

Triangle Insight Meditation Community

www.triangleinsight.org

Spiritual Friends Groups

Mindful Sharing Guidelines

(12-28-14)

Each member's mindful listening and speaking are essential for maintaining the optimum space for rich dharma discussion to take place. These guidelines are intended to support this process.

You may also want to read [Gregory Kramer's article about Insight Dialogue](#).

- ❖ Speak about what is alive for you in this moment, refraining from long story telling or intellectualizing.
- ❖ Speak about what is true for you, not what you think is true for others.
- ❖ Be lean of expression and stay on point.
- ❖ Notice, as you speak, what arises. Are you in touch with what is true and alive, or are you being motivated by the desire to impress or be liked?
- ❖ Listen deeply and notice what arises as you listen to others, in your body, thoughts, and emotions.
- ❖ Allow for a pause between shares. This can help to reduce reactive speaking and support deeper self-awareness.
- ❖ If you have already spoken, think twice before sharing again until all have had a chance to share.
- ❖ Ask for clarification when needed.
- ❖ Offer advice only on the condition that it has been specifically solicited.