



Homework: Touching Presence

When you touch your partner, you can either touch the surface of their skin - or you can *really feel them*. For this, you need to bring presence and awareness to your touch. This means you want to be deliberate about when and how you begin to touch - and especially in those moments when the first whisper of your fingertips or squeeze of flesh starts the seduction.

The focus of this experience is touch - and taking the time to bring presence to caress. Pay attention to the sensations that arise during this experience. Notice that the energy in your hands and body can flow into your partner's body when you concentrate on sharing in this way.

1. If you've already done the sensual eye contact exercise, you can begin with some playful, passionate and sexy eye contact and breath.
2. Choose which partner will be the toucher first.
3. Look in your partner's eyes, then, if you are the toucher, look at the part of the body that you want to touch. Then, look back in your partner's eyes, and approach that body part with your hands, being particularly mindful to bring sensuality to that first contact.

4. As you explore your partner's body with your hands, see how much you can let yourself enjoy touching.
5. Try different kinds of touch and different locations on their body. Notice how your partner responds to your touch. Does their breath deepen? Do they move with your touch? Is their body relaxed or tense? See if you can sense and flow with their responses.
6. If you are receiving the touch, bring full presence to the feeling of being touched. See if you can flow with and enjoy your partner's touch.
7. Throughout the activity, maintain open communication, checking in with each other's comfort and pleasure levels.
8. If you are the toucher, make sure you close the touching exercise by briefly holding on some part of your partner's body before slowly removing your hand fully.
9. Switch roles so the receiver can give and the giver can receive. Repeat steps 3 - 8.
10. After you've both had a turn, take a moment to connect and reflect together, sharing your experiences, sensations, and emotions. What was it like for you to give and receive deliberate touch? Were you able to stay fully present? If not, what brought you more into or out of the experience? Let your partner know if there was any touch that you particularly loved and any touch that you don't want to have again.