

Overview

We welcome anyone from any meditation tradition and experience level to join us for our weekday morning meditation and practice discussion. We are a sangha that is committed to exploring the intersections between dharma and social justice. We ask that all community members observe the guidelines below.

Guidelines for meditation practice (7:30-8:00 am)

- Join us starting at 7:30 if you are able; late arrivals are also welcome.
- Please keep yourself muted.
- Feel free to sit or lie down, as suits your body's needs.
- You may choose to keep your camera on or off during the meditation.
- If you are doing walking meditation or moving in some way, please keep your camera off.
- If you have to leave the session early, you are welcome to say goodbye in the chat but it's not necessary.

Guidelines for practice discussion (8:00-8:15 am)

- You are welcome to stay for the whole discussion, or to leave when you need to. Generally we try to wrap up no later than 8:15.
- If it's your first time attending, please turn your camera on and introduce yourself.
- We view the practice discussion as a continuation of meditation, with a focus on what is arising in our practice. This can include both formal meditation practice and our practice off the cushion, including engagement in social justice issues.
- Speak from your own lived experience. Please refrain from speaking for a whole group or expressing assumptions about others' experiences or feelings.
- When others are speaking, practice listening with kind attention and non-judgment. Unless the person speaking invites feedback, refrain from offering advice, fixes, or suggestions. In the words of Roshi Joan Halifax, we aspire to the practice discussion as, "a place for simply being present for the truth of what is happening."
- If you rarely talk, you might consider sharing. If you usually talk first, perhaps slow down and practice deep listening. Be mindful that others may wish to share.
- Refrain from repeating outside the group what others have shared in the confidence of the group, unless you have explicit permission. Particularly for those of us in the Portland area, keep in mind we live in a small community. Share any insights gleaned in the practice discussion from your own perspective.
- Do not ask other sangha members for their contact information or use the practice discussion as a time to make social plans with others, including in the chat. If you'd like to connect with others, you're welcome to join our [Sangha Directory](#).

When practicing speech, be mindful of the 5 Gatekeepers of Speech:

1. Is it true?
2. Is it kind?
3. Is it beneficial?
4. Is it necessary?
5. Is it the right time?