



Insight Dialogue
Community

Living Relational Dhamma

Insight Dialogue Guidelines

Pause

Stop for a moment. Find here and now.
Call forth mindfulness.

Relax

Release tension in the body, allow,
receive things as they are.

Open

Expand awareness into mutuality,
mindful of internal, external, and both.

Attune to Emergence

Notice and yield to change, to not knowing,
allowing change itself to become the object of practice.

Listen Deeply

Listen with the whole body,
receive and fully rest in the world,
listening from the silence beneath the words.

Speak the Truth

Discern the inner truth that would be spoken,
offer words in kindness.

Insight Dialogue contemplations create opportunities for infusing wisdom teachings into our lives. Cultivating mindfulness in the process of relational engagement, we explore the human experience with the guidance of the Buddha's teachings. With mutual respect and a commitment to non-harming, we embody the meditation guidelines as doorways to insight; they are invitations, reminders, and foundations for mindfulness.