**Introduction**

Develop your own technique. Don’t try to use somebody else’s technique. Just discover your own. Be your own natural self. It’s the individual responding to the individual.

Milton Erickson (Hypnotherapist)

Having the opportunity and ability to communicate the dharma is indeed precious. For me, it has been a path in itself, providing a rich context for development and a means of forging a fulfilling connection with others.

Rich and meaningful as the practice of communicating the Dharma may be, it is nonetheless a challenge to stay inspired and effective, and it is all too easy to loose interest-to get stuck in what may become dull repetition, or loose heart for whatever reason.

The challenge for us as conveyors of the Dharma is to keep interested and inspired whilst fostering a creative edge in order to allow us to continually develop our approach. Good intentions are not enough-we need skilful means.

The following material, based on the VIEW model, represents a shift towards experiential learning. It approaches communicating the dharma as a shared and more explorative experience-allowing for a greater sense of genuine self-expression to take place, freeing us up to be more naturally ourselves with others-and thus moving beyond the narrow confines that we have inherited from our culture in the role of ‘teacher.’

The VIEW model itself does not represent a definitive endpoint-it is merely a stepping stone towards evolving your own approach, and adding to your toolkit. In exploring the VIEW model, I hope that you will enjoy experimenting with the possibilities it might open up for you and perhaps to evolve the model further.

On behalf of Lighting the Flame, I would welcome any feedback as this is a tentative first step towards some shared understanding of how we can best communicate the Dharma.

Best wishes, Sinhaketu September 2004

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