



The Four Dyads

Dyads are used in four contexts: enlightenment, clearing, releasing ability and improving relationships.

Enlightenment Dyads

In the context of enlightenment, there is a small list of core instructions:

- Tell me who you are.
- Tell me what you are.
- Tell me what life is.
- Tell me what another is.
- Tell me what love is.

A few other enlightenment instructions are sometimes used, but these on the list are the main ones.

These instructions are used in Enlightenment Intensives, and are also used in more informal settings such as dyad evenings or dyad days.

With enlightenment dyads, you stay on a single instruction until you have a definitive insight, direct experience, or enlightenment.

In complying with the instruction, the active partner does two things:

- **Contemplate**—sets out to experience or directly know the truth pointed to by their instruction while being open to whatever arises from that intention.
- **Communicate**—gets what came up as a result of contemplation across to the listening partner.

Contemplation is an art, of course, so one continually improves, becoming more capable of taking the contemplation deeper. Communication is also an art. One becomes more and more clear about what came up in their contemplation, and becomes ever more skillful in getting it across to the listening partner.

The listening partner receives. "Receives" means you just do your best to understand what your partner says. You let go of any blocks you have to receiving their message. This also means that you are not outflowing any communication of your own—not words, facial expressions, body language, or anything else that might intentionally influence your partner's work. In practical terms, this means no comments, no encouragement, no evaluations, no agreeing or disagreeing, and no injection of your own views into the flow. Ideally, the listening partner just receives the communication as an "empty" listener.

Contemplation deepens awareness of the thing you are focused on. It is simply being as open as you possibly can to the truth of what your instruction points to. It also means that you silently persist in this openness for a moment or a few minutes so that what is there beneath the surface can enter into your awareness. One does this *freshly* at the start of each dyad cycle.

Communicating what came up helps to clear the mind so you can go even deeper in your contemplation. You do it with that intention, to clear it from the mind. You do your best to get it across to your listening partner so they know exactly what came up. You should not expect a response from them, however.

In general, one spends about half their active time contemplating and half communicating. If one contemplates all the time and rarely communicates, they can become isolated and perhaps lost in their mind, and things don't clear. If one barely contemplates but just communicates over and over, their process tends to remain shallow. There is value to balancing these two components.

The text above was written by Ed Riddle, one of Charles Berners early students and Enlightenment Intensive Master with over 50 years of experience in this work.

Dyad Instruction List

This is a list of dyad instructions that have been used over the years. This list is a sample of some of the better ones. It is by no means complete, and more instructions can be added when they prove to be effective. Just reading the instructions can be a powerful experience.

Note:

- An instruction shown with a bullet (like this) is a single instruction.
- Instructions preceded by letters indicate...
- ... a set of sequential instructions.

Confusion Clearing

Confusion clearing helps you to clearly understand an idea or concept. Often, our concepts are an amalgam of several other ideas, resulting in confusion. The format of the instruction includes two steps:

- a. "Tell me what <...> is"
- b. "Tell me what <...> isn't".

You first ask what something is, then ask what something isn't. This lets the person unpack confused concepts. Stay with one concept until there is no confusion.

- Improvement
- Help
- Responsibility
- Conflict
- Contact
- Communication
- Understanding
- Ability
- Difference
- Origin
- Power
- Choice
- Enlightenment
- God
- Death

You can also choose any other concept that you want to clear up. The goal is to split off other concepts that are conflated with the concept you are trying to clear. Separating similar concepts that are connected in the mind eliminates confusion. Being able to tell one thing from another is an important attribute of intelligence, so this process increases your intelligence.

See also: **Confusion Clearing as it Applies to Relationships** in the section **Couples Dyads**.

Janus Process

This process helps one be aware of the effect one's communication has on another. A person who keeps talking when the other has already received their communication can benefit from this. People who talk a lot but don't seem to be aware of who they are talking to can benefit from this.

This process is very powerful. It can dramatically improve one's contact with others. The instructions are:

- a. Tell me something you want me to know.
- b. Tell me how communicating that changed our relationship.

The listening partner gives the first instruction, acknowledges with "Thank you," then gives the second instruction, acknowledges, and then gives the second instruction again. You may give the second instruction many times in a five minute cycle.

Note: when using communication cycle change-overs, one gives the second instruction *three times*, then changes over.

The active partner's response to the second instruction should refer to the response they gave immediately before. It's "about" what they just said. For example, if the response is, "I was more aware of you," then the next time they respond the response is about the "I was more aware of you." How did saying THAT change the relationship? It digs deeper at every cycle.

The active partner should try to keep their responses fairly short so that they can respond to the second instruction several times in one dyad cycle.

