



Affinity Sangha Mindful Dialogue Process

- ❖ Allow the formal sitting/walking practice to transition into creating a mindful container 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 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.
- ❖ The Buddha once said, ""Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.""
- ❖ *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.
- ❖ 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.



- ❖ 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.
- ❖ Why do we do it this way?
- ❖ Practicing this way together every 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.
- ❖ Space between stimulus and response is our freedom, our ability to choose.

9/16/11