**Dialogue**

Dialogue is a collective inquiry, with sincerity and passion, into “what-is.”

Besides the external realities registered by the five senses, the “what-is” is the shared internal realities of the participants (i.e., their thoughts and feelings).

The “intent” of dialogue is pivotal psychological transformation through total insight into “what-is”.

Dialogue is not really a “method”, but more a sensitive and free observation of whatever presents itself to the collective consciousness of the group, an excursion into the collective conditioned thinking and how it unfolds.

Dialogue may be initiated by a question raised by the facilitator or a participant, a reading or quote, or a dominant concern.

A crucial dimension of dialogue is a choiceless moment to moment awareness of the unfolding of one’s own thoughts, feelings, responses, bodily demeanor, and so on.

Such awareness may trigger transformative insight beyond one’s conditioning.

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Dialogue sessions are held at KECC once a month. There are no requisites, only an interest in self-inquiry and greater self-awareness.

Anyone interested is welcome to join us!

Please contact Lynn at alynca@telus.net or

David Bruneau at d\_bruneau@hotmail.com for more information.