



## Online Dyad Evenings

with **Living-in-Resonance**

18.30-20.30 (London time)

With Alice Whieldon £10

'Dyad' means *two* and the basic dyad is about two people relating. 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. Two types of dyad have developed as a result.

**The first** consists of Relating Exercises (RE), the focus of which is to develop ability in relating for a more fulfilled life, to reduce the stuckness of the mind and free us from fixed ways of thinking. **The second** is the EI dyad, the focus of which is to finally bring the practitioner the chance of coming into direct union with the subject of their contemplation (themselves, another or life). Both are part of the contemplative art of the dyad and both are available to work on during dyad evenings.

The EI dyads should only be done by people who have participated in an EI. You will be recommended to use questions based on your experience and, as you gain experience, you will choose which dyads you wish to do yourself.

The two types of dyad tend to attract different interest groups. The dyad evening is a great venue to better understand the differences and benefits of both streams.

The dyad form creates a safe, simple space in which two people can communicate on their area of choice. This might seem pretty basic, but when does it actually happen in life that someone will sit and listen attentively to you for 5 minutes without interruption or judgement? The value of being heard and of learning to receive can be a life-changer.

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 EI dyads can help people who have been on EIs continue to contemplate in their areas of interest, integrate EI experiences and prepare for upcoming EIs
- 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

The dyad has strict rules which participants are asked to honour. These include:

- Confidentiality: nothing said in a dyad is referred to outside the dyad
- The listener gives their full attention for each 5-minute listening period
- Each dyad cycle typically lasts 40 minutes and participants take 5-minute turns
- The speaker chooses the questions (from a list) that their partner will ask them
- The listener asks the chosen questions, listens to the response and thanks their partner at the end of each 5-minute period

Please note that, although there will be a short introduction, reminder of the rules and an opportunity for questions before, during and after the dyads, online dyad evenings are inevitably less monitored than face-to-face dyads. For this reason, we ask you in advance to review the guidelines for dyads which will be sent out before every evening session.

Each session will have two 40 minute dyad sessions with a 10 minute break in between.

### **Newcomers**

For those who have not participated in dyad evenings, Enlightenment Intensives or Mind Clearing, you should read the guidance notes you will receive on booking. If possible you should attend one of our *Basics of Clearing: The Dyad* online workshops, if available, before participating in a dyad evening. This is because, in the online environment, it is especially important that all participants understand the structure and rules of dyad work as monitoring is harder than in the face to face environment. If you have read the guidelines and are confident of joining in, you are welcome to do so or contact [info@living-in-resonance.com](mailto:info@living-in-resonance.com) to discuss.

### **Christmas Dyads**

Christmas can be a difficult time for some, even if you are looking forward to it. The Christmas Dyad Evening gives you tools for exploring Christmas past and present, discharging problems and anxieties about it and help you plan for the best possible event.