

Contemplative Dialogue: Methodology

The Leadership Conference of Women Religious (LCWR) uses contemplative dialogue as a practice to promote reflection and sharing of experiences among participants. This practice is based on prayer and meditation, which helps participants enter a state of inner listening and openness to the presence of God.

- During contemplative dialogue, participants take turns speaking and listening without interruptions or judgments. The goal is to create a safe and respectful space where everyone can express their thoughts and feelings freely.
- This practice focuses on the concrete experiences of the participants, rather than abstract concepts or theories, to foster a deeper and more personal understanding of reality.
- Contemplative dialogue can be used in various contexts, such as conferences, workshops, and retreats, to promote reflection, understanding, and connection among participants.