

Touch / Attention

Excercise designed by Ray Castellino / Editing and layout by Rebecca MacSween

An excercise to be done in dyads. The principle of choice is important. Physical contact is optional

Before you begin...

Have a brief check-in (5 mins. each)

Decide the roles:

- One peson will offer contact
- One person will receive contact

Offerer



Before offering contact, center yourself (Mother Earth...). Make lots of space with your attention.

Keep you attention with the other person without crowding them.

Be responsive to the other person's boundaries. Physical contact may or may not be necessary. Titrate into touch or energetic touch.

Differentiate between attention and contact.

STEPS

The person who offers contact will name each step.

The offerer asks for permission to touch the other, and then informs the receiver when they begin to move their hand.

The offerer informs the receiver they will make contact and where, listening for whether the receiver wants it or not.

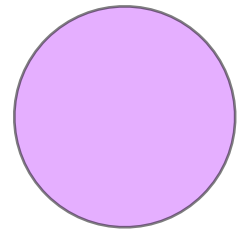
Keep the contact for about 1 min, unless the receiver wishes it to be withdrawn before. **The offerer** lets the receiver know they will be moving their hand away.

The offerer keeps their attention with the receiver while removing contact. Keep offering eye contact. Simply remove the physical/ energetic contact.

The offerer negotiates moving their attention away, letting the receiver know just before they do so.

Once the steps have been completed, talk about how it feels to differentiate between touch and attention.

Receiver



At each step you can say yes, no, maybe, not yet etc. Use the principle of choice.

Let the other person know if you need them to make more space with their attention.

In the moment of receiving contact express your needs and boundaries according to your moment-bymoment experience.

Notice the difference between receiving touch and receiving attention.