DHARMA SHARING GUIDELINES

Dharma sharing is an opportunity to benefit from each other’s insights and experience of the practice. It is a special time for us to share our experiences, our joys, our difficulties and our questions relating to the practice of mindfulness. By practicing deep listening while others are speaking, we help create a calm and receptive environment. By learning to speak out about our happiness and our difficulties in the practice, we contribute to the collective insight and understanding of the Sangha. Please limit your sharing to no longer than two to three minutes so everyone can have a chance to share. The facilitator will gently remind the speaker that they are running long with one with sound of the bell, informing the speaker to please wrap up.

Please base our sharing on our own experience of the practice rather than about abstract ideas, theoretical topics or how your week went without relating it to the practice. We may realize that many of us share similar difficulties and aspirations. Sitting, listening and sharing together, we recognize our true connections to one another.

Please remember that whatever is shared during the Dharma discussion time is confidential. If a friend shares about a difficulty he or she is facing, respect that he or she may or may not wish to talk about this individually outside of the Dharma discussion time.