

# Deep Listening

*from the Work of the People Video*

Often our listening is at the surface of things - we hear what we want to hear. This practice of deep listening is what allows us to become aware of the patterns and shadows of our life.

***Deep listening is a disciplined mind and attentive.  
Deep listening is seeing that our emotions and our thoughts are not who we are.  
Deep listening leads to a liberated spirit.***

## **QUESTIONS FOR REFLECTION**

- What does deep listening mean to you?
- Have you ever had an experience where you felt as if God or another person listened to you in a way that seemed extraordinary? Describe it. What do you attribute your feelings of being heard to?
- What barriers do you sense when you try to listen deeply to another person? What helps you to move past those barriers?
- Think of a time when you listened deeply to God speaking to you. What helped you to listen? What barriers to deep listening did you experience?
- Do you have any advice for someone who wants to listen to God, but has more experience with talking to Him, or maybe even feeling as if God isn't available?
- Do you have any concerns or reticence about considering deep listening as a spiritual practice? What are they?

## **PRAYER OF WELCOME**

Holy Presence of God, you shimmer across time and space and through each person and creature.

Create in me a welcoming space to usher in the grace that newness offers.

May my heart be spacious and my spirit free.

May your infinite compassion grow in me like sunlight across a field, luminous and radiant.

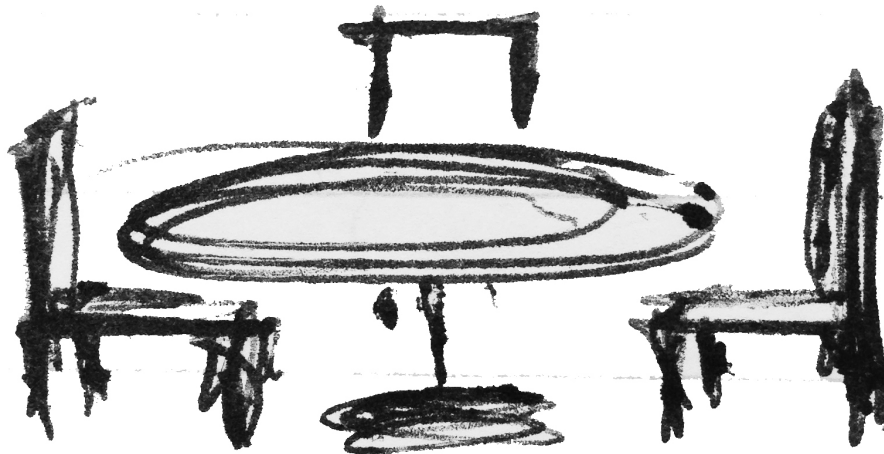
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*Christine Vaulters Paintner*

# Who is sitting at your <interior> Table?

*A practice in deep listening & hospitality to the “stranger” within?*

- Consider those that are first easy to identify at your table.
- Over more time, consider the full range of emotions, perspectives, and positions that sit and direct your thoughts?
- With further reflection, picture what the mystics speak of as the “infinite compassion of God” which burns in our hearts. Do you find Christ and the infinite compassion, grace, and love at the center?
- Consider even writing a “dialogue” (or short fiction story) that you have experienced processing these emotions, thoughts, and positions before you reacted to a certain situation.



## **Reflection Questions:**

What would it mean for you to welcome in neglected parts of yourself?

When you consider hospitality, is there someone who comes to mind with whom you could practice?

## **PRAYER OF WELCOME:**

Welcome, welcome, welcome.

I welcome everything that comes to me today because I know it's for my healing.

I welcome all thoughts, feelings, emotions, persons, situations, and conditions.

I let go of my desire for power and control.

I let go of my desire for affection, esteem, approval and pleasure.

I let go of my desire for survival and security.

I let go of my desire to change any situation, condition, person or myself.

I open to the love and presence of God and

God's action within. Amen.