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.