

Plum Village Solidarity Council

Dharma Sharing

Purpose

As we go into our dharma sharing groups we want to remind folks that we are here to reflect on our engaged Buddhist practice, and specifically how our practice can support our solidarity with Palestinian liberation. We come together to cultivate the shared understanding that there is genocide, occupation, apartheid, and forced starvation being enacted by the State of Israel—and supported by US and other Western countries' tax dollars and arms—upon the people, animals, plants, minerals, waters, and land of Palestine.

Dharma Sharing Guidelines

1. Practice listening to understand, rather than to respond. When thoughts, judgements, agreements/disagreements arise, it may be helpful to send mettā (loving kindness) to yourself and others, and return your attention back to the speaker.
2. Please refrain from blaming/shaming others, commenting on others' shares, or giving advice. This is also not a space for cross-talk, debate, or discussion. When we feel criticism or disagreement arising, we are invited to look deeply into what is arising within us with karunā (compassion).
3. Please bow or make a gesture to indicate when you want to speak and when you are finished. We will take three breaths between each sharing. Sharing is optional.
4. This is an opportunity to share from your own experiences. Everyone is encouraged to share whatever is arising as it is. Speak for yourself rather than on behalf of a whole group, and refrain from expressing assumptions about the experience of others. This is not a space to theorize or generalize.
5. Please be mindful that we would like anyone who wants to share to be able to. Try to keep your share to a few minutes, and look at the screen periodically to watch for overtime signals from the facilitator. Please wait for everyone to have a turn before sharing twice.
6. Please keep all sharings confidential and do not discuss them, even with other people in the sharing circle. If you are interested in talking with a person after the event about what they shared, ask permission first and respect whatever their answer is.
7. We encourage you to take good care of yourself if you are activated by something someone shares. Feel free to take a break, turn your camera off, etc.