

MINDFUL SHARING GUIDELINES

1. In Mindful Sharing, we are practicing mindfulness as we speak. This is very different from interactive social talking or sharing done in most groups. You may feel uncomfortable at first. Be aware of your mind/body as you speak. Every moment of this time of practice is an opportunity to be aware of your own mind, body, and feelings.
2. Speak leanly and from your heart and direct experience. Mindful Sharing is not group therapy; stay on topic rather than engage in storytelling. Sharing is intended for us to grow in our understanding of the dharma.
3. All perspectives are welcome. Everyone's practice is different, so your remarks about your experience are personal and unique to you. By speaking mindfully, you help create a safe space for everyone to share.
4. A quiet pause between speakers allows mindful listening. Mindful listening is as important as mindful speaking. Mindful speaking and listening means noticing what arises within you, body and mind.
5. Crosstalk is discouraged for many reasons. It is interactive and can be disruptive and upsetting to some people. Crosstalk means commenting on someone's share, directing questions to the speaker or specific others, or interacting.
6. Please refrain from offering advice, explaining the dharma to another, or speaking too many times.
7. Everything said here is confidential.
8. Because there is no teacher, questions will generally not be answered directly. Speak to clarify the question to yourself. If you would like to comment on another's inquiry, share your own understanding of the issue and share it with the entire group. Feel free to stay afterwards for more social sharing. Talk to others about the dharma, your practice, and their practice.