

## Confidentiality Commitment

We hold all personal information shared as confidential: it will remain within the group, and will only be shared with others if the sharer expressly permits.

If we wish to share an insight we gain from the group with others, we will do so wisely and mindfully, and honor our commitment to hold personal information confidential.

The basis of this commitment to confidentiality of personal information is twofold:

1. First, our group is a safe and comfortable place for each of us to share personal insights and experiences as desired, with trust and without constraint or concern.
2. Second, part of our practice is to make the effort to practice wise speech. Wise speech is speech that originates in mindful presence; it is authentic, beneficial. It means to both tell the truth and to speak appropriately. It means refraining from intentional lying, speaking maliciously or harshly, and gossiping or frivolous talk.

Written by Wendy Larson of the Orinda Kalyana Mitta group.