# Instructions for Deep Sharing/Deep Listening with a Partner

## Topic: The Fourth Remembrance

In Deep Sharing/Deep Listening, you will work with a partner in a breakout room. You will be given a statement to work with. You will take turns asking each other to FEEL the statement, reflect on it, and tell you something about it. The person responding will pause, let the statement "register" with them, and then share one thing that comes up for them without going into too much narrative.

You will begin the first session with a partner by exchanging Metta. **Say their first name** and use these blessings:

May you be safe and protected.
May you be peaceful and happy.
May you be healthy and strong.
May you love your life.

During the session, You will say the Metta phrases to your partner **only once**, when you address them for the first time.

Please memorize these phrases so you don't have to to read them.

For the person responding, there are no "right" answers. Just be an honest reporter of what comes up for you in the moment. None of these dyads will be recorded, and we trust each other to hold whatever is shared in confidence. Your responses will likely change as the rounds continue, potentially giving you access to deeper wisdom.

The statement you will feel and respond to is "The Truth of the fourth remembrance: 'All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.' "

**Round One**: Say your partner's first name and offer the Metta (Loving Kindness) phrases to them. Say these phrases slowly with the feeling you are giving them a wonderful gift. Pause between phrases, letting the meaning sink in for both of you

**Metta (lLoving Kindness) Phrases**

May you be safe and protected.
May you be peaceful and happy.
May you be healthy and strong.
May you love your life.

Next, say their first name again. Then say, "**Feel** '"The Truth of the fourth remembrance: 'All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.' "

A slight emphasis on "**Feel**" helps them focus and reflect before answering.

As your partner responds, your focus is on understanding and staying present, giving them all the time they need to reflect and respond.

There are four possible responses to what your partner says:

Please summarize that.
Say that again, please.
Clarify that, please.
Thank you (when you have understood what your partner has said).

Then you change places. Your partner will offer Metta to you and then ask you to **feel** and respond to "The Truth of Impermanence."

Help each other remember to start with saying your first name. Don't be shy to give them a friendly prompt if they start a turn without using your name.

**Round Two:** Continue as above, but without offering the Metta phrases.

Continue for subsequent rounds until the breakout session ends.

When we return to the main group, we will share what we have learned.