

## Guidelines - Dharma Talks in RM

We hope that you may start to see giving Dharma talks in RM as another part of your practice. Thinking about topics, gathering resources, writing and creating talks - giving them and processing what comes after you have given the talk, and doing this again and again over time. We hope it is yet another way to examine your experience, the views and dharma within it, and to share your process and what you are learning.

*Our guidelines:*

-[RM Fundamentals](#) offer more in depth guidelines for aspects of our practice, choosing topics, and parameters of Reflective Meditation

-find your own voice and style

-know your audience and purpose for sharing

-middle way between expert and solely sharing your experience

-aim towards accessible, useful, thoughtful, encouraging meditators toward their experience

-using Buddhist language sparingly and clearly when using

-when using other paradigms or practices clarify them and your relationship to them

***2023: Added on after daylong with full group of teachers (provisional first draft)***

**What are the practical parameters of RM? What are we doing together? We have an ethical responsibility to teach reflective meditation, informed consent.**

Prescriptive? How to frame so as to offer options, not prescription. Maybe even a few options, question your options... Not telling meditators what to do. Broadening rather than narrowing.

Guiding? Please don't. We are not all doing the same thing together at the same time. This inherently excludes people. If people need guidance, they can find their own guided meditation. There are countless options online.

Prompts? Consider your dharma talk is full of possible prompts. Rarely suggest a specific prompt at the end of your talk. This leaves more room for meditators to go in directions that are best for them. And take up any parts of your talk that interest them.

Time? For DOM 5-10 minutes more or less. In general, talks shouldn't be more than about 15 minutes so as not to draw the meditator into the teacher's experience. Overload of ideas in dharma talk can obscure students' experience.

Topics? Although topics can veer in different directions, make sure to tie into dharma teachings either implicitly or explicitly. DOM teachers have choice to stick with "topic of the week" or teach to a topic of their interest.

### **1/4/24 Creative Idea**

Read a section from the book and join the conversation. Write your talk to us - Linda and Nelly, give us your input, your dharma understanding.

### **2/9/24 Creative Idea**

Start with a line or two of an article that you think is interesting. Do a free form writing for 15 minutes. See what opens up in your thinking, feeling... Any creative phrases or ideas that you can use? Any sections of the writing fit with your research and study?