

This document is published using CC-BY-SA standards.  
<https://creativecommons.org/licenses/by-sa/4.0/deed.en>

You can do whatever you want with it, including commercial use, but you must always attribute this work and all future derivations to its author;

Alexander R. Campanella. (A.K.A. 陈小钟, ธรรมชาต,  
Vidyananda dasa; HD Goswami dasa; ACBS Prabhupada.)



**Discourse done properly liberates by  
bringing Truth to All.**

**God bless,**

**Peace on Earth, Light the Way!**

# Procedure for Discourse

1. Begin with introductions
  - a. Each party introduces themselves briefly
  - b. Everyone promises to follow The Ground Rules as much as possible
2. Ideally, a neutral third party is present at least to witness. They may also act as a 'referee'
3. If agreement/resolution cannot be established by following The Ground Rules, one party must "tap" (surrender) or all must agree to disagree on that point.
4. Discourse is concluded when all parties agree on a resolution, or, everyone is satisfied with whatever knowledge/wisdom was gained

# Prohibitions for Discourse

1. No personal attacks (ad hominem), including;
  - a. Gaslighting (deceiving others, constructing false narratives, etc.)
  - b. Criticizing other people and their ideas
    - i. \*Unless\* positive solutions are offered
2. Do not use 'bad' language, including;
  - a. Sarcasm and irony, of all forms
  - b. Cognitive distortions
  - c. Political language
  - d. Slang, idioms, regional phrases and difficult dialects
3. Do not disturb the social atmosphere, including;
  - a. Interruptions
  - b. Excessive repetition
  - c. Unequal speaking duration
  - d. Irrelevancies

# Ideal Ethos for Discourse

1. 'Leave your ego at the door'
  - a. Fight the idea/problem, never the person or group
  - b. Emotionally neutral
2. Social Ethos: Respectful/affable/courteous
  - a. Look for common ground *intentionally*
  - b. Emphasize mutual understanding when seen
  - c. Active listening
3. Rational Ethos:  
Understanding/discriminating/curious
  - a. Check understanding regularly
  - b. Differentiate facts vs opinions
  - c. Happy to ask questions, especially when there are too many assertions being thrown around
  - d. Ask for evidence
4. Psychological Ethos:  
Focused/tolerant/equanimity
  - a. Always present in the moment
  - b. Patience/calmness