



The Center for Mindful Living

Suggested Guidelines for Practicing Mindful Communication

These guidelines are offered as reminders and suggestions. Our intention is to support wise and caring speech.

1. When someone is speaking, practice mindful listening. Perhaps being present and interested in what is being said, while also noticing what is happening in your own mind and body.
2. Refrain from giving advice unless it's requested.
3. Please hold what is shared in confidence.
4. Before you speak, you might practice *pausing and relaxing*. This supports mindfulness and slows the process down.
5. Speak from your own heart and experience about how the meditations, teachings, and practices are impacting you.
6. Remember that it's *okay not to share*. And, you might move back if you tend to speak first and often, and move up if you tend to speak less.
7. When you share, please remember to be concise so there's plenty of time for everyone.
8. Be sensitive to assuming anyone's identity or background.

Thank you all!

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