

DYAD MEDITATION – The Practice

"I know Beloved Divine Energy by connecting with human beings in a certain way. I not only see Divine Energy, I feel Divine Energy, I taste Divine Energy, and I am Divine Energy." Marshall B. Rosenberg, *Practical Spirituality*

Intention: To taste the power of Dyad Meditation (or Dyad Inquiry) we are in pairs, face-to-face, alternating as Listener or Speaker, 5 minutes each, two rounds, 40 minutes in total. Connecting in a safe and sacred space we can uncover innate presence, communion, and love...

The Speaker/ Sharer

- Let the Listener know the question you'd like for your inquiry.
- Receive the question, quietly observing yourself inwardly, perhaps eyes closed.
- What do you notice in your inquiry/ contemplation/ meditation? Express yourself authentically.
- End with "Thank you." Switch roles.

Listener/ Witnessing Person

- Ask the Speaker the question they requested (*not* saying their name.)
- Listen open-hearted, still-minded, not responding, not commenting or questioning.
- Be quietly attentive, resting your gaze on the Speaker.
- End with "Thank you." Switch roles.

Questions for Dyad Meditation

1. Allowing yourself to relax, how do you feel?
2. Listening to your heart, what wants to be shared?
3. Saying yes to life, what comes alive?
4. Being with another, what are you experiencing?



"We are love and our purpose is to share this love with each other."

Simone Anliker, *The Power of Dyad Meditation*

DYAD MEDITATION – Background Information

1. What is Dyad Meditation?

Dyad Meditation, also called Dyad Inquiry, is a way of realizing new potentials meeting in presence with another being. The process of listening deeply and expressing honestly allows people to connect on a soul level. This dyad experience allows the flowering of our soul qualities, the healing of disconnected parts, inhabiting of our true nature. The usual Dyad Meditation is a 40-minute process made up of eight 5-minute exchanges between two people face-to-face, alternating as Listener or Speaker responding to a specific question for inquiry.

2. What is the intention of Dyad Meditation? This process is designed to:

- Deepen connection with self and other
- Help us access inner wisdom
- Cultivate true presence
- Create an intimacy we normally don't allow in daily life
- Enhance mutual inspiration and compassion
- Ignite a transformational and healing effect

3. What is the history of Dyad Meditation?

This movement started more than 50 years ago as a co-creation of people who were waking up to their true nature. It was introduced to the world by Charles Berner in 1968 as *"The Enlightenment Intensive,"* a combination of contemplation and communication. One of Berner's early students was Robert Gonzales who later learned about Nonviolent Communication and became an NVC trainer. Robert wove together these two practices and in 2007 he created the *Beauty of Needs Dyad Meditation*. By merging the dyad format with NVC, Robert introduced a specific practice to help deepen the sense of presence arising in the space of relationship. Here is Robert Gonzales' 4-minute introduction to Dyad Meditation: <https://www.youtube.com/watch?v=okwx9YbghJk>

4. What is the Global Dyad Meditation Project?

In 2017 Simone Anliker, an NVC Trainer who had worked with Robert Gonzales since 2006, was inspired to create an online platform where conscious people from all over the world could meet and practice Dyad Mediations online, connecting in a deeply meaningful way. There are currently Global Dyad Meditations offered online every day - at no charge.

<https://www.globaldyadmeditation.org>

5. Is there a book about this?

THE POWER OF DYAD MEDITATION: The New Way of Meditating in Times of Loneliness and Social Stress, Simone Anliker, published in spring of 2020.

