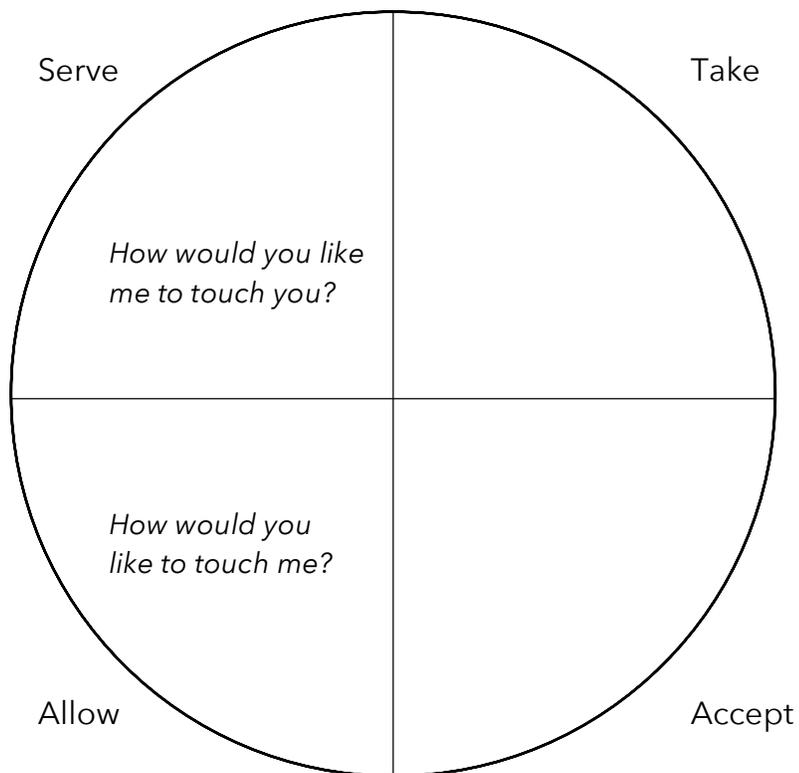


Who's getting what: the direction of the gift.

The 3-minute game is a simple exercise. One person asks the other "How would you like me to touch you for 3 minutes?" and then "How would you like to touch me for 3 minutes?" Each person gets a turn with these two questions.

This sets up a dynamic, a quadrant, wherein one person is serving while the other is accepting – the first question – and then the same person is allowing while the other is taking – the second question. You can see that dynamic here:



This raises other important considerations about giving and receiving, and understanding these is a key step not just in learning to touch, but in a much larger scope of our lives.

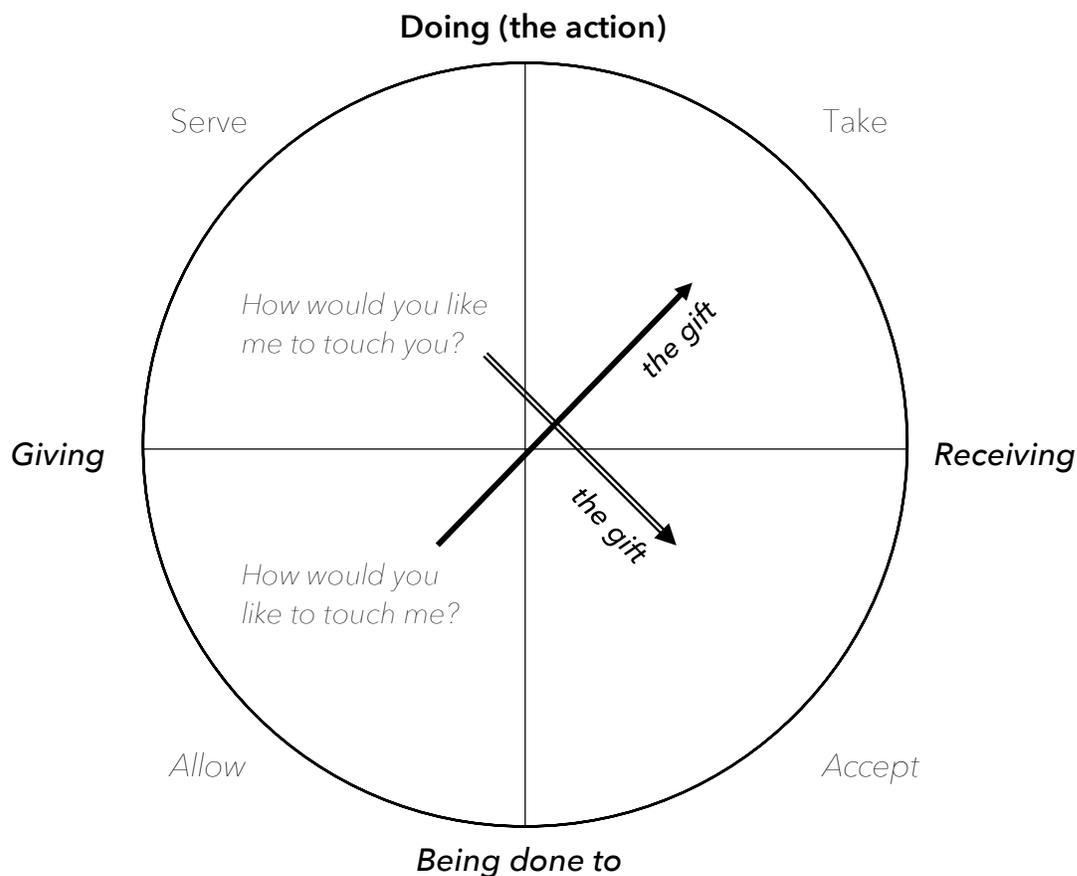
We can understand this when we examine the quadrant by considering the answers to a few questions.

- Who is doing? That is, where is the action originating?
- As the process goes forward, who is receiving the gift?
- Who is giving the gift?

When we know the answers to these questions, we can see the directional nature of the gift.

This also opens the door to understanding how to explore the larger question: ***Who is it for?***

And here we can see the 'secret decoder ring'...



When we are *doing*, we are simply carrying out an action.

When we are *giving*, we may or may not be doing.

But notice that in the *giving*, we are giving the gift.

Being "done to" is not exclusively "giving", nor is it the gift.

Similarly, *"doing" is not exclusively "giving", nor is it always the gift.*

When we *take*, we are *receiving the gift*, even though we are *doing*.

When we *accept*, we are *receiving the gift*.

When we *allow*, we are *giving the gift*, even though we may be "doing" nothing as an action.

When we *serve*, we are *giving the gift*, and we are "doing" the action.

