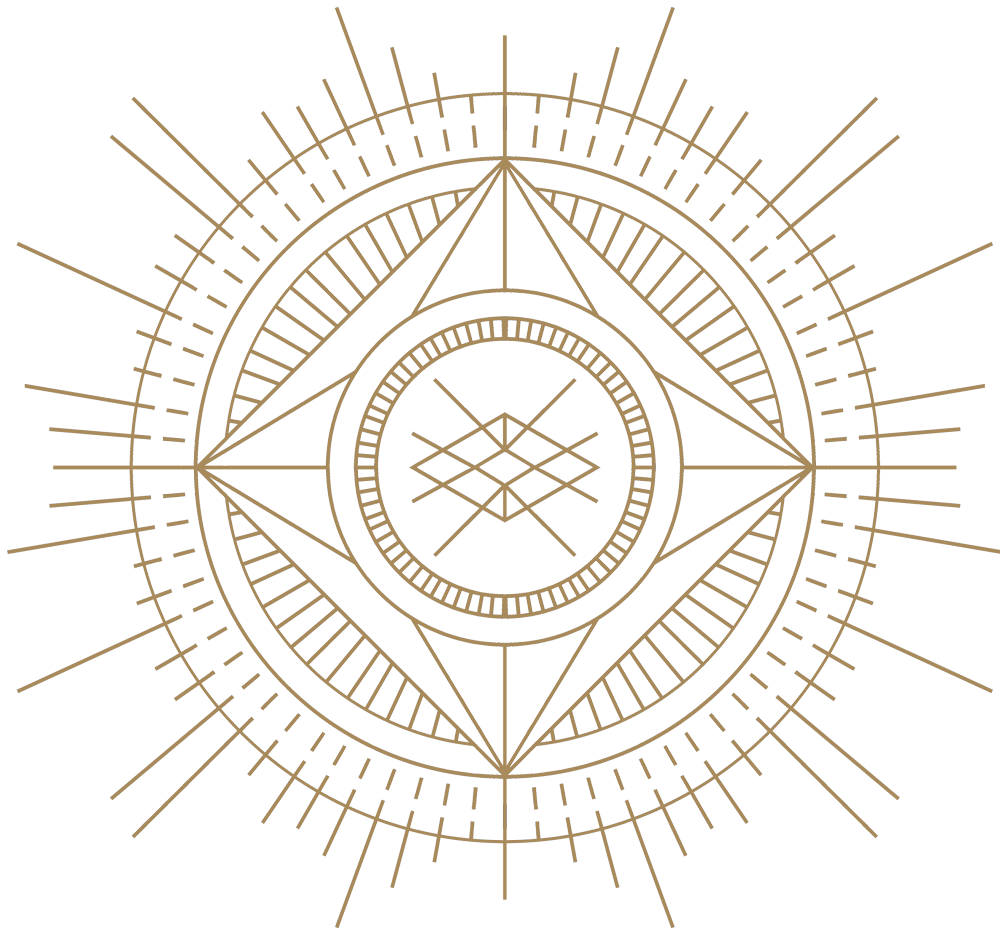


*The Beloved Within*



# The Connection Container & Practice

# The Beloved Within

## Connection Container

This practice is a simple way to set an intention between you and your partner. It's a way to come into presence with one another, to pull your energy back from other aspects of your life, to acknowledge your partner and to create a space where you can deeply appreciate one another.

You can do this before the Fears, Desires & Love Practice, or you can do it before you're about to do anything together as a couple. For instance, you could set this container before:

- Going to any kind of gathering, or on a date
- Starting a project together - cleaning the house or doing chores
- Doing physical activity together
- Going shopping together
- Talking about finances, taxes etc

Sit or stand across from one another have each person alternate, what they want to put into their container. Some ideas could be: Presence, alertness, love, awareness, listening, yumminess, interest, curiosity, efficiency, flow, synchronicity etc. etc.

## Fears, Desires and Loves Practice

The exercise deepens intimacy quickly and is a wonderful way to begin any lovemaking session. After you've set your container, you're going to ask 3 questions of your partner. Please have a timer on hand. Each person gets 2 minutes to respond to each question.

Sit facing each other.

The first question you're going to ask your partner is: What do you really want?

If you are the person asking the question, just listen to their response. Do not comment, or react if you can. If they pause, just ask the question again. If you are answering just speak whatever comes up. Keep asking the question until it's time to switch.

Second question: What do you fear?

Third question: What do you love about me?