



# Dyad Meditation: "Beauty of the Need"

Robert Gonzales' Online Workshop, "Living Compassion"



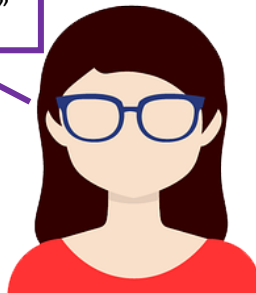
From Robert Gonzales, we learned:

The beauty of wholeness and fullness of our needs are present even if the need is not fulfilled or not met. It's the beauty of the unmet need.

Notice what it's like to turn our attention to the **beauty of the unmet need** even though it's not fulfilled in the experience or in the relationship.

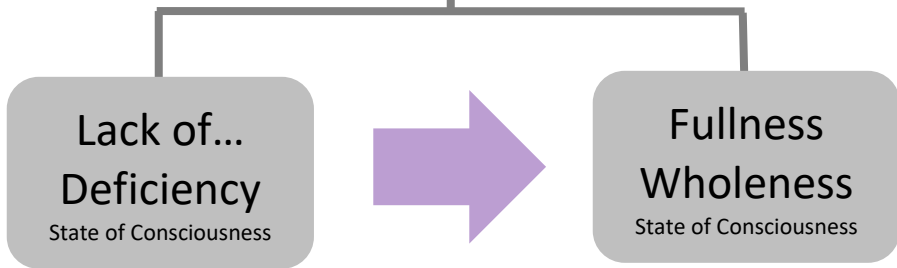
Because if I don't connect to the beauty, then I'm connected to "the lack."

"Something is wrong here. I have to fix it. This isn't right."



My mind says, "Something is wrong here. I have to fix it. This isn't right."

My mind judges myself or the other person. Any time my mind is judging myself or telling the story that this is not right or not enough, then I'm in the "lack" or "deficiency" state of consciousness.



Robert

It is very important to stay aware of this within ourselves.

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## Breakout Room Exercise: Dyad Meditation

1. Spend a minute connecting with your partner.
2. You and your partner will have a total of 45 minutes.
3. The speaker chooses the question and the NEED word.
4. The listener begins by asking the question.

Things to know about the dyad meditation:

- Begin with 30 seconds of eye-gazing.
- One person sets the timer for 5 minutes.
- Promptly switch roles after 5 minutes.
- Remain silent throughout as much as possible.
- The listener holds the space with presence (eyes open).



The speaker



The listener

**Question option #1: “How does [choose a NEED] live in you?”**

**Question option #2: “What does [NEED] mean to you?”**

- Round 1 (10min)
1. The listener asks the question chosen by the speaker. (5 minutes)
  2. The speaker speaks and the listener listens with presence.
  3. After 5min, switch roles. (5 minutes)

- Round 2 (10min)
1. The listener asks the question chosen by the speaker. (5 minutes)
  2. The speaker speaks and the listener listens with presence.
  3. After 5min, switch roles. (5 minutes)

- Round 3 (10min)
1. The listener asks the question chosen by the speaker. (5 minutes)
  2. The speaker speaks and the listener listens with presence.
  3. After 5min, switch roles. (5 minutes)

- Round 4 (10min)
1. The listener asks the question chosen by the speaker. (5 minutes)
  2. The speaker speaks and the listener listens with presence.
  3. After 5min, switch roles. (5 minutes)



**Large Group Share:** Share the most noticeable experience in you right now. If you found this experience rather challenging, welcome that voice into the room. Let that voice be heard, too.

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