

Zen of Living and Dying Group Participants' Guidelines

General guideline

Everything said here is confidential.

Sequence of events

1. The facilitator asks who would like to speak.
2. To begin, the facilitator invites the first speaker to start.
 - a. No one interrupts while that person is speaking.
 - b. When the speaker is done, and if they're open to comments from others, they bow just once (and everyone else bows in response).
 - c. Then others are free to offer their ideas, support, questions, etc., to the speaker, making sure to keep the focus on the speaker.

To make a comment, people raise their hands and are recognized by the speaker (and sometimes additionally by the facilitator).

(If, on the Zoom screen, it seems that their raised hand is being missed, they can unmute and speak up at an appropriate time.)

- d. When all the comments seem to be over, the speaker bows to indicate that they're done.
3. Then the facilitator invites the next designated speaker to begin.
4. If there are any topics to discuss about scheduling or other practical matters, that can be done during the last 10 minutes of the meeting.
5. At the very end of the meeting, there is a minute of silence.
6. The meeting ends at the scheduled time.