

# Insight Dialogue

Practice the Insight Dialogue Guidelines of Pause, Relax, Open, Trust Emergence, Listen Deeply, and Speak the Truth.

This is a meditation practice in relationship. You are welcome if you have a regular meditation practice and are interested in using the guidelines to learn how to integrate practice into daily living for opportunity for real insight

## Practice Group Forming

This is an opportunity for anyone interested in the practice of Insight Dialogue to attend a monthly gathering, facilitated by Bonnie Edwards.

The last Sunday of the month from 1-3 pm.

Beginning Januray 28, 2018

Location to be decided. Contact Bonnie for more information and to sign up.

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