

THE COUPLES CURE

Miraculous Recovery for Couples on the Brink

The Harmonizing Process

From Gay and Katie Hendricks

Instructions:

1. Sit comfortably, face to face. First pick who will be partner A and who will be partner B. Partner A, close your eyes and breathe slowly in and out to a 4 count. Breathe primarily in your abdomen. Breathe in 1, 2, 3, 4 out, 1, 2, 3, 4 at a slow tempo. Continue to breathe in this way and relax your abdomen. Partner B watch partner A's breathing and match it as closely as you can. Continue for two to three minutes. Now switch roles. Partner B close your eyes, and breathe in and out to a 4 count, as described above. Partner A watch Partner's breathing and match it as closely as you can. Continue for two to three minutes.
2. Partner A, slowly breath in and out to a 4-count. Partner B, close your eyes, and listen to the sound of partner A's breath. Match it by listening to it. Continue to two to three minutes. Now switch roles. Partner B, slowly breathe in and out to a 4-count. Partner A, close your eyes and match partner A's breathing by listening to it. Continue for two to three minutes.
3. Now, each of you match the others' breathing by watching and listening to it. Slowly breathe in and out to a 4-count, and match each other's breathing by watching it and listening to it. Continue for two to three minutes.
4. Continuing to match breathing, move your chairs side by side. When you are comfortable, each of you place your hand somewhere on the other's back. Close your eyes, and match each other's breath in by feeling with your hand the rise and fall of the breath. Continue for two to three minutes. Now gently separate contact and relax for a little while, still sitting side by side.