

# **THE GIFT OF LISTENING**

## **TRANSFORMING RELATIONSHIPS THROUGH DEEP LISTENING**



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**V.1**



# LET'S LOOK AT DEEP LISTENING....

Recent participants in one of our  
deep listening workshops

Deep listening.  
People want to be heard, seen and understood.  
And you know what?

**It has both art and science to it.**

It's actually very simple.  
Deep listening is a key to connect, strengthen, and heal  
relationships - whether personal, family, or  
professional. It's a positive experience for both the  
listener and the speaker.

Deep listening allows a new perspective on things and  
creates a change, leaving both people in a better place.

**What a gift!** Now, for some great reasons to  
dive in to learn more and give more!

# DEEP LISTENING - IT IS MORE THAN YOU THINK - MORE THAN YOU MAY KNOW NOW

- **Become that Rare Gem:** Exceptional listeners are rare. This is your chance to shine up your abilities and extend kindness.
- **Enhance Relationships:** Whether they are personal, family, or professional, deep listening can revive and strengthen your relationships.
- **Transforms Perspectives:** Get a fresh take on things and you might well experience a shift, leaving both people in a better space.
- **Build Surprising Connections:** Deep listening can lead to connections that will both surprise and delight you.



# HERE IS SOME ON THE ART OF LISTENING

Is there a friend in your life who always listens to your personal stories? Someone you typically reach out to when something's going on?

When talking with them, do you feel seen, heard and understood by them? Are there times you feel let down that they didn't really connect with you the way you hoped? Maybe you even felt judged or criticized for opening up about something that mattered to you...

**Good news!** Each one of us can be the kind of friend who offers a listening ear to connect, show compassion and extend kindness. And by doing that, you'll inspire others to improve their deep listening, too.

**Remember this:** every moment with a friend or loved one is a chance to listen deeply, without judging, analyzing or preparing what you'll say next. **Just listen with an open mind and heart.** No one is ever wrong for having their own experience - it's impossible to have a wrong experience, **because every experience is shaped by our thoughts at that moment.**



# HERE IS SOME (MORE) ON THE ART OF LISTENING

That's the truth about every moment we're alive. We're experiencing our thoughts which are influenced/conditioned by many people, events, and things. Things like...

- Events we experienced in the past
- How we interpreted those events
- What we learned from our parents
- What we learned from our teachers
- What we learned from our relatives and friends
- Books we've read
- Movies we've watched
- The news
- Social media .... etc

**The good news is this:** we don't have to stay stuck in a moment forever. In fact, a moment is just a fleeting experience. The next moment will bring a new experience, unless we cling to the previous one and drag it along with us.

Our moment-to-moment perspectives can be persnickety - they show up so quietly & quickly, we sometimes miss that it's just a momentary experience. We think it's the one and only reality... HA!



# HERE'S SOME (MORE) ON THE ART OF LISTENING DEEPLY

This may be new news to you - and you'll like this - we now know that innate health is our inherent human capacity for accessing creativity, wisdom & clarity. (*Banks, 1998; Larimer, 2008; Sedgeman, 2005; Suarez & Mills, 1982*) **What a gift to know, deep down know, that we are inherently designed to live in wellbeing.**

This is a core part of deep listening - the bottom line, the no-holds-barred truth is this: every single person has the capacity to access creativity, wisdom & clarity and when we offer deep listening - that capacity is given room to breathe and grow, for both people.

Beautiful.

Now, in partner relationships, how does it land for you when you feel strongly about something and your partner vehemently disagrees? What does that do for you? Does it make you feel all lovey-dovey that s/he is so smart to disagree with how you see it?

How does it land on you when your partner tries to change your mind or tells you you're silly, wrong, crazy to think the way you do?

# HERE'S SOME (MORE) ON THE ART OF LISTENING DEEPLY

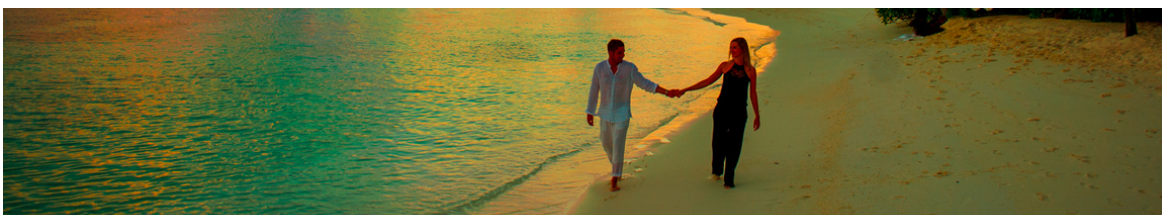
And if you see yourself being the one that is the disagreeable one, that's so normal; we've all been there. There's no shame in being human, we all behave a bit badly from time to time.

