

## **A Workshop in Becoming Beans**

### **7 Easy Steps Anyone Can Do So That You Can Become Beans Too**

What you'll need:

- a partner
- raw beans (at least 1 lb.)
- some pre-soaked raw beans (at least 1 lb.)
- 1 can of precooked beans (of personal preference)

#### **Step 1: Confessions: Part 1**

Admit out loud, in an honest confession to your partner, what you love about beans. Remember, this is a safe space and your confessions should be made in earnest.

#### **Step 2: Confessions: Part 2**

Confess to each other that you want to become beans, and that you make each other want to become beans. Honesty is key.

#### **Step 3: Ritual: Part 1**

The washing of each other's feet can be done as a gesture of unconditional love and acceptance of each other. Take turns washing your partners feet in the pre-soaked beans.

#### **Step 4: Ritual: Part 2**

The sharing of a meal can be both an equalizing and bond-building act. Share a single can of beans. Eat the whole can if possible (it might be rude to leave leftovers).

#### **Step 5: Ritual: Part 3**

Somatic therapy is a form of body-centered therapy that aims to build connections between the mind and body through sensation. Take turns. Have one partner lay down on their stomach while the other slowly pours a bag of beans over their back. As beans fall, feel free to pick them up and continue to pour them over your partner's back as a way to extend the therapy.

#### **Step 6: Metamorphosis: Part 1**

Wait to become beans. Are you beans yet? Wait to become beans.

#### **Step 7: Metamorphosis: Part 2**

Repeat Steps 1-6 as many times as it takes until you and your partner become beans together.