

Enlightenment Intensive Dyads: only to be used if you have taken an Enlightenment Intensive

Tell me who you are.

Tell me what you are.

Tell me what life is.

Tell me what another is.

With this technique you can also try:

Tell me your true nature.

Tell me what love is.

Dyad for Clearing Current Problems

For clearing current problems and revealing hidden insights into them, this dyad is a great one:

Tell me a problem you are currently having.

Tell me what I need to know in order to understand that problem completely.

Your partner gives you the instruction. You briefly say the nature of the problem ('I have an upset with Bill'). Your partner says 'Thank you' and gives you the second instruction.

Here is a key: don't try to solve your problem. Get across to your partner everything you think he or she should know in order to *understand the problem*. *If you concentrate on doing that the current problem will clear faster.*

Tips:

Explain the problem and also get across how you feel about the problem;

The nature of the problem can change as you go. Restate it as you see it now when your partner gives you the first instruction at the start of each five minutes.

Keep in mind that a current problem can dissolve to nothing at any point in the dyad. If it does, change to a new problem immediately even if it is in the middle of your turn. Just say something to the effect of, 'I'm going to work on a new problem, give me the first instruction again.'

The five-minute changeover style of dyads works better with this one. You'll get interrupted by the five-minute bell but when it is your turn again just restate the problem as you see it now and continue when you get the second instruction.

Good General Dyads

Tell me something about yourself you think others don't understand.

Alternative version: ***What don't others get about you?***

One key here is it should be mainly about you, not others.

Another is that it should also be a 'something' rather than a long story. Look for something about yourself.

Tell me a goal you have for life.

What could you take responsibility for with regard to this goal?

Take some time to explain the goal and get it across to your partner. You may indicate by a nod that you are complete. Your partner then says, 'Thank you' and gives the second part.

The following five dyads are self-explanatory and are good introductory dyads for someone to do who has never done dyads. Do one or two five minute changeovers for each. For those familiar with dyads you can go longer on each.

Tell me something important to you.

Tell me about someone who's been important to you.

Tell me about a time you felt loved.

Tell me something you like about life.

Tell me something you've done in life that you felt good about.

The following two dyads can go very deep. They don't have to be used together, either one by itself is powerful. You can get into very good or even ecstatic states doing these.

Feel into your body and tell me what you become aware of.

Accept yourself as you are and tell me what you become aware of.

Post-Enlightenment Intensive Dyads

Tell me an experience you had on an Enlightenment Intensive.

Tell me how you are inspired to live from that experience.

The experience doesn't have to have been direct, it could have been any experience important to you. Get it across to your partner, not just the story of it but the actual insight or direct consciousness you experienced. Indicate that you are complete by nodding and let the partner give you the second instruction.

The integration for direct experiences is essentially to open to the actuality that was experienced and to relate from that, letting it influence one's life. These dyads are good practice. If done years after the direct experiences, the experiences can return immediately with new insights. Very powerful for Enlightenment Intensive veterans who have had genuine awakenings. You can also try,

Open to a direct experience you've had and present what comes up.

The term 'present' means more than just talking or reporting what comes up. Try to present yourself not through the mind but directly and in contact with your partner.

Sometimes people bog down on these questions if they go too long. One way to deal with this is to allow people, within the forty-minute period, to change instructions when they feel complete with one.

Tell me the truth.

This one is simple, powerful. Speak about yourself, not your partner.

Karma Clearing Dyads

The power of honest self-inspection and admitting to transgressions in one's own estimation is well-known. Dyads offer a simple format:

Tell me something you did you think you shouldn't have done in your own estimation.

Tell me something you failed to do you think you should have done in your own estimation.

The keys with this dyad are to find your own estimation and allowing your attention to go into any category of your history as it will.

The response to the second instruction may or may not relate to the response to the first instruction, it doesn't matter.

Barriers arise in this dyad as the mind presents different forms of resistance to looking deeper. It is common to get nothing coming up at first. Just keep looking. It is also common to have a run of responses going and then to run out, having the feeling of, 'That's it, there isn't any more.' If you keep looking you will find new veins.

Core Conflict Dyads

A core conflict is a conflict experienced at the core, in the soul. It's there every moment of every day, anytime the person looks. It feels like it has always been there, buried, and that one can't do anything about it.

A fairly common example is, 'I never agreed to be here in life.' Years ago I would sometimes ask groups, 'How many of you feel that basically you never agreed to be here in life?' Routinely, 40-50% of the group would raise their hand. This is a core conflict.

Other examples: 'No one would ever love me as I am' or 'I don't like me.' Let people feel into their core and describe their core conflict. The better they can articulate it clearly, the better the dyad will go.

Don't insist that everyone have a core conflict because not everyone does.

Others, you'll see their ears perk up when you mention the words 'core conflict.' They've never heard the term before but they know exactly what it means when they hear it and they know they have one. These dyads are good for these folks.

Tell me about a core conflict you have.

Feel into your core conflict and express to me what comes up.

These are two separate dyads, you can run them in different ways though, either 40 minutes for each one or, if the dyad partners are experienced, they can run the first one until it is clear what the core conflict is and then switch over to #21 and go into it experientially.

For core conflict dyads you will need a place where people can make noise and feel safe to do so.

Core Conflict Dyads help relieve the pressure of keeping the conflict in the dark, never feeling into it, only trying to cope with life over the top of it. People can get some release, insight and relief from these dyads. To release the area more deeply usually requires Clearing sessions, both Mind Clearing and Emotion Clearing. But a surprising amount of progress can be made in Core Conflict Dyads.

Fun Dyads

Tell your partner which instruction from this list to give you; then respond for as many five-minute cycles as you wish before selecting another.

1. Tell me about idolizing a famous person when you were younger.
2. Tell me about your favourite holiday place while growing up.
3. Tell me about one of your best-loved relatives.
4. Tell me about a favourite pet you had.
5. Tell me about a movie that made you cry when you were young.
6. Tell me about one of the biggest pleasant surprises of your life.
7. Tell me about your first time falling in love.
8. Tell me about a time you drank too much.
9. Tell me about your first kiss.
10. Tell me about one of your all-time favourite people.
11. Tell me about a time you did something that made someone very happy.
12. Tell me about a game or prize you won.
13. Tell me about something you used to do when you were young that was really fun.
14. Tell me about something someone did that made you very happy.