

Raleigh Kalyana Mitta Group Agreements

Group Description:

The intentions of this group are to deepen our understanding of the dharma and provide inspiration for our daily practice. This will be supported by the development of trust and intimacy, which will allow us to share more openly and deeply. All those who join should be willing to support the spiritual growth of members of the group.

1. Confidentiality Commitment

We hold all personal information shared as confidential: it will remain within the group and will be shared with others only if the sharer expressly permits.

If we wish to share an insight we gain from the group with others, we will do so wisely and mindfully, and honor our commitment to hold personal information confidential. The basis of this commitment to confidentiality of personal information is twofold:

- First, our group is a safe and comfortable place for each of us to share personal insights and experiences as desired, with trust and without constraint or concern.
- Second, part of our practice is to make the effort to practice wise speech. Wise speech is speech that originates in mindful presence; it is authentic and beneficial. It means both to tell the truth and to speak appropriately. It means refraining from intentional lying, speaking maliciously or harshly, and gossiping or frivolous talk.

Adapted from a passage written by Wendy Larson of Spirit Rock's Orinda Kalyana Mitta group.

2. Discussing Issues that Arise in the Group

If a member has concerns about the group or issues with members that arise in the group, s/he will discuss these in the group rather than talking about them outside the group.

3. Attendance

- While all of us may need to miss meetings from time to time, a commitment to regular attendance is important for group development and process.
- If a member has to miss a meeting, s/he will let the group know about this.

4. Decision to Leave Group

If a member decides to leave the group, s/he will let the group know. We encourage the member to attend KM for a final sit, as a way of honoring the journey we have taken together. However, we support the member's doing what will be most helpful for her or him at that time.