

*Directives in establishing*

# First Love Stage

*for intimate couples*

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**Goal:** Developing the intimate We-Space

**Method:** Prolonging moments of resonance/shared feeling. Resonance relies less on verbal communication & uses a shared emotional state to connect.

**How:** Find moments that are poignant and that have resonance and decide ahead of time you will hold eye contact (10-30 seconds).

**When:** Emotionally laden moments experienced together; perhaps while watching a movie, listening or dancing to music, that are filled with feelings of joy, love, intimacy, sexual intimacy, sadness, change, loss, separation, transition and more. You will be tapping an external source of resonance to promote joint resonance.

**Instructions:**

- (1) Look at each other and prolong eye contact while holding the feeling (10-30 secs).
- (2) Feel (beyond your own feelings and) into the resonating field between you and your partner.

*Begin with #1 and #2. Add the remaining after you feel a strong resonance with #2. Likely to require 6+ months.*

- (3) Notice how you can be aware of the commonality of feelings you share with countless others not there at this moment (e.g. parenting). Add this intention before you begin.
- (4) Notice how it becoming easier to enter this we-space.
- (5) Begin to initiate this we-space with only a look or a kiss while holding this intention.
- (6) Notice how these feelings are neither temporally nor geographically limited. They are always accessible.
- (7) Notice how the we-space persists even when not in eye contact.
- (8) Notice how the we-space persists during separation.

When 1-8 are well developed your center of gravity is *First Love*. Very few couples can do this. It is more realistic to expect times when you float up into *First Love* from a *Relational* stage of connection than to prematurely expect to remain here most of the time.