

**Insight Meditation Community - Lewes  
Dharma Study Group  
Mindful Dialogue Process**



- ❖ Allow the formal sitting practice to transition into creating a mindful container in which to speak with each other.
- ❖ Bow in to speak
- ❖ Bow out to end
- ❖ Allow for a pause between shares
- ❖ By slowing down the process, we can become aware of what is arising within us.
- ❖ Speak about what's alive for you in this moment from your heart and your own experience; refrain from intellectual or philosophical sharing or long story telling, judging, or blaming another's perspective.
- ❖ Notice what arises as you speak. Are we in touch with what is true and alive or are we wanting to impress, to feel important, to be liked?
- ❖ Listen deeply; notice what arises within you as you listen. Where do we go when someone says something we like hearing? When we hear something that triggers us?
- ❖ All perspectives are welcome here. Notice your reaction to what is shared and have that be your practice in that moment.
- ❖ *Please* be lean of expression – be mindful to stay on point rather than going tangential.
- ❖ And, if you've already spoken, think twice before choosing to speak again, as it would be good to hear from those who have not yet shared.
- ❖ Please refrain from offering any advice unless it is specifically solicited or unless you ask the person's permission.

- ❖ Please honor confidentiality. If you need to share with others outside of this circle, please share from your own direct experience and not that of other members of the sangha.
- ❖ Everything we do here is voluntary. It is a courageous and generous act to share, and it is a compassionate and generous act to deeply listen.
- ❖ Practicing this way together twice a month can support us in our everyday lives through noticing our immediate reactions, remembering that we have an opportunity to pause, check in, and choose how we then respond.
- ❖ The space between stimulus and response is our freedom, our ability to choose.