



Hineni: The Mindful Heart Community
Rabbi Jill Zimmerman

Inviting Our Souls Into Our Space
Discussion Guidelines*

1. **We are all accepted just as we are.**
We do not engage in “fixing, advising, saving or setting straight”. Each of us is here to refine our ability to listen to the still, small voice inside.
Trust that we will all find our own way.
2. **Deep Listening and Authentic Speaking**
Give your full attention to the person speaking. Use “I” statements. Be mindful of how much space you are taking up or how silent you are.
3. **Respect difference**
We are truly a diverse group. If you feel a judgment arise about another participant, acknowledge it, and let it go.
4. **Presume good will. Assume the best.**
We are all human. We make mistakes.
Sometimes we misspeak. Sometime we might offend without even knowing. Work toward understanding and forgiveness.
5. **Participation is an invitation.**
We do not engage in “forced sharing.” Passing or staying quiet is always an option.
6. **We tolerate being in the “wilderness.”**
There are no “stupid questions.” Ever. Confusion and uncertainty are part of the process.

*Revised and adapted from Rabbi Deborah Bock Schuldenfrei