

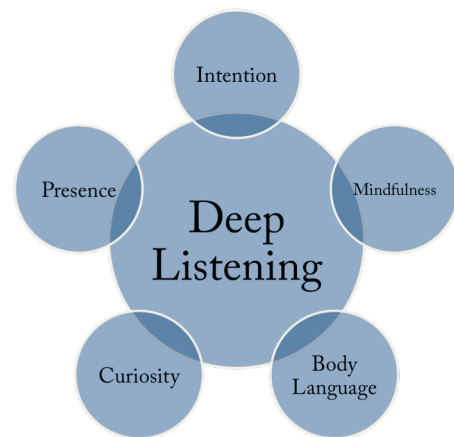
Deep Listening

Summary and References Page

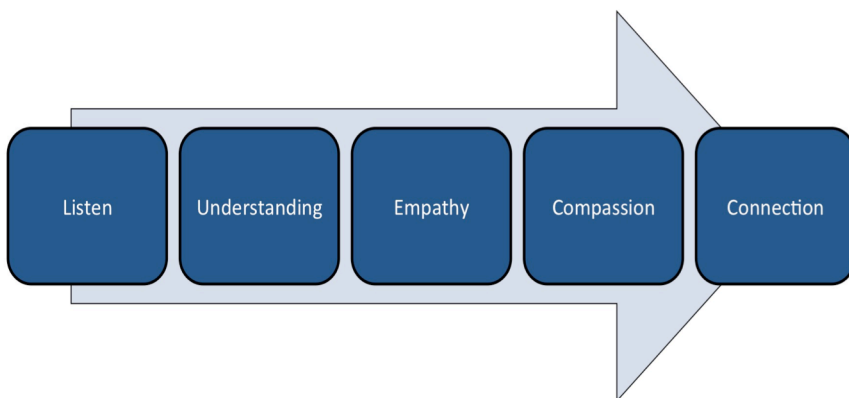
What is Deep Listening?

“Deep Listening is listening with the heart and not giving any advice, listening with compassion”

Aspects of Deep Listening



How Listening Leads to Connection



Aspects of Deep Listening

- Intention** – To listen deeply and openly
- Mindfulness** – Of yourself and other
- Body Language** – Posture displays presence
- Curiosity** – Of their story with beginner’s mind
- Presence** – With full body, mind, and spirit

References

Books/Articles

Carney, D.R., Cuddy, A.J.C., & Yap, A.J. (2010). Power posing: Brief nonverbal displays affect neuroendocrine levels and risk tolerance. *Psychological Science, 21*, 1363-1378.

Rosenberg, L. (2004). *Breath by breath: The liberating practice of insight meditation*. Boston, MA: Shambhala

Suzuki, S. (2011). *Zen mind, beginner’s mind: Informal talks on Zen meditation and practice*. Boston, MA: Shambhala.

Media Clips

Thich Nhat Hanh on Compassionate Listening:

<https://www.youtube.com/watch?v=lyUxYflkhzo>

Jeffrey Brown on Cutting Youth Violence in Boston:

https://www.ted.com/talks/jeffrey_brown_how_we_cut_youth_violence_in_boston_by_79_percent?language=en