

MINDFULNESS-DIALOGUE



What is Mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful.

So, while mindfulness is something we all naturally possess, it's more readily available to us when we practice on a regular basis.

What is Dialogue

Dialogue is the basic human ability to interact with others in a way that generates meaning. As with Mindfulness, while Dialogue is something we can do naturally, it is more effective when we practice related skills on a regular basis. For example, whenever you listen deliberately and skillfully, you understand more and create the conditions for the development of richer shared understanding.

What is Mindfulness-Dialogue

These apparently opposite processes can in fact be mutually enhancing in a way that is synergistic. When mindfulness practices are brought together with the skills and process of Dialogue, they can produce a fertile field of creativity.

A Mindfulness-Dialogue Process/Program

There are a number of areas where a Mindfulness-Dialogue program can help:

1. **Nurturance:** M-D sessions will serve as both personal and professional support.
2. **Culture:** M-D sessions can help build an appropriate - healing - culture.

3. **Skills:** The skills implicit in the process can be developed to enhance our work
4. **Expanded Approach:** M-D can expand our focus to include existential challenges (meaning and purpose) as well as the spiritual (deeper levels of experience)
5. **Rituals:** moments of transition, like reconciliation and loss, but also celebration.

Other potential strengths of M-D are group and community work.