

# The Double Gift Ritual

**Presencing:** Hold hands, look into each other's eyes, and take a moment to breathe.

## Preparation

**Host** (Allow yourself to go back, and allow yourself to feel the frustration, as well as where it registers in your body, so that when you tell it to your partner, you speak from both the emotional and the physical sensation.)

## Invitation and Acceptance

**Host** I am inviting you to cross the bridge and come to me. I would like to express a frustration and transform it into a double gift.

**Visitor** (As you hear the word "frustration" put your hand on the part of the body that registers "danger". Then, take the escalator from your old brain up to the frontal lobes part of the brain where you can say: "A frustration! What an opportunity!")

(Then say...)

I am ready to hear your frustration fully.

## Expressing the Frustration

**Host** (Start with a small frustration. State the frustration in one short bottom-line sentence.)

I feel frustration when...

(Describe the frustrating behavior.)

**Visitor** I hear you say that what frustrates you is...

**Host** And what hurts me about it is...

**Visitor** (Repeat)

**Host** And it makes me afraid that...  
(Grab the first thing that comes to mind.)

**Visitor** (Repeat)

## The Childhood Connection

- Visitor** Tell me what these feelings remind you of in childhood?
- Host** Allow yourself to feel those feelings... you might want to close your eyes... and as you feel those feelings, let them take you back to childhood. Grab the first thing you remember, even if it makes no sense at this time.
- Host** What those feelings remind me of in childhood is...
- Visitor** (Let go of the formulation of "I hear you say... Have I got you?" so that it can begin to become a narrative. Simply repeat the words, and say: "Tell me more" until there is no more.)
- Host** And what I felt as a child was...
- Visitor** (Simply repeat the words.)
- Host** And so the decision I made as a child was...
- Visitor** (Simply repeat the words.)
- Visitor** **1) The Archetypical Story**
- (Holding your partner's hand, tell them the story that you heard them say...)
- I'm going to tell you a story: Once upon a time there was a little boy/girl/being...
- (Then ask...)
- Have I gotten the essence of your story?
- Visitor** **2) The "Time Machine"**
- I feel lucky to live in a time where we now have a "time machine". I am going to take this "time machine" to go back in time to when you were a little child so that I can talk to your mother and to your father, and to you, and to some of the other people who surrounded you.
- Visitor** **3) The Encounter with the Parents and the Child**
- (As the champion of the child, tell each of the parents what you now understand they needed to hear. As the champion of the child, tell the child what he/she needed to hear. Then ask...)  
Have I said everything to everybody you would like me to talk to?

(Go and bring the child's message to others as needed.)

## The New Understanding

**Visitor** And now for the first time, it is beginning to dawn on me that when I do (the frustrating behavior) it frustrates you because... and take you back to your childhood home where...

**Visitor** Have I got the essence of what you just told me?

**Host** Yes / Yes you got a lot, and what I also want you to hear is...  
(add what is needed for the visitor to have the essence)

## The Global Desire

**Visitor** What is it that you desire of me?

**Host** My global desire is that from this moment on and forevermore, I want you to always, always, always...  
And I don't want you to ever, ever, ever again...  
And instead I want you to always, always, always...

**Visitor** (Repeat the Global Desire.)

## The Three PMS Requests

**Visitor** What is it specifically and concretely that you would like from me?

**Host** (State three PMS requests: Positive, Measureable, Specific. Repeat each one as it is given. Write all three requests on your list. Tell your partner which request you promise to give as an unconditional gift.)

The request I am choosing to give you as an unconditional gift is...

## Growth and Healing

**Host** Thank you. In receiving this unconditional gift, it will help reduce my fear of [childhood hurt] and help me feel...

**Visitor** (Repeat)  
(Then say...)  
You're welcome! It is a double gift. It is a gift for you and it is also a gift for me. Stretching to give you this gift will help me reclaim my...

(atrophied, “frozen”, or lost part of self)

**Host** (Repeat)

## **Mutual Appreciation**

A good way to end the visit is for both parties to appreciate each other for something they said or did during the visit and for the partner to repeat back the appreciation.

## **Qualities of the Space**

Report on the quality of the relational space by saying a few descriptive words about it. (For example: warm, clear, inviting, connecting.)

## **Thank you**

Thank each other for the visit.