

# Listening Practice



- Do not interrupt.
- Listen with interest to the person who is speaking.
- Listen to understand, not to respond.
- Listen without judgment.
- Do not try to fix others.
- Do not try to fix the problems quickly.
- Silence is a powerful tool.



# Speaking Practice

- Speak from your heart.
- Speak your truth with respect.
- Listen to yourself and speak for yourself.



# Mindful Communication

How can I respond instead of react?

- Avoid quick reaction: Take a breath and shift outside to inside.
- Check in with myself (my body): how am I feeling? Acknowledge what is happening inside of you.
- What am I curious about?
- How can I respond in a good way?



*Attentive listening is a spiritual practice, let's shift from reactivity to deep inquiry.*



HUAYRURO 2020