

Mindfulness

with Jaime

Community Agreements

- Allow for a pause between shares. By slowing down the process, we can become aware of what is arising within us.
- Speak about what's alive for you in this moment from your heart and your own experience. Refrain from intellectual/philosophical sharing.
- Refrain from fixing it/advice giving without permission.
- Listen deeply, notice what arises within you as you listen, and also be aware of what arises as you speak. Practice listening with your whole attention rather than planning what you're about to say.
- You always have the right to say "I pass" if you don't wish to speak.
- Please honor confidentiality. If you need to share with others outside of this circle, please share from your own direct experience and not that of other members in the group.
- Be lean of expression, meaning be mindful to stay on point versus going tangential. This serves those who are listening and leaves time for others to be heard.
- Improving upon silence: The most important step in developing skillful speech is to think before speaking. This is called mindfulness of speech. Few things can improve the nature of our relationships as much as the development of skillful speech. Silence offers us and those around us the spaciousness we need to speak more skillfully. When we speak with greater skill, our true self—our compassionate, loving self—emerges with gentle ease. So before you speak, stop, breathe, and consider if what you are about to say will improve upon the silence.
- MOVE UP / MOVE BACK: Encourage full participation by all present. Take note of who is speaking and who is not. If you tend to speak often, consider "moving back" and vice versa.
- Range of disclosure - share what is comfortable for you to share. Notice if you're judging your shares. Nothing is too deep or too surface if you're sharing from your heart.
- Try on different viewpoints and practice openness when viewpoints are shared, even if it feels unfamiliar.