

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.**