

Introduction to Dharma Discussion

Dharma Discussion is a wonderful opportunity to share and reflect on the practice in our lives. Through the practice of mindful speech and deep listening, we create a calm, safe, and non-judgmental environment. We share our own experience of the practice rather than abstract concepts and theoretical notions.

When you are ready to speak, please join your palms and bow to the Sangha. The Sangha will bow back in return. The floor is now yours. When you are finished talking, join your palms and bow again to the Sangha. The Sangha will bow back in return. The bows are like quotation marks around what you would like to say. During that time, the Sangha will not interrupt or interject. The time is yours to speak mindfully. The Sangha will practice deep listening. It is a common tendency to formulate a response while listening. Instead, just listen with mindfulness of what is being said and what is not being said. Please enjoy at least three breaths between sharings.

Everything shared stays in the circle. Please do not talk about what was said outside of the circle. This is essential to creating a safe space. If you want to talk to a person about what they shared, please ask permission first.