



The Basics of Communication: Module One – The Dyad

14/15 May 2020

15.00-18.00 (London time) both days
with Alice Whieldon
£60* [bookings & payment](#)

* If you are experiencing financial difficulties due to the Covid 19 crisis, we invite you to join at a 50% discount. Please apply the voucher code: BOC50% when booking

The first module in our *Basics of Communication* programme, *The Dyad* is a 6 hour workshop over 2 afternoons in which we explore the dyad form. It is vital work for those interested in the Enlightenment Intensive, Mind Clearing and improving their ability to communicate effectively in all areas of life.

The Dyad module looks at the structure of the dyad, how and why it works and how it lays the foundations for further learning. This also serves as preparation for joining the [Evening Dyads](#) offered by *Living-in-Resonance* for those not yet familiar with the EI and Clearing.

‘Dyad’ means *two* and so the basic dyad is about two people relating. However, the *formal dyad* was thought up by Ava Berner in the 1950s to give people an economical way to access the therapeutic work being done by her and her husband, Charles Berner. The dyad is the basic building block for the two approaches he is most famous for: Mind Clearing and the Enlightenment Intensive.

Benefits include:

- The relief of being **unconditionally heard**
- Learning the value of non-judgmental **receiving** of another person
- **Discharge of emotion** around problem areas and relationships
- An improvement in your ability to **relate**
- The dyad fosters **love** in the honouring that takes place when two people set out to hear and respect one another
- The dyad enables **truth** to be spoken which helps you live more from yourself
- As each person has an allotted time to speak and to listen balance and **justice** are restored to relating

This module puts the dyad in the wider context of Berner’s work including the Enlightenment Intensive and Mind Clearing and is essential groundwork for anyone wishing to work in this tradition and/or use the dyad in other work or as a tool for personal and relationship growth.