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.