

The Meaning of Dialogue

Initially, Dialogue may feel artificial. With practice, it will become seamless and connecting. In the Dialogue, both partners cross a bridge into each other's worlds, motivated not only by the need to be "heard and understood" but also by the desire to "hear and understand." The Dialogue ultimately says to the other, "I respect your otherness; I want to learn from it. And I want to share mine with you." In the process, we embrace our essential humanness—our differences yet fundamental connection.

One of the greatest learnings of Dialogue is the discovery of two distinct worlds. Whenever two people are involved, there are always two realities. These realities will always be different in small and large ways, no matter what. And the reality of the other person can be understood, accepted, valued, and even loved, but not made to be identical to our own.