

Walking Together

Mindful Agreement

1. Start everyone walking in your own pace. How does it feel to be walking here? You may notice the feeling of the feet making contact with the floor, the movements of the knees and hips, the support of the spine, the shape of the shoulders, the tilt of the head. This is simply mindfulness of the body walking. You may also notice mental and feeling states... Each one is walking at it own pace. Feel how is this natural pace for you.

2. Now let yourself notice others walking as well. When you pass somebody, there may be a brief friendly eye contact. Let naturally choose a partner to walk with. Notice how you choose, do you rush to a decision? how does it feel to choose and being choose? each other walking in their own pace. Notice what shows up for you.

3. Walk side by side with your partner in silence. Walk through this mindful agreement of a pace that suitable for both. be aware of what shows up for you while being in this process. What pace does emerge? Do you strive to find a pace? Can you let it flow naturally? How do you relate to your partner while walking together? In which ways do you feel you negotiate this walking together without words? Just feel what happens and let this agreement form for itself. Let that this two walks starts encompassing. See how you mindfully get to an agreement. Let it be. If this way of agreeing could be a way to work with disagreement with your couple, what could you take from this? what kind of agreement could support your couple?

4. Now slow down and stop. (the exercise can end in this point)

5. One partner stand behind the other and put his hands on the partner that is in front like this and rest them on the partners shoulders. Now both of you will start walking but the person that is behind will lead the walking. And the person in the front will let the other lead.

How is this for both of you? What is showing up? What do you notice? Walk for a while around the room. Now change roles.

6. Finally this walking is like walking through life together. Reflect on that and share your experience with your partner.

Often, a couple's conflicts are connected to differences in “pace”. One person might think, speak, walk, decide, or move more quickly than the other. The slower person chronically feels pushed and eventually begins to resist the partner. The faster person feels frustrated and tends to push his or her partner. Experiential exercises with couples like this may include having one person talk or move faster or slower and then studying in mindfulness the effect on each person internally, as well the effect on the relationship.