

## **Insight Dialogue Guidelines**

### **Pause**

The doorway to mindfulness. Stop a moment. Interrupt the momentum of the mind and find present moment awareness. Land in the body, feel what's there. Touch what is present in the heart-mind, the mood and the emotions that are arising. Step closer and make contact with the direct experience of being here. Simple. Intimate.

### **Relax**

A movement of non-clinging, of letting go, Relax is about how we meet what is found in the pause. The invitation is to release tension, to the degree that we can, and bring kindness to whatever is not yet ready to release. Use the outbreath to support this letting go.

### **Open**

With Pause and Relax we touch our own internal experience. Now, with Open, we expand awareness to include the environment and the so-called "other." This is where meditation becomes relational, with attention given to what is internal, external and both.

### **Attune to Emergence**

Bring attention to the process of constant change. Release agendas, preferences and attachments and enter into not knowing. We bring ourselves to the tip of the emergent moment. Cultivate a soft readiness, the flexibility to move with impermanence.

### **Listen Deeply**

Develop the capacity to listen with receptivity instead of reactivity. The practice here is to listen from emptiness, rather than from a mind cluttered with thought. Steady the attention on what is being expressed, and patiently replace the attention there when it strays. Know that the way we listen impacts what is spoken.

### **Speak the Truth**

The creative process of putting words to experience – not to express the ultimate truth, but simply to give voice to our own present moment truth. Discern what to speak, and what to leave aside. Interrupt habitual speech, aiming for speech that is coupled with awareness.

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For more information about Insight Dialogue visit [insightdialogue.org](http://insightdialogue.org)