

# An Inter~view “light”

## **When:**

When trust in the process, the teacher and/or the group has not yet developed.  
When the student seems overwhelmed. In drop in groups, public talks, larger groups (when you can't break into smaller groups.)

## **With:**

People newer to this process, newer to meditation, not yet acquainted with one another.

## **How:**

Question gently about 1-2 areas of the meditation. Do less, not more.

Assist meditator to gain a little more awareness.

Be interested and curious, modeling this quality. Follow what interests them.

Validate their way(s) of meditating.

Validate aspects of experience that they disparage such as sleepiness or “monkey mind”.

Focus on meditation as a process and meditative processes.

Explore how calm states develop. Validate subtle calm states, one's that develop idiosyncratically, calm states that arise within difficult states.

Attune to the meditator and drop a line of questioning if they resist, or appear too vulnerable.

Be easy going and collaborative in your questioning.