



# Dyad Meditation: “Awakening”

Robert Gonzales’ Online Workshop: “Living Compassion Immersion Program”

## Breakout Room Exercise: Dyad Meditation

1. Spend a minute connecting with your partner.
2. The witness reads the prompting questions below.
3. The processing person begins speaking.
4. Both people respond to each question for 5 minutes.
5. Promptly switch roles after 5 minutes.



The processing person



The witness

Things to know about the dyad meditation:

- Set the timer for 5 minutes.
- The witness remains silent throughout the process.
- The witness holds the space with presence (eyes open).
- The 30-second eye-gazing at the beginning is optional.

Round 1 (5minx2)

1. Arriving fully into this moment, what is moving in you?

Round 2 (5minx2)

2. Resting in this moment of this existence, how is it just to be?

Round 3 (5minx2)

3. Welcoming all of yourself into this life, what arises?

Round 4 (5minx2)

4. Allowing the unknown to be your guide, what do you experience?



**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.

Image Source: <https://www.publicdomainpictures.net/pictures/80000/nahled/silhouette-woman-and-man.jpg>