Note: sometimes the active partner will be critical or complain about being asked the same second question over and over. Whatever the reason given, the listening partner just accepts the communication and then gives the next instruction.

They might say, "I don't know." This is an acceptable answer. The listening partner should not worry about it too much. They should just acknowledge and continue.

Compulsion Clearing

Compulsions make it seem like you have no freedom of choice. This instruction set has to do with compulsive responsibility and compulsive non-responsibility. In the first instance, the person feels like they are the cause of it all. It's all on them, often coming out as guilt. In the second instance, the person feels like they are innocent, that everyone else did it and they are just a victim.

- a. Tell me what you think you have to be responsible for.
- b. Tell me what you think you don't have to be responsible for.

When one has mastered this pair, they can go on to:

- Tell me a decision you could make.

Losing one's power to make decisions often goes along with depressive states.

Thought Conditions Process

Many people have put a lot of conditions on relationship, thus limiting their ability and freedom to relate to others. They can be critical, judgmental, or isolated. This process can help release one from these fixed attitudes.

There are three instructions in the set:

The first affects one's openness to and contact with another individual or others in general. (You can substitute "others" for "another" in these if you wish.)

- a. Tell me a condition in which it would be all right for you to be closer to another (or others).

The second affects one's willingness to communicate.

- a. Tell me a condition in which it would be all right with you to communicate with another (or others).

The third affects one's willingness to share the same reality as another.

- a. Tell me a condition in which it would be all right with you to see things the same way as another (or others).

Knowing Process

Sometimes a person can have difficulty with their state of certainty. This results in the sense that one is never sure of anything. This set helps to increase one's ability to consciously decide that something is so:

- a. Decide that something is so.
- b. Tell me what it is.
- c. Tell me any comments or observations you have about that.

Relating Exercises

Relating exercises open up the path between you and another or others.

This one is about love:

- a. Tell me how you want to be loved.
- b. Tell me how you want to love another (or others).

Often times, people will hide their abilities from others (for various reasons). This next one helps people "come out" and express their strengths.

- Tell me an outstanding ability of yours.

This set of instructions is good for opening up a relationship with someone you want to be closer to.

- a. Tell me something you think we agree on.
- b. Tell me something you like about me.
- c. Tell me something about yourself that you think I should know.
- d. Tell me something about yourself that you want me to understand.

Some people have made a choice to hide their histories or feelings rather than be openly visible to others. They'd like to be more available, but have withholds that keep them isolated. These instruction can help. Just pick and instruction (or set of instructions) and see where it takes you.

- Tell me something you have held back from others.
- Express with emotion how you feel about life.
- a. Tell me something about yourself that has never been completely understood.
- b. Tell me what I need to know in order to understand that completely.
- c. Tell me how you want to be communicated with.
- d. Tell me how you want to communicate with others.
- e. Tell me how you want to be helped.
- f. Tell me how I could help you.
- g. Tell me how another could help another.
- h. Tell me how you want to be conscious of others.
- i. Tell me how you want others to be conscious of you.
- Express with emotion yourself.
- Tell me a thought , action, or creation of yours that no one has completely understood.
- Tell me an outstanding ability of yours.
- a. Tell me a problem you are currently having in life.
- b. Tell me what I need to know in order to understand that problem completely.
- c. Tell me how you think others see you.
- d. Tell me how you want others to see you.
- Tell me something about yourself that no one has completely understood.
- Tell me a goal (your goals) for life.
- Tell me a decision you could make.
- a. Tell me something you have done to another that was not best in your own estimation.
- b. Tell me something you have done that is similar to that.
- Tell me about your relationship with <...> (person's name).
- Tell me what you think you should tell me about your family of origin.
- Tell me about your relationships with (men)(women).
- Tell me about your relationship with money.
- a. Tell me about an incomplete communication you currently have with someone in your life.
- b. If you could talk to this person about yourself, tell me what you would say (as if you were speaking to them now).

Facing Another

This next one helps you to face or confront another as a conscious being. Sit facing a partner and both put your attention on the other. Don't fidget or take your attention from them. Don't intentionally think any thoughts about them or about anything else. Just be present with your attention on them. If you start to freak out, just relax, breathe and continue.

- Put your attention on your partner as a conscious being.

Recovery Dyads

Recovery dyads handle specific fixed attitudes and emotional blocks that result from upsets and mis-emotional experiences. Read through these and choose one that seems to ring a bell.

