



# Insight Dialogue Community

*Living Relational Dhamma*

## 4 Cs: Connection, Culture, and Conflict in Community Team Bios

### Christine King

#### Engagement with Dhamma

- Vipassana Insight Meditation, 1974-present
- 40+ Vipassana 3–14-day residential retreats
- 2 Cascadia Insight Dialogue residential retreats
- Regular participant, IDC's Monday Sangha, 2019-present

#### Engagement with NVC

- Certified trainer, Center for Nonviolent Communication (CNVC), 2004
- Trainer, CNVC International Intensive 9-day residential Trainings
- Developer and designer, NVC curriculum (games, manuals, booklets, etc.)
- Co-founder, NVC Santa Cruz, offering workshops, classes, retreats, and 9-month Integration programs, 2006-present

### Lucy Leu

#### Engagement with Dhamma

- Vipassana Insight meditation, with CIMC and IMS teachers, including Kamala Masters and Steven Armstrong, from 1986
- Plum Village, with Thich Nhat Hanh, 1987
- Relational dhamma meditation, with Gregory Kramer, Mary Burns, IDC teachers from 2008
- Member, Insight Dialogue Community, served on IDC Teams, including Guiding Sangha, Cascadia Retreat, etc. from 2011
- Dharmapala 3-year program with Thanissara and Kittisaro, 2018-2021

#### Engagement with NVC

- Marshall Rosenberg workshops and residential intensives, from 1995
- Certified as trainer, Center for Nonviolent Communication (CNVC), 1998
- Served on CNVC Board, edited Marshall Rosenberg's book, Language of Life, wrote companion workbook, founded Puget Sound NVC community, co-founded Freedom

Project (offering NVC and mindfulness in incarcerated communities), co-authored [NVC Toolkit for Facilitators](#)

- Led or co-led various community and prison workshops and residential intensives in the U.S., Europe, and Asia
- Co-developed CNVC trainer assessment and certification program

## Nicola Redfern

### Engagement with Dhamma

- Zen practitioner since 2008; primary teachers Joan Sutherland and Henry Shuckman.
- Vipassana Insight Meditation practitioner since 2000.
- Founding member, Insight Dialogue Community Guiding Sangha, 2013
- Insight Dialogue Retreat Teacher, matriculation 2018
- Co-teacher, Heart of Freedom, 16-month course jointly offered by IMS and BCBS

### Engagement with NVC

- Studied with Marshall Rosenberg, NVC International Intensive Training, 1999
- Board member, New Mexico Network for NVC, early 2000's
- Offered NVC trainings in New Mexico 2001-2004
- Completed mediation training at Santa Fe Community College, then volunteered mediation service to Santa Fe public school system 2003-4

## Ruby Phillips

### Engagement with Dhamma

- Student in Theravada and Mahayana Buddhist traditions since 1988
- Insight Dialogue practitioner since 2003
- Co-founder, offering leadership at several Buddhist meditation sanghas
- Served on IDC teams and sub-groups, including Insight Dialogue Awakening White Awareness (IDAWA), Practice Opportunities and Events Team (POET), etc.
- Facilitated Dharma-based social justice programs since 1997

### Engagement with NVC

- Studied and practiced NVC since 1995
- Attended 9-day CNVC International Intensive Training with Marshall Rosenberg, 2004
- Participated on training teams offering NVC & mindfulness inside prisons, in Buddhist settings, and elsewhere

## Stephanie Bachmann Mattei

### Engagement with Dhamma

- Started meditation journey at age 20 as resident of ashram under Swami Yogamudrananda Saraswati [Shivananda lineage - India/Switzerland for 9 years]
- Vipassana Meditation 2010 to present – IMS, BCBS, CIMC, Southern Dharma
- Practice in Thich Nhat Hahn tradition since 2013
- Dedicated ID practitioner since 2017. Attended several residential retreats with Gregory Kramer
- 9 Bodies practitioner since 2022
- Mindfulness Based Stress Reduction, certified trainer with the Center for Mindfulness at the University of California, San Diego

### **Engagement with NVC**

- Active engagement with Nonviolent Communication since 2001
- Certified trainer, Center for Nonviolent Communication (CNVC), since 2010
- Assessor, CNVC Trainer Certification program, since 2017
- Trainer, 9-day CNVC International Intensive Trainings and various residential retreats in the Americas, Europe, China and India
- Co-Trainer, 9-month NVC Immersion Programs
- Co-author, [The Heart of Nonviolent Communication: 25 Keys to Shift from Separation to Connection](#)
- Member, CNVC Assessor Coordinating Circle, since 2022

## **Tzuming Liao**

### **Engagement with Dhamma**

- Practitioner in Thich Nhat Hanh tradition since 2007
- Insight Dialogue practitioner since 2013
- Serves on Guiding Sangha, Practice Opportunities and Events Team (POET), Newsletter team, Whole Life Path workbook
- Insight Chicago Meditation Community (ICMC) board member since 2018
- Certified mindfulness teacher (Engaged Mindfulness Institute, Fleet Maull, 2016); meditation facilitation at University of Chicago; ICMC; Metropolitan Correctional Center

### **Engagement with NVC**

- NVC practitioner since 2010 (including CNVC International Intensive Training with Marshall Rosenberg, 2011; various residential programs and practice groups)