Insight Dialogue, the Interpersonal Path to Freedom, by Greg Kramer (a snippet)

Begin by meditating in pairs or in a group, choose a question or discussion point. One way to practice is to take turns speaking and listening: 5 minutes for each person to talk, 10 minutes to reflect back, to see if you have heard what’s important. You can simply reflect what you’ve heard and let the person speaking see if it sounds right, or ask clarification questions (how, when, who where – not why, which often leads to justification and stories rather than what is current), say how it affected you if you like etc. Remember to pause and notice if you find yourself fixing, advising, judging, assuming, self-referencing etc.

Pause
Mindfulness is a move from grasping to non-grasping, from clinging to non-clinging – this movement is the pivot point to freedom. Dwell a moment with immediate experience before speaking, or while listening. The pause is mindfulness, an interruption of a lifetime of habitual forward pressure.

Relax
Calm acceptance. Bring awareness to sensations in the body – belly, chest, throat, breathing, any areas of tension, accepting them and allowing them to relax. Noticing any strong feelings, emotions, thoughts, accepting them without clinging, letting go.

Open
Extend awareness to the whole body, the floor, the room, the air, become aware of the other person/people around

Trust emergence
Releasing short-term attachments and personal agendas that hide us from each other. Practicing not planning what we’ll say next.
[We become aware of this micro-planning by pausing, relax the tension behind it, open to our partner or the group, and let go, trust emergence. ]

Listen Deeply
Listen with mindfulness, surrendering fully to the unfolding words and presence of our co-meditators, grounded in clear awareness and sensitive to the speaker’s offering. Not preoccupied with how to respond, we listen with kindness.

Speak the truth
It’s not easy to establish mindfulness while speaking – words are conceptual representations of experience and we can easily jump into the stream of ideas and cease to be present. When that happens, mindfulness of bodily sensations can help us return to the present. We can learn a lot by observing ourselves as we speak. In ID we’re invited to slow down and find some fresh words among the reactive. At the same time we hold no delusion that we will never speak from habit. If we do our best to speak and listen as we would like to be spoken to and listened to – that provides a basis of ease and safety.