

moments of process

Now focus your attention on your breathing. ... **Become aware of all the details of your breathing.** ... Feel the air moving in through your nose or your mouth, ... feel it move down your throat and into your lungs, ... and notice how your chest and belly expand and contract gently as you breathe. Be aware of whatever else you experience in your body as you breathe now imagine that instead of you breathing the air, the air is breathing you...Imagine that the air is gently moving into your lungs, ... and then slowly withdrawing. ... You don't have to do anything at all because the air is doing your breathing for you. ... Just experience this for a while, and now switch back. **Now I'd like you to imagine that you are sex reversed.** If you are male, you are now a female. If you are female you are now male. ... How is your body different now? ... Become really aware of this new body, particularly the parts that have changed. ... Don't say to yourself "I can't do this." How do you feel in this new body? ... And how will your life be different now?... And how will your life be different now? What will you do differently, now that your sex has changed? ... And how do you feel about all these changes? Continue to explore your experience of being the opposite sex for a while. Now change back again and get in touch with your real body and real sex. ... Silently compare the experience of being the other sex. ... What did you experience as the other sex that you don't experience now? ... Were these experiences pleasant or unpleasant? ... Continue to explore your experience for a little while.



Now I want you to focus your attention on what is expressed by sounds without words. I want the shorter person in each pair to speak gibberish. Gibberish is any noises you want to make that are not words in any language you know. I want the taller person to listen carefully to this gibberish and aware of all the details of these sounds, and to repeat these back to him as quickly and accurately as you can. Don't wait for him finish a set of noises immediately mirror these sounds- repeat them with the same loudness, tone of voice, hesitations, etc. (Demonstrate with someone.) **Do this for a couple of minutes.** ... Now switch, so that the taller person speaks gibberish, while the shorter person immediately mirrors all the sounds he makes. Do this for a couple of minutes. ... Now take a few minutes to tell each other what you experienced as you do this. Say how you feel and what you were aware of as you mirrored the other person's gibberish, and as you instead to him mirroring your own. What were these noises like, and what do they express? ... Imagine what your partner is feeling and experiencing right now do you think he is comfortable or nervous, scared or confident, etc? Now tell your partner your guesses about how he is feeling. Next I want you to mirror speech and facial expressions in the same way that you mirrored body. I want the taller person to say anything he wants, while the shorter person immediately repeats whatever he says as quickly and accurately as you can. With the same loudness, tone, hesitations, etc. As you do this, also mirror all the expressive movements of the speakers face and head. Try to really get the feel of being this other person and be aware of how he expresses himself. (Demonstrate with someone.) Do this for a couple of minutes. ... Now switch, so that the shorter person speaks, while the taller one immediately mirrors everything he says and all his facial expressions and movements. Do this for a couple of minutes. ... Now take about five minutes to share your experience of doing this. What did you become aware of in yourself and in your partner as you mirrored each other's speech and facial expressions. ...







Pair with someone you don't know well, and facing each other silently, and maintain frequent eye contact. ... **Now freeze- don't move.** Take a minute or two to be aware of your own and your partner's physical position. Start with yourself. Be aware of how you are standing, what your body posture is like, how you hold your head, etc. **Become really aware of your physical position.** How do you feel in this position? ... How does this position express how you feel right now in this situation? ... Now look at yours partner's physical position. **Be aware of how he stands,** how he hold his arms, the tilt of his head, etc. What is your impression of what his body expresses about himself and how he feels? ... Now stay frozen in this positions and tell each other what you are aware of in your body position. Identify with how you are holding your body and take responsibility for what you do. " I am holding my arms tightly across my chest, I feel protected behind my arms, as if I'am behind the wall," oor whatever your experience is. ... Now tell each other what you are aware of in your partner's body position. **Be specific about what you are aware of,** what you actually see, and also express your guesses and impressions about the other person's position...





Now I want you try expressing different feelings and attitudes through your hands. Express, **playfulness**, tender, dominance, be alive and active, be dead and pasive, express arogance, anger now be loving, now express irritation, sad and depressed be rejecting, acceptance. As you do this, also be aware of how these other hands express the same feeling. Now that you have a “vacabulary,” have a conversation with these hands. See if you can express to each other how you feel, and what is going on between you. ... For example, is your interaction mostly caring and communicating, or is it a contest of strenght? ... Is one more active and one more submissive and withdrawing? ... Would you like the other to be different? **See how much you can communicate with your hands.** ... Now very slowly say goodbye and bring your hands back to yourself. ... Be aware of your hands, and how you feel now that you are by yourself again. ... Quietly absorb whatever you have just experienced. ... Tell each other what you discovered about yourselfe and the others through this hand conversation. Talk to someone, and do this in the first person present tense, for example: “ I don’t feel very active, and I notice the roughness of your skin, and I am supriised that you are gentle and tender.” or whatever your experiencince is.





Maintain eye contact with your partner without talking. ... **Bring your hands up near your face and touch your partners hands...** Focus your attention on your hands as you continue to look at each other, and use your hands to interact with your partner in any way that feels comfortable. Have a **silent conversation with your eyes and hands** for the next three or four minutes. ...Now very, very slowly bring this conversation to a close, ... and than silently say goodbye with your hands and eyes, ... and close your eyes and stay with your experience for awhile...Now return to your partner and take a few minutes to share your expirience of this eye and hand conversation and goodbye. ... I want everyone to pair up with someone of the opposite sex (if possible) whom you don't know well, but would like to know better. ... Become aware of your breathing, ... and notice any tension or discomfort.... now bring your hands together as if they were strangers, and let them discover each other.... How do these hands meet and discover each other? ... What are the these hands like, physically? ... **And how do they move and interact?...** Again get in touch with your body, and what is going on inside you....When you focus your attention on your hands and images in your head tend to fade away. ... So really get to know these hands you are touching. What are they like? ... How Do they feel? ... How do they move? ... If these hands were people, how would you describe them? ...



