Listening Practice

- Do not interrupt.
- Listen with interest to the person who is speaking.
- Listen to understand, not to respond.
- Listen without judgment.
- Do not try to fix others.
- Do not try to fix the problems quickly.
- Silence is a powerful tool.
• Speak from your heart.
• Speak your truth with respect.
• Listen to yourself and speak for yourself.
Mindful Communication
How can I respond instead of react?

• Avoid quick reaction: Take a breath and shift outside to inside.
• Check in with myself (my body): how am I feeling? Acknowledge what is happening inside of you.
• What am I curious about?
• How can I respond in a good way?

Attentive listening is a spiritual practice, let’s shift from reactivity to deep inquiry.