

Deep Listening Benefits:

- * Improving mental and spiritual health
- * Being more hopeful and less fearful
- * Enhancing creativity
- * Centering and quieting of mind and body
- * Clearing away confusion in order to focus on what is most important
- * Finding answers within



Sample Breath Meditation

- « Sit in a relaxed position.
- « Be aware of the chair or floor under you.
- « Close your eyes.
- « Follow your breath as it enters and exits your lungs.
- « Pay attention to your breath; breathe deeply and steadily.
- « Count ten breaths, staying focused on full and relaxed breathing:
1 - breathe in, 2 - breathe out
3 - in, 4 - out, 5 - in, 6 - out
7 - in, 8 - out, 9 - in, 10 - out
- « Gently open your eyes and notice any differences.

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The Gifts of Deep Listening

A calm mind is not disturbed by the waves of thoughts.

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Providing hope and help to young people and their families through counseling, education and community outreach

What is Deep Listening?

Deep listening is a practice of healthy spiritual and psychological self care. It counteracts the ravages that a loud and demanding outer life extracts on inner wisdom and deep understanding. The intention to engage in deep listening slows our body rhythms and our breathing. It provides an opening for inspiration.

People who practice deep listening find they have more hope and greater control over their responses to life's challenges.



A practice of deep listening is an important way to maintain contact with a sense of spiritual presence. It opens us to creative inspiration through focused awareness.

Activities That Make Deep Listening Difficult

Watching television

Hurrying

Shopping

Self Pity

Perfectionism

Chronic busyness

Addictions

Worrying

Loud noises, cell phones, etc.

Living in chronic crisis

Being



angry

Ask Yourself:

"When have I experienced deep listening?"

Look at this list and ask yourself: "Do I give myself daily opportunities for deep listening?"

Additional Activities That Promote Deep Listening:

Meditating

Writing in a journal

Reading for inspiration

Practicing the arts in a meditative way

Exercising to clear the mind

Yoga

Finding quiet within is essential to deep listening.

Set aside a quiet time and place to listen deeply. You will be renewed and refreshed!