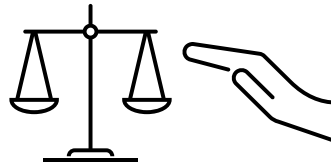




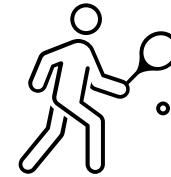
Connect

*Be comfortable when others get close
Maintain 'unity' without touch
'Feel' unity with touch (= easier?)
Make 'good' connection (= '4oz touch'?)
Play 'sticking hands' game (= free-form)
'Feel' their centre line via palm on arm
(cf putting your hand on their chest)*



Listen [= Follow]

*Give way to pressure / don't resist
(like scales receive a weight)
Rotate if push is off centre
(like 'ball in water' pushed down)
Rotate when 100% / on pivot line
Choose to rotate before pivot line
(and notice possible consequences)*



Respond [= Return]

*Take your turn to create a 'dialogue'
(like a 'return' creates a 'rally' in tennis)
One hand (backs of hands) = 'circling'
One hand (palm on ward off) = 'sawing'
'Play' with two hands = 'classic'
(with or without 'press' depending on
who is listening and who isn't!)*

Be calm

*Let go any fear
of connection.
Unity is 'safe'!*



Don't panic

*Let go the urge to
resist / run away.
Pivot line is 'safe'!*



Stay calm

*Let go your ego's
need to 'win'.
Just stay 'safe'!*

