

# Loop of Connection Exercise

Greg Habstritt

Connection with another human being is one of the most fundamental needs that we all have — yet in today's world of social media, busyness and isolation, it's tragically rare for us to experience true heart connection with another's soul.

This simple exercise takes less than 10 minutes. It's designed to help stir your awareness and sense of deep connection with another, and to help you experience the feeling of being seen and seeing another.

## **What You'll Need:**

1. A partner to try the practice with, with both of you in comfortable clothes.
2. A musical selection that is emotional, gentle and uplifting (along with a way to play it during the exercise - playing on an iPhone will work just fine). Classical songs often work well, but you're welcome to use any musical track that you feel will support a connected, emotional experience. The track should be about 5-7 minutes long. (If you're looking for suggestions, there are a few at the end of this article that you might enjoy).
3. A quiet and comfortable private place to sit with your partner where you won't be interrupted. This can be your bedroom floor, the living room or anywhere that works. It's important that you not be interrupted or distracted.

## **Setting Up For The Exercise:**

1. You and your partner will sit down, directly in front of each other. The goal is to be sitting comfortably on the ground, with your faces close to each other. You can both sit cross legged, knees against each other, or one person can put their legs over top their partner, so that you can draw your hips closer together. More physical touch is better than less. The goal is to be sitting comfortably where you won't need to shift around for the length of the musical track, with your faces within 6-12 inches of each other.

*Note: if physical injuries, discomfort or some other physical issue makes it difficult to sit on the floor for the length of the music, you can do this exercise sitting in chairs opposite each other if necessary. What matters most is that your faces are close to each other.*

2. Each of you places your right hand on your partner's heart. Each of you then takes your left hand and holds it on top of your partner's hand that is on your

heart. So your right hand will be on their heart, and your left will be holding their hand on your own heart. Your hands should be flat, one on top of the other.

3. You will commence the music playing when you are ready to start the internal mantra, as outlined below. Have your audio source close by so that you're able to start the music and immediately take the position with your hands.

### **Doing The Exercise:**

1. There are two simple parts to the exercise:
  - a) the first is that you will gaze easily and softly into your partner's eyes for the entire duration of the exercise. You will not look away. You can blink as often as you like, but try not to look away for the duration of the music. The goal here is to experience how it feels to truly see your partner, which we very rarely experience in every day life.
  - b) the second is a simple mantra that you will repeat quietly, in your head, during the exercise. Every time you inhale, you will repeat the phrase "I see you" as you look into your partner's eye. When you exhale, you will simply repeat the phrase "thank you". You remain silent and do not say anything out loud. You will breathe normally and repeat the 2 mantras on your inhale and your exhale.
2. You will continue the gaze into your partner's eyes and the mantras for the duration of the exercise.
3. Don't focus on your breath or speed or how your partner is breathing. Focus only on really feeling and meaning the 2 phrases that are repeating in your mind. When you surrender to this practice, your partner will be able to feel the mantra you are saying in your mind.
4. The mantras allow you to both express your seeing of your partner, and to express appreciation that they are seeing you in this moment.
5. When the music ends, you can acknowledge each other and thank each other for trying it. It is often interesting to talk about the exercise and explore what each of you experienced in trying it.

### **Some comments and notes about what you may experience:**

- The exercise may feel a little strange to begin with and you may feel self-conscious or awkward. That's okay. That's your ego trying to distract you and stop you from feeling true connection with your partner. Trying to protect you and keep you from being judged or looking awkward. Do your best to just let that judgement pass.

- Remain in the exercise, don't look away, and do your best to practice the mantra with every breath. If you get lost, just start again on your next breath.
- You may experience certain emotions coming up. Initially you might be smiling or your partner may smile or laugh because of awkwardness or discomfort being so still and focusing on each other. Let it pass. Don't force yourself "not" to smile, etc., but just feel whatever comes up and let it flow. Often times you will feel different emotions come up and it is important to let whatever comes up be, without judging or resisting it.
- The purpose of this exercise is not to "do it right" or achieve any particular outcome. The goal is for you to take a few minutes, be still and practice the experience of seeing someone and being seen.
- This is an exercise that can be repeated on a regular basis. Like any practice or skill, the more you do it the more likely it is you will begin to feel deep connection and acknowledgement not only with your partner, but yourself.

### **Song Recommendations**

Feel free to use your own song provided that it meets the criteria mentioned here.

- Choose a song that is instrumental as opposed to having lyrics. You don't want to get lost listening to the lyrics and distracted away from the exercise.
- Try to choose a piece that is between 5 and 7 minutes in length
- Choose something with a slower and more emotional, thoughtful pace as opposed to something faster or that builds a lot of momentum

Below are a few that work well for this exercise that you can start with.

- I Giornata, Ludovico Einaudi (*my personal favourite for this exercise*)  
<https://open.spotify.com/track/4CbwEZxVgXViCiPYPfGQIs?si=SWOA1oNSoSlhhUbmwhcvw>
- Canon in D, Johan Pachelbel  
<https://open.spotify.com/track/0NAZk4tev38aggzECb4Y93?si=JqEtTMgTT2WfEP3I4pKh8w>
- The Ludlows, James Horner  
<https://open.spotify.com/track/6vtY2LUeXJ7KISwgiTu0Ph?si=C3R7YI-cSYKgtZCGI5fmXA>

Above all, enjoy the process. I hope it evokes some interesting feelings and thoughts in you, and in your partner.

Greg

Contact me through my site, [www.unperfect.com](http://www.unperfect.com)