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Listening is
where love
begins...

Mr. Rogers

Deep Listening

- Is a learned skill that can become a great habit with practice and attention
- Is the number one skill to prevent and diffuse conflict
- Is the primary skill for increasing engagement and motivation
- Is the primary skill for increasing trust with your staff, boss, coworkers, and your family.

DEEP LISTENING REQUIRES: Being mindful of our focus and attitude toward the person speaking and to whom you are listening.

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

Deep Listening

- Intention
- Uncertainty
- Discomfort



Shutting down



- Honor yourself

(Germer, 2009; Neff, 2015)

Active components of Self-compassion



Starting with me

- Centering
 - Being fully present to the flow within ourselves
- Grounding
 - Being fully present to the flow around us
- Opening
 - Allowing ourselves to be part of the flow



Alternate nostril breathing



Mantra meditation

- Finding your mantra
 - TM
 - Esvarian Mantran handbook
 - How to use meditation as a bedside spiritual intervention
 - Herbert Benson
 - Lessons learned from teaching meditation
- Linking Mantra to a personal affirmation

Fostering Self-Compassion

Affectionate breathing

- Experiencing a sense of love and acceptance with each inhale.
- Allowing yourself to be rocked by the motion of you breathing

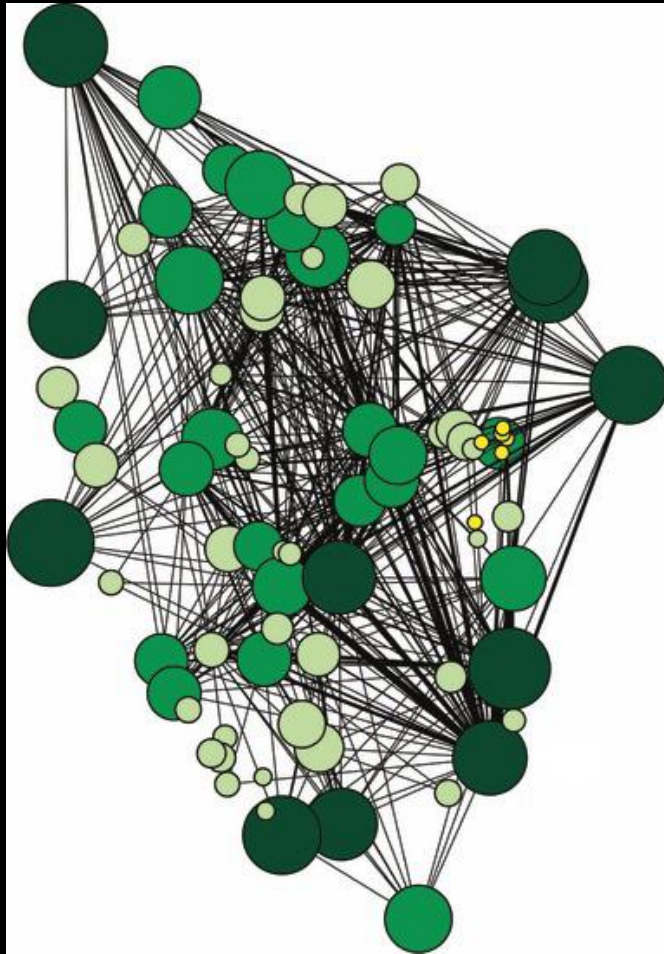


(Neff 2015)



Start with Nature

Carry the forest with you



- The consciousness of trees
 - Suzanne Simard PhD
 - Peter Wohlleben PhD
- Shinrin-yoku (forest bathing)
 - Bum- Jin Park PhD
 - Han & Choi

Feeling the earth beneath your feet.

Relational support

- Inspiration
- Influence
- Developing others' abilities
- Change catalyst
- Conflict management
- Teamwork and collaboration





“Your heart and my heart have been friends
a long, long time”

Rumi

Lean on me Bill Withers