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.
- Sharing: start more general/light and as group bonds move towards more personal/deeper
- 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
- Listen deeply, notice what arises within you as you listen and also aware of what arises as you speak.
- 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
- 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.