



Insight Dialogue
Community

Living Relational Dhamma

Insight Dialogue Guidelines

Pause

Stop for a moment. Establish mindfulness.
Connect with the immediacy of present-moment experience; here and now.

Relax

Invite the release of any bodily or mental tension that may be present.
Meet what remains with kind acceptance.

Open

Expand the field of awareness to include external experience, the presence of others and
the wider environment; orient to mutuality in the relational field.

Attune to Emergence

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

Listen Deeply

Listen with the whole body, fully receptive.
Notice how the body and mind are touched by the presence of another.

Speak the Truth

Discern the inner truth that would be spoken now.
Offer words in kindness and for mutual benefit.

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.