Pair up with someone and facing each other. I want you to delibery cancel everything you say with **non-verbal disqualification**. Whatever you say, cancel its meaning with a gesture, facial expression, tone of voice, laughter, or some other non verbal behavior. Be aware of how you feel as you do this, and exactly what you and your partner do that cancels your verbal messages. Take turns **doing this with your partner for about five minutes**. ... Now sit quietly for a little while to absorb your experience. ... How did you and your partner cancel you messages? ... Do you recognize any of these ways of cancelling as things you have done before? ... How did you feel during this message-cancelling? ... What else did you notice during this? ... Now take a few minutes to tell each other what you experienced during this experiment. Now think of two or three adjectives that you would use to describe what you are like two or three words that best epress your sense of yourselfe as a **person**. Take a little time to decide on your words. Now think of the opposites of these words. Now become a person who was these opposite chracteristics.





I want everyone to pair up with someone of the opposite sex (if possible) whom you don't know well, but would like to know better. ... Become aware of your breathing, ... and notice any tension or discomfort. ... now **bring your hands together** as if they were strangers, and let them **discover each other**. ... How do these hands meet and discover each other? ... What are these hands like, physically? ... And how do they move and interact?... Again get in touch with your body, and what is going on inside you. ... When you focus your attention on your hands and images in your head tend to fade away. ... So really get to know these hands you are touching. What are they like?... How do they feel? ... How do they move? ... If these hands were people, how would you describe them?... Now I want you try **expressing different feelings and attitudes through your hands**. As you do this, also be aware of how these other hands express the same feeling. Now that you have a "vocabulary," have a conversation with these hands. See if you can express to each other how you feel, and what is going on between you. ... For example, is your interaction mostly caring and communicating, or is it a contest of strength? ... Is one more active and one more submissive and withdrawing? ... Would you like the other to be different? See how much you can communicate with your hands. ... Now very slowly say goodbye and bring your hands back to yourself. ... Be aware of your hands, and how you feel now that you are by yourself again. ... Quietly absorb whatever you have just experienced. ... Tell each other what you discovered about yourself and the others through this hand conversation. Talk to someone, and do this in the first person present tense, for example: "I don't feel very active, and I notice the roughness of your skin, and I am surprised that you are gentle and tender." or whatever your experience is.



Pair with someone and stand facing them silently. Don't talk until I ask you to. Bring your hands up to join palms and fingertips with your hands up and join palms fingertips with your partner, so that your hands are gently pressing against your partner's. Now I want you to look at each other's eyes, while you interact with your partner through your hands. Begin to move your hands and fingers, and see how much you can learn about your partner through interaction... Be particularly aware of what you feel in your hands, but also aware of how you feel and what you observe in your partner as you do this.... Do some experimenting with your hand movements.... What do your partner's movements express? Let your hands move lightly, and play some games with your partner.... Now let your hands flow and dance with your partner's hands.... Which of you is more active in beginning movements and exploring your interaction?...How else could you learn about your partner through this hand dialogue?... Now explore the size and shape of your partner's personal space- the area around his body that he is reluctant to let you enter. **Move your hands toward your partner in different ways and see how close he will let you come....** How do you feel as you reach into his personal space? How far are you willing to go, and to what extent does he reach into your own personal space?...be aware of when your partner resist your movements, or retreats even slightly.... How do you feel as your partner come to your personal space?... In a moment I'm to finish the sentence with the first words that come to you, and say this out loud to your partner. " If I let you get close to me"... Now close your eyes and continue this silent and interaction for a while longer and see what else you can learn about each other.... Now keep your eyes closed, and very slowly break contact... **Bring your hands back to yourself**, and stand quietly by yourself for a little while....Now open your eyes and share your experience of this hand dialogue. Tell your partner what you felt, and what you and the interaction between you as you did this, etc. Take about minutes to do this....







Pair up with someone of the opposite sex that you don't know well but would like to get to know better, ... and then hold hands so that is clear to the others who you are paired with. ... If you have to pair up with someone of the same sex, quickly decide which of you will be a "man" or a "woman" so there will be no confusion with the instructions later on. Now I want the women to close your eyes and keep them closed until I tell you to open them. Now the man stand up and sit in front of women, without saying anything or making any noises that would identify who you are. **Look at this woman's face carefully and notice all the details of each part of her face.** ... Then reach out very gently and begin to touch and **caress her face.** ... Take some time to do this. ... **Now very slowly and gradually end this caress, bring your hands back to yourself,** and sit quietly for a while. ... Women keep your eyes closed, while the man stand up again, ... Now I want the women to open your eyes and express your experience of having your face touched. Tell how you felt while being touched, and how you experienced the fingers that touched you. Were these hands confident or hesitant, was the touch light or firm, etc.? Take about five minutes to really express all the details of your experience... You have a couple minutes left now, so finish up. ... Now I want the man to close his eyes, and the woman to stand up and sit in front of the man. Again really look at this man's face and notice all the details, ... and then reach out gently and begin to touch and caress this face for a while. ... Now very slowly end this touching, bring your hands back to yourself, and sit quietly for a while. ... Again I want the man to open your eyes and express how you experienced having your face caressed this time.





Do this psychological experiments repeatedly whenever you have a few minutes.