

Mindful Sharing Guidelines

Adapted from Triangle Insight's Guidelines

Each member's mindful listening and speaking are essential for maintaining a safe and fruitful space for rich dharma discussion. These guidelines are intended to support the process.

- Speak about what is alive for you in this moment, refraining from long story telling and 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 members have had a chance to share.
- Ask for clarification when needed.
- Offer advice only on the condition that it has been specifically solicited.