We call it 'psychological innocence' because no one can realize something before they are ready to. It's useless to blame ourselves for something we said or did that we regret later. As we grow and learn more, our behavior will naturally improve.

Since you are learning about deep listening, you have a great opportunity to do it with your partner and then ask them to do the same for you. Deep listening means listening with an open mind, without any agenda, ego, or need to be right. It's wonderful to be listened to like that.

Lori Carpenos, LMFT calls it an *internal massage* - it's so relaxing to have someone understand you without trying to change you or tell you what to do. We can only change ourselves - we can't change others - that's how nature works - there's no other way.

Now, let's look at some of the science.



# HERE'S SOME OF THE SCIENCE/REAL WORLD NOTES

**Personal relationships with loved ones are closer & enhanced**, according to Psychology Today's 2021 article by Jessie Stern, Ph.D. and Rachel Samson, M. Psych. In The Gift of Deep Listening: How your presence and attention can impact those you love, "deep listening nourishes the recipient, the listener and the relationship." It raises the quality of every interaction.



*"The most precious gift we can offer others is our presence. When (deep listening) embraces those we love, they bloom like flowers."*

*Thich Nhat Hanh*



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Part of the larger  
new paradigm in  
mental health,  
deep listening is  
always part of  
realizing our  
innate health.

## Three Principles/Innate Health: The Efficacy of Psycho-Spiritual Mental Health Education for People With Chronic Fatigue Syndrome

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We investigate the efficacy of a psycho-spiritual mental health education intervention known as Three Principles/Innate Health (3P/IH) for improving the psychological and physical health of people with chronic fatigue syndrome (CFS). Twenty-two adults diagnosed with CFS were randomly assigned to experimental groups. Participants in both groups completed the Chalder Fatigue Scale and the PROMIS fatigue, global health, anxiety, depression, sleep disturbance, and pain interference scales. Compared with the waitlist control group, participants receiving 3P/IH reported a significant increase in psychological and physical wellbeing and a significant decrease in depression, anxiety, fatigue, and pain interference. After receiving 3P/IH, waitlist control participants reported a significant increase in psychological and physical wellbeing and a significant decrease in anxiety, fatigue, and pain interference. The significant improvements reported by participants in both experimental groups were maintained at follow-up.

*Keywords:* chronic fatigue syndrome, myalgic encephalomyelitis, three principles/innate health, chronic stress, innate mental health



# HERE'S SOME OF THE SCIENCE/REAL WORLD NOTES

**Being really available for healing with those experiencing illness, trauma, loss...** Anyone can help relieve the suffering of others and promote compassion and empathy when listening deeply; from the heart - it changes things for the better. Here are some wise words from hospice workers. Take a look here and note #8 in their list: *"Let the conversation go where the patient wants it to go. Listen to their anger or fears or tears."* **Wisdom for any time we find ourselves sitting with someone in pain/sadness/illness.** (The listener may be a loved one/friend/pastoral visitor/nurse: ANYONE)

*"Deep listening is the kind of listening that can help relieve the suffering of another person. You can call it compassionate listening. .... listening like that, you give the person a chance to suffer less."*

*Tich Nhat Hanh*



# HERE'S MORE...

**Transforming collegial relationships with deep listening, you can expect creativity, growth and improvement!**

Wherever we find ourselves in our work lives, we can impact our colleagues and organizations with deep listening. By listening with an open mind, we cultivate an opportunity for fresh thinking to emerge.



*"If we want to build things we're proud of and cultivate cultures of actual belonging rather than tokenization, deep listening is imperative. Deep listening keeps us from missing out on great ideas. We naturally hold back our best/bravest ideas when we sense disinterest from others in the room, so deep listening is the best way to draw out the very best in each other."*

*Andrea Flack-Weatherald*

*"... the mind is actually designed for optimal potential. Misunderstanding has limited this potential. (When leaders open up to this innate health understanding), remarkable changes in organizations are often realized in these areas..."*

- *Business performance*
- *Purpose and Sustainability initiatives*
- *Leadership Development*
- *Social change movements*
- *Inclusion and Diversity endeavors*
- *Safety (workplace) performance*
- *Education"*

*Ken Manning and Robin Charbit of Insight Principles Institute*

# INNATE HEALTH IS HELPED ALONG WITH THE GIFT OF DEEP LISTENING



**“This is not like  
any other listening  
framework you may  
know of.”**

*Wendy Williams, RN, M.Ed.*

**“In all the trainings  
I've co-facilitated,  
listening exercises  
have made the  
biggest difference  
for participants.”**

*Lori Carpenos, LMFT*

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