



Dyad Meditation: “Beauty of the Need”

Robert Gonzales’ Online Workshop: “Living Compassion”

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 witness begins by asking the question.

Things to know about the dyad meditation:

- At the very beginning, 30 sec 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 witness holds the space with presence (eyes open).



The speaker



The witness

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

The question option #2: “What does [NEED] mean to you?”

Round 1 (10min)	<ol style="list-style-type: none">1. The witness asks the question chosen by the speaker. (5 minutes)2. The speaker speaks and the witness listens with presence.3. After 5 minutes, switch roles. (5 minutes)
Round 2 (10min)	<ol style="list-style-type: none">1. The witness asks the question chosen by the speaker. (5 minutes)2. The speaker speaks and the witness listens with presence.3. After 5 minutes, switch roles. (5 minutes)
Round 3 (10min)	<ol style="list-style-type: none">1. The witness asks the question chosen by the speaker. (5 minutes)2. The speaker speaks and the witness listens with presence.3. After 5 minutes, switch roles. (5 minutes)
Round 4 (10min)	<ol style="list-style-type: none">1. The witness asks the question chosen by the speaker. (5 minutes)2. The speaker speaks and the witness listens with presence.3. After 5 minutes, switch roles. (5 minutes)



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

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



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 is present even if the need is not fulfilled or not met. It's the beauty of the unmet need.

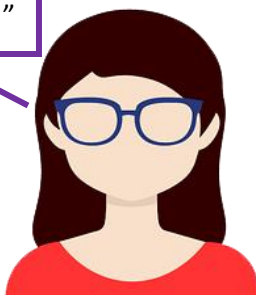
Notice what it's like to turn our attention to the **beauty of the unmet need** even though it's not fulfilled in the experience or in the relationship.

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.”

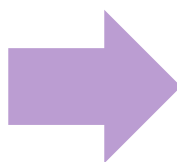
My mind says, “Something is wrong here.
I have to fix it. This isn't right.”

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.



Lack of...
Deficiency

State of Consciousness



Fullness
Wholeness

State of Consciousness



Robert

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

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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 speaker begins speaking.
4. Speaker responds to each question for 5 minutes.
5. Promptly switch roles after 5 minutes.



The speaker



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 seconds of eye-gazing at the beginning is optional.

Round 1 (5min x 2)

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

Round 2 (5min x 2)

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

Round 3 (5min x 2)

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

Round 4 (5min x 2)

7. 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 challenging, welcome that voice into the room. Let that voice be heard, too.

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