



Part 3

Dialogue skills

“Dialogue is about listening and voicing in a meditative-prayer full way.”

Learn to listen with an open heart and to answer with an open heart. Dialogue is listening in a transformative way, a deep listening. For this we need the combination of meditation and prayer because they help us to find a balance between listening and voicing (inquiry and questioning).

We start daily by performing the Sungreeting, a bit of meditation, and a moment of prayer.

Then we select and reflect on one of the following *Seven Skills of Dialogue*, by Garry Ryan:

- 1) Deep Listening
- 2) Respecting Others
- 3) Inquiry
- 4) Voicing Openly
- 5) Suspending Assumptions and Judgements
- 6) Balancing Advocacy and Inquiry
- 7) Reflecting

For more info on each of the skills, please watch:

<https://www.youtube.com/watch?v=F7qB66lZp4w>

(Gary Ryan explains here where Dialogue is in the Conversation Continuum as well as the skills that enable you to develop your capability to dialogue. With permission of the author.)

When we know the basics of the specific skill, we try to exercise it during the day on short instances.

First, we try to avoid to debate nor to be too polite when talking with someone.

Then, we try to use one of the skills while listening or talking (listening and voicing).

Last, in the evening meditation and prayer, we reflect in how far we were able to do so.

We surrender to what the Divine is telling us through these dialogues, and be thankful for the encounter. Every encounter tells us something, can transform us into a more beautiful being who is ready to help others.

Some selected inspirational videos:

How to have a good conversation: <https://www.youtube.com/watch?v=H6n3iNh4XLI>

(When you're working on how to talk to people, you'll learn a lot about how to do great conversations - and most of us do not converse very well. A great conversation takes a balance between talking and listening. This balance is important because bad communication leads to bad relationships, at home, at work, everywhere. Celeste Headlee has worked in public radio since 1999, as a reporter, host, and correspondent. TED is the owner of this TED Talk: How to Have a Good Conversation | Celeste Headlee | TEDxCreativeCoast)

How to start a conversation: <https://www.youtube.com/watch?v=z7pKI9Z0Iw>

(If you want to know how to talk to people, this communication tips and tricks will make it much easier to start a conversation with anyone! Because it's not enough to know how to skillfully strike up a conversation with someone. You have to be able to keep the person engaged, and you have to have bad conversational habits. While some people are naturals, others could certainly benefit from some help. The reason we talked about, about anything. The following tips will help you navigate conversations with ease. Published by Brainy Can.)

Disappearing Dialogues: https://www.youtube.com/watch?v=rWJOItBYp_c

(Trailer for Art Ichol's recent outreach programs. This video shows that dialogue means more than only dialogue with living persons, but also with disappearing cultures, religions. Our whole attitude has to become an attitude of dialogue.)

(Copyright Notice: No Copyright Infringement intended. All Content Belongs to their respective owners. This is for educational and transformational purposes. Copyright Disclaimer Under Section 107 of the Copyright Act 1976 (USA), allowance is made for "fair use" for purposes such as criticism, commentary, news reporting, teaching, scholarship, and research. Fair use is permitted by copyright. Non-profit, educational or personal use tips the balance in favor of fair use.)