



Insight Dialogue: An Interpersonal Path to Freedom
Wednesdays from 7–8:30 p.m., February 11–March 18
Taught by Donna Strickland & Terry Furstenau

“Admirable friendship, admirable companionship, admirable camaraderie is actually the whole of the holy life. When a monk has admirable people as friends, companions, & comrades, he can be expected to develop & pursue the noble eightfold path.” (SN 45.2)

Insight Dialogue is a deeply heart-opening relational meditation practice with the same intention as silent meditation practice: to cultivate mindfulness, compassion, and insight. As in silent meditation practice, we bring mindfulness to bear on what is happening, moment to moment, but with attention to what arises as we listen and speak to others. A set of simple yet profound guidelines support this practice. In this class, you will learn these guidelines one at a time as we together contemplate our in-the-moment experience of the Dhamma.

Each session will include silent meditation, instruction, and in-depth practice of Insight Dialogue in pairs and larger groups. Everyone is welcome. Some previous meditation experience is helpful. ***To register, please contact Donna Strickland:*** stricklanddonna@gmail.com

Six-week class, Wednesday evenings 7–8:30 p.m.

Beginning February 11 and ending March 18

At Show Me Dharma center (hybrid class may be possible if enough people are interested; please indicate if you need that)

About Donna Strickland: Donna has practiced Insight Meditation since 2004, when she joined Show Me Dharma. She feels deep appreciation for the many teachers she has learned from over the years, especially Phil Jones, Ginny Morgan, Gloria Taraniya Ambrosia, and Shaila Catherine. She began teaching, under the mentorship of Phil Jones, in 2011, first at Phil’s Silent Mind-Open Heart sangha, and later at Show Me Dharma. She has also practiced Insight Dialogue since 2006 and has facilitated a number of Insight Dialogue classes since 2011. She was formally recognized by the Insight Dialogue community as a teacher in 2024. Gregory Kramer, Gary Steinberg, and Mary Burns have been important ID mentors and teachers. Donna is also a former English professor and a current therapist, and she understands relationality and care to be key tools in awakening.

About Terry Furstenau: Terry has practiced Insight Meditation since joining Show Me Dharma in 2000. He began teaching in 2005 and has taught Introduction to Meditation and Eight-Fold Path classes. He also facilitates the Thursday night committed practice class. He has practiced Insight Dialogue since 2006 and has co-facilitated Insight Dialogue groups since that time.