



Insight Dialogue
Community

Living Relational Dhamma

Insight Dialogue Teaching Agreement

With recognition as an Insight Dialogue Facilitator, Teacher, or Retreat Teacher, I share an intention to uphold these mutual understandings.

Ethics

Sila is the foundation of the eightfold path and of our community.

I will aspire to the highest ethical integrity and maintain fidelity to the [IDC ethics statement](#).

Safety

Insight Dialogue is a powerful practice, and as longer practice forms are offered by the ID facilitator, teacher, and retreat teacher, the need increases for care, humility, and wise attention to how one's capacities align with the demands of the practice and the maturity of the meditators.

I agree to protect yogis and the integrity of ID practice by refraining from guiding practice which is outside my experience as a yogi, and I will not teach beyond my range and depth of experience. I will continue learning within the ID teaching community as we discover how the practices we offer impact meditators. I will communicate with my mentor when innovations arise and seek feedback from mentors and peers.

Commitment to honoring lineage.

Insight Dialogue is grounded in the Buddha's teachings as found in the Pali Nikayas. It is interwoven with silent meditation. The form and language of the guidelines, group offering, and retreats have been developed by a global community of committed practitioners and shared by its senior teachers.

I will respect and maintain the continuity of the lineage and forms of ID I have been taught and the deep ancient stream of Buddha dhamma. I will teach ID with respect for the Three Bases and will continue to learn and reflect on relational dhamma. I will teach in ways that reflect and respect this lineage. Creativity is part of this lineage, but I am committed that any innovations I explore will ground in and grow out of the Three Bases of ID. My path of development in the Six Areas is ongoing, and I will continue to sit silent meditation retreat at least annually, continue to study the Dhamma, and ripen in relational capacity and practice.

Ongoing learning and sharing what I have learned.

We all grow in life and on the path of awakening. Growing as a teacher calls us to intentionally refine our skills of teaching ID and mature our understanding of all six areas. Doing so in community is intrinsic to the values of the ID teacher and ID community.

As long as I am actively in development as a teacher or retreat teacher, I will remain in regular contact with my mentor as described in the Possibilities of Engagement (POE) document. This includes learning through feedback from a mentor and through connection with a cohort. Each year I will undertake a six-areas assessment. As I am able, I will attend bi-annual ID teachers or community gatherings. As I discover new forms of offering ID, I will share and mutually assess them with my community of teachers and peers.

Dana

The IDC community grew out of the early Buddhist tradition of dana. Our understanding continues to evolve of how to offer practice freely in a world where this can raise significant challenges. The personal rewards of giving can be beautiful, but it is the way it protects the practice from harm and lessens barriers to entry that IDC strives to sustain.

I will share this practice on a dana basis. In situations where this is not strictly practical (for example when working with large institutions or in societies where there may be barriers to dana), I will do my best to integrate the intention of generosity into my arrangements. I will look deeply within my heart to maintain the intention to share practice on a dana basis, as it has been shared with me and in ways that sustain my connection to this timeless Buddhist tradition.

The Insight Dialogue Community is a global community dedicated to the practices of relational Dhamma as a vehicle for awakening together. Our mission is to share teachings and practices that incorporate a relational understanding of the Buddha's teachings for the benefit of all.