- Tell me about you having to be perfect.
- Tell me about your fear of criticism.
- Tell me about you denying your own consciousness.
- Tell me about you denying your own accomplishments.
- Tell me about you regularly overextending yourself.
- Tell me about you having to seek approval.
- Tell me about you feeling more alive in a crisis.
- Tell me about your fears when things are going well.
- Tell me about you feeling compulsively responsible or compulsively not responsible.
- Tell me about you feeling that you have to take care of (or rescue) others.
- Tell me about you having to isolate yourself from others.
- Tell me about you having anxiety in relation to authority figures.
- Tell me about you having fear of angry people.
- Tell me about you feeling victimized.
- Tell me about you having trouble with intimate relationships.
- Tell me about you confusing pity with love.
- Tell me about you attracting and seeking people who tend to be dysfunctional.
- Tell me about your clinging to relationships out of fear of being alone.
- Tell me about you mistrusting your own feelings.
- Tell me about you mistrusting other's feelings.
- Tell me about you finding it difficult to express your emotions.
- Tell me about you having to control others to feel safe.
- Tell me about you feeling shame.
- Tell me about your feeling of abandonment.
- Tell me about you feeling that there's never enough.
- Tell me about you feeling that you don't have the right to be you.
- Tell me about you feeling that there is never enough time.
- Tell me about you blaming another (or others).
- Tell me about what you are avoiding in yourself by blaming another.
- Tell me about you denying your own needs.
- Tell me about you denying that others have choice.

Couples Dyads

With these instructions, work with someone with whom you have a "couples" relationship. These instructions help you to make deeper contact and to open the flow of communication between you.

- a. Tell me something you like about me.
 - b. Tell me something you think we agree on.
 - c. Tell me something you think I should know.
- Tell me something that you have withheld from me.
- a. Tell me something that is very important to our relationship.

- b. Tell me what I need to know in order to understand that completely.
 - c. Tell me your goals in life.
 - d. Tell me your goals for our relationship.
 - e. How could I help you?
 - f. How could you help me?
 - g. Tell me how you want to be loved.
 - h. Tell me how you want to love others.
- Tell me what you think I should know about sex.
 - Tell me what you think I should know about money.

Confusion Clearing as it Applies to Relationships

- a. Tell me what <...> is.
- b. Tell me what <...> isn't.

Use any the following concepts:

- Love
- Sex
- Friendship
- A partner
- Marriage
- A husband
- A wife
- Infatuation
- Communication
- Understanding
- Reality

Karma Clearing

Clears karma in relationships. Helps to free you from suffering from past mistakes.

- a. Tell me something you have done (to another) that you think you should not have done.
 - b. Tell me what standard of yours you think you have violated.
 - c. Tell me what effect you think this has had on <...> (other's name).
 - d. Tell me something you have failed to do (for another) that you think you should have done.
 - e. Tell me what standard of yours you think you have violated.
 - f. Tell me what effect you think this had on <...> (other's name).
- Tell me something you have withheld from another.
 - Tell me something you have done to another that was not best in your own estimation.

Or simply alternate between these two:

- Tell me something you did that you think you shouldn't have done
- Tell me something you failed to do that you think you should have done.

Body Instructions

These improve your relationship with your body.

- a. Tell me your idea of what a body is.
- b. Tell me your idea of what a body isn't.
- c. Get the idea of being a body.
- d. Get the idea of not being a body.
- e. Be your body.
- f. Tell me what you did to be your body.
- g. Un-be your body.
- h. Tell me what you did to un-be your body.
- i. Pick a body part.
- j. Put your attention on it.
- k. Tell me your comments and observations you have about that.
- l. Tell me a mental attitude.
- m. Tell me a body feeling.
- n. Tell me your comments and observations you have about that.
- o. Put a feeling in your body.
- p. Put an opposite feeling in your body.
- q. Tell me your comments and observations you have about that.

Mind Course Exercises

These are drills that increase your awareness about the nature of mind. They increase your ability to visualize or create pictures in your mind.

- a. Close your eyes.
- b. With your attention look to the right (left, above, below, behind, in front) of your body.
- c. Describe what you are aware of.
- d. Get a mental image picture.
- e. Experience and describe as many perceptions as you can of that mental image picture.
- f. Tell me your comments and observations about that.
- g. Get a mental image picture.
- h. View that picture from the original viewpoint.
- i. Tell me your comments and observations about that.
- j. Get a mental image picture
- k. Tell me something this reminds you of.
- l. Tell me what similarity of significance is there between the two.
- m. Tell me your comments and observations about that.
- n. Get a mental image picture that has an emotion in it.
- o. Tell me the emotion.
- p. Get a mental image picture with a similar emotion.
- q. Tell me the difference between the two emotions.
- r. Tell me your comments and observations about that.