

# The Four Practices of Dialogue

- Listening:
  - Slow down
  - Embrace Silence
  - Listen to the “person” behind the words
- Respecting:
  - The Humanity in others and self
  - Acknowledge that what you may see in others, is also in you
  - *Sawu Bona* -- “I See You”
- Suspending:
  - Release your grip on Certainty
  - Let go of “IT”, whatever IT might be...
  - Be willing to disclose Assumptions
- Voicing:
  - Find and Trust your Voice
  - Speak to the Center
  - Less is More