

Dialogue Practices in Group

Thinking together and Reflection: How has the experience of shared meaning led to a sense of collective thought and new ideas? What has this time brought forth in you?

Check-In
Topic/Issue

Take a moment to share:
“What is moving within you at this time?”

Listen deeply to others vs just planning a response; Allow silence for another’s words to resonate before speaking; Listen also to self, and for a deeper *shared meaning* that may emerge in the group.

Listening

Suspending

Suspend personal Judgments. Replace Certainty with Curiosity. Let go of “the need to...”; Be willing to openly examine those **Assumptions** that may be at the root of judgment.

Find your **Inner Voice** vs intellectual voice; What is being *called out in you*, vs what you are just urged to say? Offer one thought at a time. **Inquire** and speak to the center of the group.

Voicing

Respecting

Acknowledge the deep **Humanity** in others and yourself; Accept that what you hear in others, may be also in you; *Sawu Bona* -- “I See You”