

MindfulLiving™ Module 6

Compassionate Communication

Chapter 14 - Resources: Reading & Books

MindfulLiving™ Module 6: Compassionate Communication
Developing Deeper Connections through Mindful Awareness

**How to Really Listen: Tips on how to be a good listener to yourself
so you can be a better listener to others.**

By David Rome



Hello Everyone,

I'm Shery, your MindfulLiving™ Coach, and I'm thrilled to guide you through this important module on **Compassionate Communication**. In this article, we'll explore the profound impact of mindful listening, empathy, and authentic expression on our relationships with ourselves and others.

How to Really Listen

❖ *Tips for Becoming a Better Listener*

Listening profoundly is an art that begins with listening to yourself. When we master mindful listening, we open the door to more compassionate and meaningful connections with others. Here's how you can start:

1. ❖ **Check Inside:** Ask yourself, "How am I feeling right now? Is something hindering my ability to be fully present for the other person?" Address any distractions if necessary or set them aside to focus entirely.
2. ❖ **Extend Presence:** Feel grounded in your own sense of presence and extend that intention to the other person. Approach the conversation with empathy, curiosity, and mindfulness.
3. ❖ **Observe Reactions Silently:** As thoughts, judgments, or emotions arise, note them but gently refocus your attention on the speaker.
4. ❖ **Reflect Back:** Use the speaker's own words to summarise what you've heard. This helps them feel truly understood.
5. ❖ **Ask Open-Ended Questions:** Ask thoughtful questions to invite clarity and deeper dialogue. Constantly affirm the speaker's perspective before sharing your own views or requests. Remember, acknowledging is not the same as agreeing!

Practical Steps for Compassionate Communication

❖ **Cultivate Self-Awareness:** Compassionate communication begins with knowing yourself. It becomes harder to truly hear others if you can't listen to your own needs, beliefs, or fears. Use mindfulness practices to develop greater self-awareness.

❖ **Practice Empathy:** Imagine the world from the other person's perspective. Be open to understanding their experiences and emotions.

❖ **Stay Present:** Focus on the moment, free from judgments or preconceived notions. Let go of distractions and give the other person your full attention.

❖ **Reflect and Acknowledge:** Before offering advice or expressing your opinion, take a moment to reflect on what was said and acknowledge the speaker's feelings.

Are you listening?

Reflection & Application

- ❖ What do I find most challenging about listening to others?
- ❖ How can I bring more presence and empathy into my conversations?
- ❖ Think of a recent situation where you felt truly heard. What made it special, and how can you replicate that in your own interactions?

Closing & Encouragement

Thank you for your participation in this journey of Compassionate Communication. Remember that developing mindful communication takes time and practice, but the rewards are immense for your personal growth and relationships.

Please feel free to reach out if you have any questions or need further guidance. I'm here to support you every step of the way.

**Blessings, and stay healthy! ☺ Love, Shery Klein, MindfulLiving™ Coach
Advocating Awareness Intelligence**

Disclaimer:

Please note that this program offers tools for personal growth and awareness. It is not a substitute for professional psychological or medical advice. Always seek guidance from a qualified professional for complex emotional or mental health concerns.



Compassionate communication is a heartfelt connection to others.

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