

MindfulLiving™ Module 6
Compassionate Communication
Chapter 9 - Reading Material

The Sacred Art of Listening

Nourishing Loving Relationships By Tara Brach

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Advocating Awareness Intelligence



*To listen is to lean in softly with a willingness
to be changed by what we hear.*

– Mark Nepo –



❖ Introduction to Mindful Listening

Listening is a fundamental part of communication that nourishes loving relationships and deepens connection. As we practice mindful listening, we shift from merely hearing to truly being present with the other person. This chapter focuses on the transformative power of mindful listening, which is at the heart of Mindfulness and Communication.

❖ What Happens When We Listen?

When we offer a listening presence, we enter a state of pure receptivity. In this state, the boundary between inner and outer dissolves, and we become fully present. This openness allows us to respond with love and compassion to what is happening in the moment.



In mindful listening, we create space for love to flow by simply being present. As we let go of control, we open ourselves to our own emotions and the vulnerability of the other person, allowing for a deeper connection.

❖ Letting Go of Control

Most of the time, we need to listen genuinely. Instead, we plan our responses, evaluate what the other person is saying, or try to manage the conversation. This controlling behaviour prevents us from experiencing the purity of loving connection. Authentic listening requires us to release this need for control and be with the other person.

Letting go of control is not easy, but it is essential for nurturing loving relationships. When we truly listen, we create space for the other person to unfold and be themselves. This openness is an expression of love and connection.

❖ Connection Through Listening

At the heart of mindful listening is the understanding that listening is love. When we feel listened to, we feel connected. Conversely, when we are not listened to, we feel separate. In a world where differences in race, ethnicity, religion, or generation often lead to misunderstanding, mindful listening can bridge the gap and allow love and trust to grow.

"The more we understand, the less we fear; the less we fear, the more we trust, and the more we trust, the more love can flow."



❖ Practical Steps for Mindful Listening

1. **Presence:** Be fully present in the moment without distractions.
2. **Let Go of Judgement:** Avoid evaluating or preparing your response while the other person speaks.
3. **Acknowledge Feelings:** Reflect on the expressed emotions without trying to fix or change them.
4. **Create Space:** Allow the other person to share their truth without interruption.

❖ Reflection & Application

- When was the last time you felt truly listened to?
- How did that experience affect your connection with the person?
- What are the challenges you face when trying to listen mindfully?
Take time to journal about these questions and reflect on how you can apply mindful listening in your relationships.

❖ Closing & Encouragement

Mindfulness and communication are at the core of solid and loving relationships. By practising mindful listening, you cultivate deeper connections and foster compassion. Remember, it's not about having all the answers or fixing the problem. It's about being present and open to what arises in the moment.

Shery Clein, MindfulLiving™ Coach, thank you for participating in this module. We are here to support you on your journey, so feel free to contact us with any questions. Stay healthy and keep practising mindful communication.

💌 Love, Shery



❖ Disclaimer

This program is designed for educational purposes and personal development. It is not intended as a substitute for professional psychological advice or treatment. Please seek appropriate professional guidance when needed.