

## **Triangle Insight Meditation Community Board of Directors**

### **Communication Guidelines**

Our intention is for our predominant communication to be in the service of the business of the meeting and approached as spiritual practice, both individually and collectively.

- Practice communicating skillfully, both verbally and nonverbally.
- Listen deeply with mindful attention.
- Refrain from talking when others are speaking.
- Signal desire to speak by raising hand;
- Speak from your own experience and refrain from making assumptions about the experience of others.
- Be lean of expression and stay on point.
- Indicate when finished sharing, e.g., bow.
- Allow for a pause between shares; this helps reduce reactive speaking and supports deeper self-awareness.
- Think twice before sharing again until all have had a chance to share.
- Invite, share, and respect divergent viewpoints, disagree with ideas rather than people, and discuss differences skillfully.
- Recognize that silence does not necessarily indicate agreement.
- Be mindful of and practice divesting from patterns of privilege and power associated with dominant identity locations.
- Turn towards difficulty, acknowledge impact, and offer mindful dialogue and reconciliation.
  - ♦ When one realizes they have acted unskillfully, they are encouraged to acknowledge it.
  - ♦ When one has experienced distress, harm, or hurt from another's communication, they are encouraged to acknowledge it.
  - ♦ No matter our intentions, we take responsibility for understanding the impact of any communication that has been witnessed or experienced.