**Taking Quadrant**

This is hard for almost everyone, and often feels odd, elusive or scary. Taking is receiving the gift of access, a true gift. In order to receive this gift, you must stop trying to ‘give’.

1. Ask your partner what their limits are and abide by them, completely.
2. Take the time to notice what part of them you would like to feel.
3. Ask ‘May I...’ not ‘would you like?’
4. Use your hands to feel, not to serve. Move slowly; the slower you go the more you feel. Feel for the shape and texture.
5. When you start trying to give to them, remind yourself it is for you.
6. Say thank you!

Essence: Taking action for your own benefit.

**Allowing Quadrant**

This is very easy for some, very hard for others. It depends on knowing you have a choice about how you are touched. Allowing is a form of giving. The gift you give is access to you. Set aside what you would prefer. Keep your responsibility for your limits.

1. Take time to consider your limits. Ask yourself: Is this a gift I can give with a full heart?
2. Wait for a resounding inner ‘Yes!’
3. If you are hesitant, it’s one of these:
   - you need more information
   - it’s a ‘No’ waiting for you to hear it
   - if you set a certain limit, it would be a yes; ask yourself what that limit is
4. Say you’re welcome!

Essence: Allowing others to take action, while keeping your own limits.