

Sangha Mindful Dialogue Process

- Allow the formal sitting/walking practice to transition into creating a mindful container to speak with each other.
- If you'd like to share, please raise your hand and state your name so we can get to know each other.
- 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 within you 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, meaning be mindful to stay on point vs. going tangential. We are a large group, and it would be good to hear from as many voices as possible.
- 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 advice unless it is specifically solicited or unless you ask the person's permission. In general it is helpful to always use the word "I" instead of "you".
- 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 in the sangha.
- Dharma sharing is not a question and answer session, nor is it a form of group therapy. If we ask a question, we ask the whole group and if we answer a question, we speak to the whole group and not just to the person who asked. If answering a question, we share from our own experience or understanding rather than giving advice.
- Share with the whole circle. Whatever we share is for the benefit of all those present. We do not engage in cross talk with another participant.
- Near the end of the time the leader may offer an opportunity for those who have not spoken to do so if they wish and may address any unanswered questions.