

# Mindful Touch Together

A slow, turn-taking practice for rediscovering touch as something to be felt and shared — not a performance, not foreplay, and not a test of how either of you responds.

## TIME

### 40 minutes

About 15 minutes each, plus arriving and closing.

## HOW OFTEN

### 2 times a week

For at least four weeks. Book it in like an appointment.

## THE AGREEMENT

### No sex afterwards

For now. This takes the pressure off both of you.

## Before you begin

Choose a time when neither of you is tired, rushed or recovering from an argument. Make the room warm and private, phones silenced and out of reach. Decide together what you'll wear — undressed, partly dressed or in underwear are all fine. Have a blanket nearby, and an unscented oil or lotion if you'd like one.

Agree in advance who will touch first. You'll swap halfway, so each of you has a turn at both roles.

Most importantly, agree that intercourse and orgasm are off the table for these sessions. It can feel strange to rule them out, but this is what makes it possible to relax. When nothing has to happen, you can notice what *is* happening.

## Two roles

### The toucher

Touch for **your own curiosity**, not to please or arouse your partner. Notice texture, temperature, the curve of bone and softness of skin. You are exploring, not giving a massage.

### The receiver

Simply feel. You don't need to respond, reassure or return anything. Your only job is to notice sensation — and to speak up if something is uncomfortable.

## The practice

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### Arrive together — 3 minutes

Sit or lie side by side without touching. Each of you rests a hand on your own belly. Breathe in through the nose for a count of four, out through the mouth for a count of six. Let the longer out-breath settle you. After a few rounds, see if your breathing naturally falls into rhythm — no need to force it.

**2****Wake the senses — 2 minutes**

With eyes closed, each silently notice three things you can hear, the smell of the room, and the temperature of the air on your skin. This brings both of you out of your heads and into your bodies before any touch begins.

**3****First turn — 15 minutes**

The receiver lies comfortably, face down to begin. The toucher starts at the hands and moves slowly outward — back, shoulders, neck, arms, backs of the legs, feet. After about seven minutes, the receiver turns over and the toucher continues across the front of the body: face, scalp, arms, belly, thighs, feet.

Stay away from breasts, chest and genitals for now. Vary pressure and speed and notice what you each discover. Keep talking to a minimum. Both of you: when the mind wanders, return to the point of contact and the long out-breath.

**4****Swap — 15 minutes**

Take three shared breaths, then change roles and repeat. It's natural to compare, or to try to match what your partner did. Let that go. Each turn stands on its own.

**5****Rest and share — 5 minutes**

Lie together quietly for a few breaths. Then each share one thing you noticed — about your *own* experience, not a review of your partner. "I noticed I liked slower touch on my arms" rather than "you were good at that." Listen without fixing or explaining.

**When something arises**

**Speaking up:** the receiver can guide without words by gently resting a hand over the toucher's hand to slow it, lighten it or move it elsewhere. A single word like "pause" is enough to stop.

**If arousal comes:** welcome it, keep the pace the same and stay with the agreement. Arousal can rise and fall without needing to go anywhere. The same is true if it doesn't come at all — neither is a sign of success or failure.

**If either of you feels anxious, tearful or far away:** stop the touch. Open your eyes, sit up, feel your feet on the floor and name five things you can see. Stopping together, kindly, is part of the practice. Bring it to our next session.

## Building the habit

Practise twice a week for four weeks, taking turns at who touches first. Regular, unhurried sessions matter more than long ones.

Stay with non-genital touch until you've both found it relaxed and unhurried over several sessions. We'll decide together in session when it's time to include breasts, chest and genitals — still with the same slow curiosity, and still without the goal of arousal, intercourse or orgasm.

Afterwards, each jot down a line or two on your own:

- What was it like to receive without giving back?
- What was it like to touch for my own interest?
- When did I feel most present, and what pulled me away?

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This handout supports, and does not replace, therapy. Touch should always be consensual and either partner can stop at any time. If the practice consistently brings up distress, pain or conflict, please pause and raise it with me.

### Find out more

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