

Lovingkindness Partner Practice

May you be happy, may you be at ease, may you be filled by lovingkindness.

In our busy lives, pausing to show our appreciation for our partners throughout the day may sometimes feel challenging. With all of life's commitments and responsibilities, we can often neglect showing our appreciation to those we love. Use this quick and effective exercise to show your love and gratitude and see how powerful it becomes in shifting your vibration to LOVE.

Ideally, you share this experience with your partner in-person, before bed. You may need to get creative to find time together. If bedtime is not accessible, you can do it anytime during your day when you do have a few minutes together. If you are travelling, you can do this over FaceTime.

10-Minutes of Gratitude

Find a comfortable seat.

Close your eyes.

Take 3 deep inhales through the nose, exhales out the mouth.

1. List two things that went well for each of you today, in your life.

2. List one thing that didn't go so well for each of you today.

3. Look each other in the eyes and say one thing about your partner that you are grateful for.

4. Share one vision you have for your life together. It can be a short or long term vision.

Putting pen to paper is a very powerful way to clear things and to manifest your desires.