



The Dyad Meditation Process



The Dyad (meaning two) is a powerful meditation practice done in pairs. Different from silent meditation practiced alone, the Dyad Meditation is done face-to-face across from each other either in-person or online in front of the computer.

Through the presence of the two people engaged a sacred and safe space is created in which communion (the deeper meaning of communication) with “*Divine Energy*” can be experienced. While an inquiry question is asked by one partner, the wisdom that arises is shared by the other.

Photo by Anna Groves

The Dyad Meditation helps to enhance the inherent inner qualities of being present, non-judgmental, open-hearted and still-minded.

“Opening to compassion, what arises?” could be such an inquiry being asked by person A who then listens and witnesses silently, holding space without interacting. Person B, receiving the question as an inner inquiry, ponders and connects with it inwardly and shares what arises. The sharing is from the heart rather than from the mind, a talking from an inner experience rather than about it.

You might want to take a moment and letting the words “opening to compassion” enter your being, holding them in your consciousness and observe what happens inside – in your body, in your emotions, in your awareness? And then listen to the words that arise, sensing into the energy they carry and convey. How naturally they come as you feel connected inside!

Being in a dyad is opening the doors to a honest inner self-reflection and a curious self-exploration, cultivating thereby the art of contemplation. It’s actually the power of authenticity that’s awakening here and thus, I am deeply connected to the essence of NVC. *„...my name for God is “Beloved Divine Energy” ... I know Beloved Divine Energy by connecting with human beings in a certain way. I not only see Divine Energy, I taste Divine Energy, I feel Divine Energy, and I am Divine Energy. I’m connected with Beloved Divine Energy when I connect with human beings in this certain way. Then God is very alive for me. ...“* Marshall B. Rosenberg



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