

## **Dialogue (dia = through) & (logos = meaning or word)**

Dialogue is a flow of meaning through words in which new understandings emerge that might not have been present before. It is done in a spirit of inquiry—wanting to know. We look for shared meaning beyond our individual understanding.

Source: Practicing the Sacred Art of Listening by Kay Lindahl

We seek to understand differences so that diversity is honored.

Added to Lindahl's thinking by Linda Marshall, member of the Imago Peace Project

Communologue is a form of dialogue for groups developed by the Imago Peace Project.

## **Communologue Guidelines & Participant Encouragements**

### **#1 The pace is slow ~~ the ear hears much more slowly than the mouth speaks We honor silence and time for reflection.**

"I encourage anyone listening to me who experiences me as talking too fast, with too many words or ideas, too quickly or too much for them to track, to interrupt me and slow me down so that all my listeners can be comfortable."

### **#2 Speaking is from our hearts rather than from our head ~~ We avoid "Mastertalk"**

"I encourage anyone listening to me, and who experiences me speaking from my head, especially if I am speaking as though there is one truth (Mastertalk) in such a way that makes them uncomfortable, to interrupt me and invite me to repeat my message with more openness to multiple truths so that all my listeners can be comfortable."

### **#3 We assume there is mutual responsibility for relationship interactions**

"I encourage anyone who is listening to me, and who experiences me blaming others too much or taking on too much guilt or self-blame, to gently interrupt me and remind me of mutual responsibility for relationship interactions."

### **#4 We assume that everyone makes sense all of the time (pre-validation) and our job is to listen until we understand and can convey their sense (validation)**

"I encourage anyone who is listening to me, is hearing me speak of my frustration(s) and who believes that I am focusing on triggers or the triggering people in my life in an uncomfortable fashion, to interrupt me and invite me to focus more on sharing the internal causes of my reactions to those triggers – so that I may be validated, and that all my listeners, especially a person who may have done the triggering behavior, can be comfortable."

### **#5 When we ask questions, we first give the importance to us of asking the question. We do not demand an answer.**

"I encourage anyone who is listening to me and who hears me asking a question in a way that makes them feel uncomfortable, to interrupt me and invite me to share my thoughts and internal statements that have led me to ask the question – so that the asking of my question can be validated and so that all my listeners can be comfortable. I also encourage the person I am questioning to respond to my question only as they wish and as they are comfortable."

## **#6 We manage the space and time**

“I encourage anyone who is listening to me and who notes any issue of the space or time needs of the group, to interrupt me so that I can participate fully in those group needs and so that all listeners may be comfortable.

## **#7 We speak to be easily understood**

“I encourage anyone who is listening to me and who experiences me as sounding uncomfortably misleading or abstract, to interrupt me and help me speak more clearly so that I may be more easily understood and so that all listeners may be comfortable.”

## **#8 We gently invite people to share more deeply**

“I encourage anyone who is listening to me and who experiences me as being unclear or incomplete to invite me to say more and thus help me speak more clearly and with more depth, so I can be more easily understood and so that all listeners may be comfortable.”

## **#9 We are vigilant in validating everyone so diversity can be safely shared**

“I encourage anyone who is listening to me and who experiences me as invalidating anyone else, quickly and gently remind me that all people make sense all of the time and ask me to reflect back the sense they make. This is to help me remember and maintain the tone of pre-validation so that all listeners may be comfortable.”

## **#10 We handle reactivity in the group in a timely manner, respectful and with minimal interruption to the speaker**

“I encourage anyone who is listening to me and who notices a powerful reaction in themselves or in others, to invite me to pause, while that person’s reaction is shared and validated, and then to invite me to complete my share.”

## **#11 We honor confidentiality so as to create a safe space for self-expression. We allow what is said within the Sacred Listening Circle to complete the communologue. We hold each other in the light, trusting that each of us has our own inner teacher.**

“I encourage anyone who is listening to me outside the group attempting to give my ideas about what was said in the Sacred Listening Circle in a way that makes them uncomfortable, to gently remind me to trust the light in each person and their ability to learn the lessons that are theirs to learn so that all listeners experience safety.”

*Source: The Imago Peace Project Participants (especially Al Turtle), and Kay Lindahl*