

TECHNOLOGY OF "DIALOGUE" (Extracted from www.onn-wisdom@listbox.com)

Dialogue involves:

- T Deeply reflective listening and speaking
- T Speaking when truly moved
- T "Suspending" one's assumptions and "noble certainties" by holding them up for examination
- T Speaking into the group, rather than to individuals
- T Listening in the silence for the shared flow of meaning.

- T Ask questions from a place of genuine curiosity, wondering, or not knowing, not to make a point.
- T Speak into the circle, into the whole group, into the stream of shared meaning
- T Avoid cross-talk -- acknowledge others by speaking about their contributions but do not address them individually (reason: this avoids excluding others and turning the group into spectators watching a one-on-one interaction)
- T When you are silent, indicate your listening presence from time to time in the group -- "Here listening," or "I sit and reflect," or "Simply noticing".

Sharing Responsibility for Dialogue

We all share responsibility for the practice of Dialogue. As you participate, please attend to your listening, speaking, and noticing. Here are some suggestions, woven together from a variety of sources:

Listening:

- T Listen empathetically, from your heart, without judgment or blame.
- T Listen without the urge to argue, counter, dissuade, or fix.
- T Listen with equal respect to everyone, regardless of status or roles.
- T Listen for each person's special contribution to deeper understanding.
- T Listen from a place of learning rather than confirmation of current thinking.
- T Listen to the quality of your own listening.
- T Listen from the collective, from the community, from the whole.



Shared Field
of Meaning

Speaking:

- T Speak from your heart, from your experience, from the moment.
- T Speak when you are truly "moved" rather than to fill the silence.

Noticing:

- T Move back from conclusions to observations - notice what you're noticing and what meaning you're making of it. Pay attention to your judgments, assumptions, and certainties; hold them lightly, explore and examine them, and consider alternatives that may be just as useful.
- T Notice the metaphors and images in your own thinking and speaking.
- T Be present to what's happening inside you as well as in the group.
- T Be involved while being detached -- open to outcomes but not attached to specific outcomes.
- T Allow for pauses and silence -- reflection has its own rhythms - Look for deeper levels of understanding.

Timing and Flow of Our Dialogues:

Dialogue takes time to develop and deepen. It takes sustained and consistent practice to move out of more habitual ways of thinking, speaking, and listening. It also takes presence, intention, energy, and attention.

Dialogue often goes through phases where the energy ebbs and then flows again. At times you may feel energized, inspired, touched, confused, bored, uncomfortable silent, satisfied, and more. Notice all that and bring it into the group. It's all part of the shared field.