

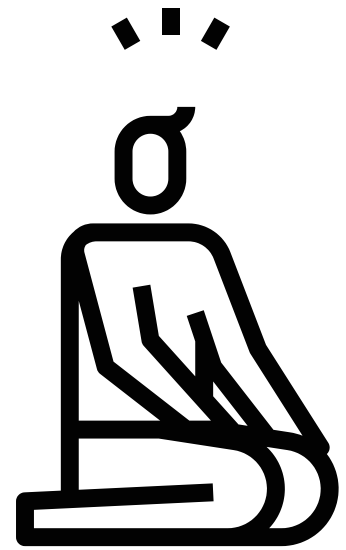


# DYAD MEDITATION



## Guidelines for Listener / Witness

- Offer the question to your partner
- Open heart
- Still mind
- Nothing to do or say / no response / reaction
- Eyes open
- Looking at your partner
- Relax into presence and listening



## Guidelines for Speaker / Meditator

- Receive the question with your whole body
- Sense into it / slow down / breath
- Observe inwardly
- Express what comes up
- Eyes open or closed
- Intention to Speak FROM / Not About
- Focus on your experience, / "I" focus and language (not you)



Stay in silence at the end / journal / meditate..



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# INQUIRES / QUESTIONS

Warm up inquiry: 20 mins

Ask the same question 2 x each, 5 minutes each round.

Chose 1 of these questions:

- A) Simply being present, what do you feel in your body?
- B) Aligning your mind with your heart, what awakens?
- C) Following your breath, where does it take you?



Full Dyad Enquiry 40 mins

Ask each other each question once  
Each round is 5 minutes per person

- 1) Tell me who you are
- 2) Tell me what you are
- 3) tell me what life is
- 4) Tell me what another is

More info : [globaldyadmeditation.org](http://globaldyadmeditation.org)