

Deep Listening

Study/Discussion Material for the Podcast from Sunday 3/8/2015

From Thich Nhat Hanh's *The Art Of Communicating*, page 44

“Then, when we are ready to listen deeply, we can listen without interrupting. If we try to interrupt or correct the other person, we will transform the session into a debate and it will ruin everything. After we have deeply listened and allowed the other person to express everything in his heart, we’ll have a chance later on to give him a little of the information he needs to correct his perception—but not now. Now we just listen, even if the person says things that are wrong. It’s the practice of mindfulness of compassion that keeps us listening deeply.”

Study/Discussion Questions:

1. What is uninterrupted listening and why is it important?
2. What are some of the tools/techniques you might use for making sure you’ve heard and understood what someone has said?
3. Thich Nhat Hanh says, “Compassion and love are born from understanding.” How does understanding the other person promote love?