

## **MINDFUL SHARING GUIDELINES**

1. This is an opportunity to practice mindfulness while speaking and listening. By speaking mindfully, you create a safe space for everyone to share.
2. Speak leanly, from your heart and direct experience. Stay on topic rather than engage in storytelling. Sharing is intended for us to grow in our understanding of the dharma.
3. All perspectives are welcome. Everyone's practice and background is unique. Please do not express assumptions about the experience, politics or beliefs of others, or speak for the group.
4. Please refrain from offering advice, explaining the dharma, or speaking multiple times until all who want to have had a chance to share.
5. Mindful listening is as important as mindful speaking. A pause between speakers encourages deep listening.
6. Crosstalk is discouraged. Crosstalk means commenting on someone's sharing, directing questions to the speaker or specific others, or interacting.
7. Questions should be directed to the entire group. If you would like to comment on another's inquiry, share your own understanding of the issue with the entire group.
8. Everything said here is confidential.