

Triangle Insight Meditation Community
www.triangleinsight.org

Durham Kalyana Mitta Group

Group Agreements

(updated 7-20-22)

1. Confidentiality Commitment

We hold all personal information, and anything shared in the group as confidential: it will remain within the group.

The basis of this commitment to confidentiality is **twofold**:

- 1) 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.
- 2) 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.

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, they will discuss these in the group rather than talking about them outside the group.

3. Attendance

- 1) 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.
- 2) If a member has to miss a meeting, they will let the group know about this.

4. Decision to Leave Group

If a member decides not to continue with the group, they will let the group know this. We ask that they consider coming to the group to terminate with the group, and we support the member's doing what will be most helpful for them at that time.