

## Ritual: The Cherishment Circle

With your partner sitting in a chair, circle your partner slowly while touching and looking at your partner.

Look... and let yourself see your partner 'as if for the first time'. Appreciate and delight verbally in what you see. Begin with the physical: eyes, body, hair, hands, everything!

Then continue with the personality: generous, kind, patient... Keep circling. Let the essence of your partner's being reveal itself to you.

Keep circling and cherishing your partner by appreciating what they do in the world as your partner, as a parent, as a professional, as a friend.

End the cherishment with an exuberant explosion of love:

- Jump and shout your partner's name
- Jump and shout: **"you are the most... and the most... and the most... and the most... man/woman in the world... and maybe in the whole universe!"**
- Jump and shout: **"I love you, I love you, I love you!"**