



“Mindful Relationships”

Instructions

Spend thirty minutes with your conversation partner doing the following activity:

- Practice mindful listening during a 10-minute conversation with your partner. Each of you should spend 5 minutes as the talker and 5 minutes as the listener. Follow the steps below. The attached questions are some suggestions for conversation content.

Step 1: My purpose at this moment is to be with this person. I use this person as the source of meditation, meaning that I “attend to” him or her.

Step 2: When my presence is distracted, I note the distraction as thinking, feeling, sensing, or experiencing.

Step 3: I become aware of my breathing and bring my attention back to the person.

- Spend 5 minutes practicing loving kindness together, silently. Follow the steps below.

While practicing mindful breathing, focus your attention on the following four phrases. Coordinate the phrases to each breath, and focus on the calm, nourishing, satisfying feelings that begin to emerge through this practice.

1. May I be free from danger
2. May I have mental happiness
3. May I have physical happiness
4. May I have ease of well-being

After a short time, think of your conversation partner. See that person in your mind’s eye and begin to say the same statements with your conversation partner’s well-being in mind:

1. May you be free from danger
2. May you have mental happiness
3. May you have physical happiness
4. May you have ease of well-being

- Practice steps 1-3 during another 10-minute conversation with your partner. Each of you should again spend 5 minutes as the talker and 5 minutes as the listener. You can again use the attached questions as conversation content.
- Spend 5 minutes discussing your experience with each other.



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Questions

1. Who is the most important person in our time?
2. What is the title of the last book you read?
3. What is the best movie you have ever seen?
4. What comes to your mind first when you hear the word reality?
5. What is the most beautiful thing about people?
6. What is the most honest thing you have known?
7. What physical thing do you want to build more than anything else?
8. What is the ugliest thing you know?
9. What do you like to do most with a free hour?
10. What is the most significant event of the last 3 months?
11. What force of history are you most aware of as you plan your life?
12. On what basis do you select your friends?
13. What is the most overwhelming thing you know?
14. What is the greatest problem in the United States?
15. What thing makes you feel most humble?
16. What is the greatest value that guides your life?
17. If you could choose to be an animal other than human, what animal would you choose to be?
18. If you could smash one thing and only one thing, what would you smash?
19. What is the greatest crime one person can commit towards another?
20. What is the best book you have ever read?
21. For what do you think you would be willing to lay down your life?
22. What do you feel when you stand on the shore of an ocean?
23. How would you symbolize the human soul (a rose, a sunset, a fountain, etc.)
24. If you were tape recording the sound of violence, what sound would you use?
25. If you were tape recording the sound of beauty, what sound would you use?
26. If a nuclear bomb were going to explode a block away in ten minutes, what would you do?
27. If you could travel to one place in the world, where would you go first?
28. What is your favorite sport?
29. How many children would you like to have?
30. What is your strongest emotion?
31. Where do you go to be alone?
32. What one word would you put on your gravestone?
33. What is your biggest worry?
34. What is the most beautiful thing you have ever seen?
35. What one idea does everyone in our class want to hear?
36. Choose a word that best describes your total life up to this moment in time.
37. What do you think of when you think of tragedy?
38. What do people like best about you?
39. What person has influenced your life most?
40. What talent would you like to develop?
41. What skill do you need in order to succeed?
42. What makes you most secure?
43. What institution is most in need of change?
44. What does death mean to you?
45. What word best describes advertising?
46. Choose a word to describe a sunset.
47. When do you feel most lonely?
48. When do you sense being most alive?
49. What TV advertisement bothers you the most?
50. Choose a word that you feel describes elderly people.
51. What is the biggest waste you know of?
52. What will you be doing ten years from today?
53. What will save American politics?
54. What future discovery do you anticipate most?
55. What is your greatest fear? Greatest embarrassment?
56. When you think of children less than three years old, what comes to mind?
57. If you were to paint it, what color is love?
58. What is the greatest music ever composed?
59. What do you love the most?
60. Give another word for God.
61. What person would you follow the farthest?
62. What one day would you like to live over?



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Reflection Time

Think about the most important people in your life. Consider applying this strategy of mindfulness to your next interactions with them. See them as if you were a tailor (who takes new measurements at each meeting), noting everything about them in a new and fresh way. Practice this with every person you meet, familiar and unfamiliar. What are the typical distractions that prevent you from truly being with another individual? Use each person as a reminder to be mindful. How can you create more mindful moments with those you love?