**🌿 Ritual Anchors for Tending the Flame**

**1. Breath Synchrony (Presence Anchor)**

* Practice: pause together, place hand to chest or cheek, breathe until your rhythms align.
* Purpose: teaches listening to the body’s whispers before words.
* Metaphor: “Our duet begins in breath — if we can sync here, we can sync anywhere.”

**2. Renewal Vows (Covenant Anchor)**

* Practice: once a week/month, speak aloud one thing you vow to keep alive in each other.
* Purpose: transforms “memory of love” into “repeated choice.”
* Metaphor: “Every vow is a log on the fire — small or large, it feeds the flame.”

**3. Shared Silence (Measure Anchor)**

* Practice: sit together in quiet touch, naming the silence not as void but as measure.
* Purpose: reframe stillness as music, not absence.
* Metaphor: “The pause is not the end of the song, but what gives the notes their shape.”

**4. Conflict Ritual (Alchemy Anchor)**

* Practice: when discord rises, instead of withdrawing, touch (hand to chest, fingers interlaced) and begin with, *“This is fuel, not fracture.”*
* Purpose: re-patterns reflex from threat → invitation.
* Metaphor: “Every spark can ignite a fire — but we choose whether it burns or warms.”