

# Wise Communication

Is a practice undertaken with the intent to deepen connections to those we meet.  
While also facilitating the liberation of love from the constraints formed  
in a fixed view of separation between myself and another.

**Appropriate Time**                      Are you and the other ready to communicate?

**Appropriate Person**                Is this the right person to share this with?

Are we talking about someone who isn't present or talking about our shared experience?

**Appropriate Place**                Is this an appropriate environment?

Consider the other people around. Do we want them to hear us? Would they want to hear us?

**Wise and Appropriate Speech** is non-harming, harmonious and liberating.

**Appropriate Intention**            Is what I wish to share in alignment with my deepest wishes?  
Is it harming? Is it freeing?

**Appropriate Topic**                What is this subject supporting or enforcing in me?

**Appropriate Content**            All things leave an imprint on our minds.  
Could I say this another way?

The Buddha also gave a simple two part inquiry:

**Is it True?**

Do I know this to be accurate?

Is this the ultimate Truth or a relative truth?

**Is it Useful?**

If not do I want to say it?

If it is useful, then; for what & for whom?

**Wise and Appropriate Listening** is patient, present, kind and receptive.

**Appropriate Presence**            Am I listening fully?

Can I hear the outer words, and their intent, as well as my inner response?

**Appropriate Response**        Do I need to plan what to say, or can I let wisdom come  
through in the moment?

If the subject / topic feels unhelpful, how should I try to change it?