

The Four Practices of Dialogue

- Listening:
 - Slow down
 - Embrace Silence
 - Listen to the “person” behind the words
- Respecting:
 - The Humanity in others and self
 - Acknowledge that what you may see in others, is also in you
 - *Sawu Bona* -- “I See You”
- Suspending:
 - Release your grip on Certainty
 - Let go of “IT”, whatever IT might be...
 - Be willing to disclose Assumptions
- Voicing:
 - Find and Trust your Voice
 - Speak to the Center
 - Less is More