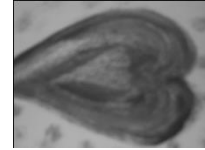


# Heart Walk



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## Couple Ritual

Answer this question: “What do I value most about myself that will never change, no matter what happens?” What you value—and will never change—might be something specific and easy to articulate: creativity, love for nature, athletics, willingness to give to others. Or it might be something more mysterious; something might come in your mind that is more of an image than a trait, a word that resonates.

Notice how your Heart has moved you in certain directions, bending your life in an inspiring and affirming way.

Write your thoughts below:

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Partners are encouraged to hold hands during this exercise.

- To begin, find a place in nature, a beach or a meadow or a park, or a large private space where you won't be disturbed. This activity will take some time. You could spend a weekend exploring each other's Hearts, or a lifetime.
- Identify the person who will be sharing as the other partner witnesses this. The one who shares finds a spot on the ground that can symbolize the moment of their birth. They will need room enough to walk their lifeline unhindered in one direction.  
Imagine life spread out before you. This is your Heart Line.
- The speaker will be traveling their life looking for treasure. What is treasure? Any person, place or experience that made you aware of what you most value about yourself. Some possibilities to look for: mentors, important and affirming family members, best friends, aspects of nature that impacted you, spiritual moments, events that helped you be more aware of your own Heart.
- The speaker steps to the place before birth, and becomes aware again, of what you value. Begin to walk, thinking of yourself as an infant and then a preschooler, a young child, pausing whenever you find treasure. You can meander back and forth in time as inspiration strikes you. You can talk or not, letting your partner in on the details you feel some desire to disclose. The first time

you may not want to say a lot. Allow yourself to feel what you feel, to know what you know, to hear or see what you hear or see. There is no rush. Intimacy requires time.

- For the partner who is witnessing this Heart Walk, your job is to carry your partner's Heart. The task is to see deeply and to know what your partner says is true and is important. The listener may need to do something first to quiet your mind. Meditation is helpful. Listen to powerful piano music. If you are at the beach, go down and listen to the surf, or work to be more present by bringing attention to the air on your skin, become aware of the sounds that had been blocked from your awareness. Center yourself. Do whatever you need to attend to the one you love.
- The person who is listening can provide support by holding a hand or rubbing a shoulder gently.