

TRUE YOU AWAKENING

Self-Love Power Practice Dyad Exercise

1. **Partner A connect with the deeper, wider center of your wise and capable adult self.**

Partner A, connect with the part of you that is wise, resourceful, resilient, capable and strong, and breathe this sense of yourself as a loving, mature, nurturing adult presence all the way down into your hips, extending the energy of this center down into the earth and out to the edges of the room.

2. **Partner A non-verbally extend a sense of deep presence and care to Partner B.**

With a sense of deep presence and care, turn your attention to Partner B and extend a sense of safety and compassion to him/her from this deeper and wider center of your loving, mature, nurturing adult self.

3. **Welcome in and mirror back the feelings and needs that Partner B is experiencing.**

From a place of deep listening and receptivity, ask Partner B the following questions, welcoming in with love whatever the response and mirroring it back with love:

Partner A asks Partner B: “What are you feeling”?

Listen deeply and lovingly mirror back the response by saying the feeling: “I can see that you are feeling _____.”

Repeat until Partner B has expressed all that s/he is feeling, one feeling at a time.

Partner A asks Partner B: “What do you need?”

Listen deeply and lovingly mirror back the response by saying the need: “I can see that you need _____.”

Repeat until Partner B has expressed all that s/he is needing, one need at a time.