



Insight Dialogue
Community

Living Relational Dhamma

4 Cs: Connection, Culture, and Conflict in Community Team Bios

Christine King

Engagement with Dhamma

- Vipassana Insight Meditation, 1974-present
- 40+ Vipassana 3–14-day residential retreats
- 2 Cascadia Insight Dialogue residential retreats
- Regular participant, IDC's Monday Sangha, 2019-present

Engagement with NVC

- Certified trainer, Center for Nonviolent Communication (CNVC), 2004
- Trainer, CNVC International Intensive 9-day residential Trainings
- Developer and designer, NVC curriculum (games, manuals, booklets, etc.)
- Co-founder, NVC Santa Cruz, offering workshops, classes, retreats, and 9-month Integration programs, 2006-present

Lucy Leu

Engagement with Dhamma

- Vipassana Insight meditation, with CIMC and IMS teachers, including Kamala Masters and Steven Armstrong, from 1986
- Plum Village, with Thich Nhat Hanh, 1987
- Relational dhamma meditation, with Gregory Kramer, Mary Burns, IDC teachers from 2008
- Member, Insight Dialogue Community, served on IDC Teams, including Guiding Sangha, Cascadia Retreat, etc. from 2011
- Dharmapala 3-year program with Thanissara and Kittisaro, 2018-2021

Engagement with NVC

- Marshall Rosenberg workshops and residential intensives, from 1995
- Certified as trainer, Center for Nonviolent Communication (CNVC), 1998
- Served on CNVC Board, edited Marshall Rosenberg's book, Language of Life, wrote companion workbook, founded Puget Sound NVC community, co-founded Freedom

Project (offering NVC and mindfulness in incarcerated communities), co-authored [NVC Toolkit for Facilitators](#)

- Led or co-led various community and prison workshops and residential intensives in the U.S., Europe, and Asia
- Co-developed CNVC trainer assessment and certification program

Nicola Redfern

Engagement with Dhamma

- Zen practitioner since 2008; primary teachers Joan Sutherland and Henry Shuckman.
- Vipassana Insight Meditation practitioner since 2000.
- Founding member, Insight Dialogue Community Guiding Sangha, 2013
- Insight Dialogue Retreat Teacher, matriculation 2018
- Co-teacher, Heart of Freedom, 16-month course jointly offered by IMS and BCBS

Engagement with NVC

- Studied with Marshall Rosenberg, NVC International Intensive Training, 1999
- Board member, New Mexico Network for NVC, early 2000's
- Offered NVC trainings in New Mexico 2001-2004
- Completed mediation training at Santa Fe Community College, then volunteered mediation service to Santa Fe public school system 2003-4

Ruby Phillips

Engagement with Dhamma

- Student in Theravada and Mahayana Buddhist traditions since 1988
- Insight Dialogue practitioner since 2003
- Co-founder, offering leadership at several Buddhist meditation sanghas
- Served on IDC teams and sub-groups, including Insight Dialogue Awakening White Awareness (IDAWA), Practice Opportunities and Events Team (POET), etc.
- Facilitated Dharma-based social justice programs since 1997

Engagement with NVC

- Studied and practiced NVC since 1995
- Attended 9-day CNVC International Intensive Training with Marshall Rosenberg, 2004
- Participated on training teams offering NVC & mindfulness inside prisons, in Buddhist settings, and elsewhere