**Insight dialogue – from Greg Kramer via Viveka**

Begin with short meditation. Then taking turns speaking and listening

* 5 mins for each person to speak
* 5 mins to reflect back with open curiosity what you have heard as important to them. – that may come from the words, their expression energy or body language. Can ask questions but keep it current and relevant. Share how you are affected.

Remember: Pause and notice and release any fixing advising judging assuming, self referencing etc…

**Shamata steps: Pause open relax**

**Vipasana steps: Trust emergence, listen deeply, Speak the Truth**

**Pause** – Mindfulness as moving from grasping to non grasping, clinging to non clinging – this movement is the pivot point to freedom. Dwell in a moment of immediate experience before speaking or while listening. This pause is mindfulness an interruption of a lifetime of habitual forward leaning.

**Relax** – Bring awareness to sensations in the body – belly, chest, throat, breathing, any areas of tension acknowledge them and allow to relax. Notice any strong feelings, emotions thoughts with kindness and soften clinging.

**Open -** Extend awareness to include whole body, floor, room air, other people. Open to invite what you don’t yet know, what else might be true what’s happening now**.** (can lift gaze open posture follow out breath**)**

**Trust emergence –** Not planning what to say next release short term attachments and person agenda we hide behind. (Can go back to pause relax open when we get lost).

**Listen deeply** – Surrendering fully to unfolding words and presence of speaker. Grounded in clear awareness and sensitive to what is being offered. Not preoccupied with how to respond, we listen with kindness.

**Speak the Truth (what matters)**  – Come back to body sensations if we get lost in words. Release social pressure to get it right or be clear. Confusion may be current truth. Metaphors and images can be described – no need to explain or justify.

Groups:

Vijayamala’s Monday and Thursday

Vijayamala’s Tuesdays and Fridays

Vijayamala’s Wednesdays and Saturdays

Vessantara’s ladies

Vessantara’s guys that met