

Qualities of Inquiry and Dialogue

1. **Empathy** – Feeling someone else’s heart as if it was your own.
2. **Attunement** – Aligning with whom you’re with, like a mother with a baby. Resonating like two tuning forks: when one rings the other vibrates the same pitch.
3. **Resonance** – This quality describes a feeling of agreement, feeling seen and understood. Take the perspective of the other as if you are walking in the other person’s shoes.
4. **Practice** - Inner listening; present moment awareness; curiosity; maintaining flexibility of attention.
5. **Presence** - Embodying curiosity, openness, wondering.
6. **Hospitality** - Welcoming – turning toward what emerges. Affirming and saying “Yes” to whatever is arising. We practice to accommodate what is emerging.
7. **Respect** – The participant is whole and has their own wisdom. The teacher is aware of judgment. The word “respect” literally means to look again, as you would look through spectacles. Offering beginner’s mind.
8. **Humility** – Not knowing, not being the expert, not trying to fix, give advice or identify through a “me too” attitude of telling your story.
9. **Open to outcome** - Allowing what emerges, not attempting to arrive at any particular “ah ha” insight or understanding. The recognition of patterns (behaviors, perceptions, thoughts, emotions, learning styles) and self-limiting stories.
10. **Present moment** – The past and future are thoughts in the present moment. Emotions and sensations arise in the present. Gentle guidance to bring the person to this present moment if she/he begins to inhibit the past or fantasize about the future. Being alert to flatness in the emotion of the narrative.
11. **Curiosity**. When curiosity enters, it changes the relationship with whatever is being felt (fear, anxiety, depression). Asking an open, honest question.