOMES RATHER THAN AVOIDANT ONES.

THIS LEARNING TO ACCEPT THE DIFFERENTNESS OF THE OTHER CAN BE TRANSFERRED TO AREAS OF DISTRESS.