



TUSSLE

Imagine you have a lover whom you trust. Look into his or her eyes until you feel each other's love fully, as if your hearts were entirely connected. With your *right* hand, sensually caress your lover, as your lover caresses you. When you feel your lover's love lessening—perhaps he or she becomes distracted or self-absorbed—lift your *left* hand as a signal.

When you feel love diminish in your lover's gaze-from-the-heart, raise your left hand. At this signal, you and your lover remove physical contact until full love-connection is reestablished through your mutual gaze. Then, when undiminished love is once again felt by both of you, lower your hand and continue caressing.

Of course, your lover may also raise his or her hand when the love-connection between you is felt to diminish. Both of you remain true to your agreement *to stop caressing and remove physical contact* until love comes back to felt-fullness through your deep heart-gazing. Only then should touch be reengaged.

When you get good at sensually caressing each other, maintaining a gaze of full love, and feeling connected heart to heart, then you are ready for the next step.

Start by adding dirty words. If saying dirty words causes the felt love-connection to diminish, then your or your lover's left hand should be raised, and talking and touching should stop. When love is reestablished—when you both can feel your hearts connected and your gaze is deep into each other's open soul—then continue touching and talking dirty.

Practice this until you can say anything, even swear at each other, and still maintain deep heart-connection and humor.

When you can do this, add a further step: practice tussling. Perhaps you start by pinching each other, tickling, or wrestling. Maintain deep heart-gazing even while tussling. Each of you can raise your hand anytime you feel love diminish, whereupon you stop all actions and remove physical contact.

Resume tussling when, through gazing into each other's soul, you both trust what you feel.

In real life, you can raise your left hand with your lover at any time to indicate that it's time to connect deeper, even in the middle of heated arguments or when one of you genuinely feels hurt. By doing so, you can learn to instantly reestablish a deep heart-to-heart connection with your lover simply through gazing, opening, and feeling each other's love.

Start by playing with sensual caressing, swearing, and tussling, while giving feedback by raising your hand and gazing into your lover's eyes when feeling a disconnection between your hearts. Through this process, you will learn to reconnect with your lover even in the course of a sudden and real altercation—the kind that might usually take hours, or even days, to resolve.

The way of instant loving can really be this fast, deep, and sexy, if you are willing to feel through your emotional resistances as well as your lover's, and to allow your otherwise recoiling hearts to connect and relax together in trust.

