

## notes on Gregory Kramer's *Insight Dialogue*

<b>PAUSE</b>	<p>stop, interrupt, drop, unhook, cut mindful, present, undistracted, alert know the moment of experience</p>	<p><i>mindfulness &amp; remembering</i> to slow down to drop ignorance, see more deeply to brighten the mind</p>
<b>RELAX</b>	<p>rest, soften, sink, settle accept choose ease</p>	<p><i>tranquility &amp; acceptance</i> to respond to stress to face challenging truths to bring ease to bodymind</p>
<b>OPEN</b>	<p>expand, look around receive, meet, invite, join together inside and outside, mutuality</p>	<p><i>spaciousness &amp; relational availability</i> to move out of loops, contraction, selfish patterns, and isolated practice</p>
<b>TRUST EMERGENCE</b>	<p>poise on the tip of the moment surrender to what's emerging step into, appreciate give over to change and flow</p>	<p><i>flexibility &amp; letting go</i> to call forth energy to end doubt to help you ride the moment</p>
<b>LISTEN DEEPLY</b>	<p>wait, receive, contact, feel, look listen internally and externally absorb meaning, emotion, and energy</p>	<p><i>receptivity &amp; attunement</i> to increase receptivity to heighten inquiry to extend the heart</p>
<b>SPEAK THE TRUTH</b>	<p>move, do, act go a direction make a gesture</p>	<p><i>integrity &amp; care</i> to end stasis to enhance generosity and courage to bring meditative interaction</p>