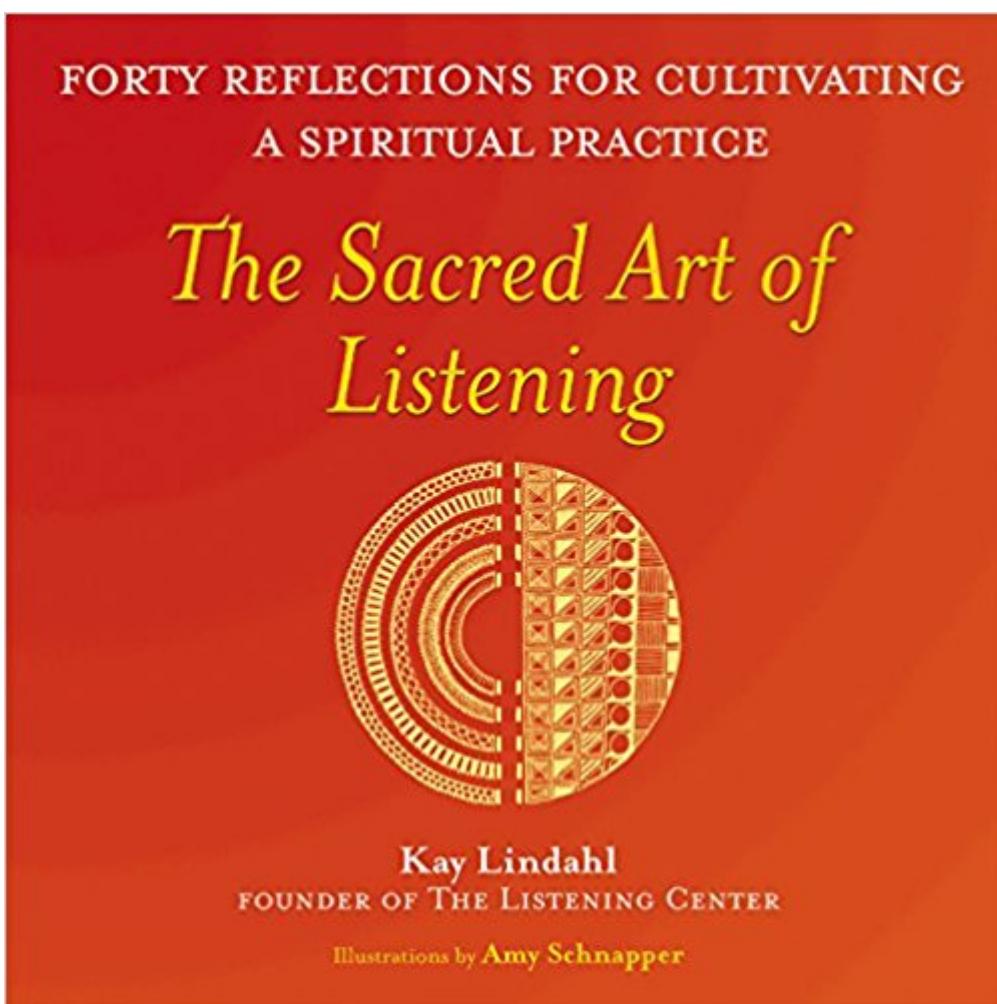


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# The Sacred Art Of Listening: Forty Reflections For Cultivating A Spiritual Practice (The Art Of Spiritual Living)



## **Synopsis**

Hearing and listening are two different things. Learning to listen—really listen—requires sacred practice. The Sacred Art of Listening guides you through forty practices of deep listening—unto our Source, to ourselves, and to each other. Inspiring text and contemplative artwork combine to communicate the three essential qualities of deep listening—silence, reflection and presence. They demonstrate that the key to healthy relationships and spiritual transformation can be as basic as practicing the art of listening. You will learn how to:

- Speak clearly from the heart
- Communicate with courage and compassion
- Heighten your awareness and sensitivity to opportunities for deep listening
- Enhance your ability to listen to people with different belief systems

## **Book Information**

Series: The Art of Spiritual Living

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## **Customer Reviews**

Surely one test of belief is its application in everyday life. Restoring the sacred to the daily art of communication is an oft-overlooked avenue of practice, but one that finds its voice in this slender, substantive volume. Lindahl, the founder of the Listening Center in Laguna Niguel, Calif., summons us back to "the possibility of Listening as a key to peace in the world." For her, "listening is far more than hearing words

Lindahl is the founder of the nondenominational and omnifaith Listening Center, an institute

dedicated to the skill of listening to others, and this book is a reflection of her work there. Her gentle conclusions and recommendations, including such notions as "suspend status" and "honor silence," are desirable in many circumstances, and Lindahl skillfully gives them a religious overtone; her work is ably supported by Schnapper's mandala-like illustrations. For most collections. Copyright 2002 Cahners Business Information, Inc.

I have bought three copies for three different reasons. Using the first two reflections and mandalas during my yearly retreat last week was pure gift. They drew me into my center, helped me review the past and have helped in decision making in the future. I also hope to use it as a valuable tool for Year Two Class in our Benedictine Spiritual Direction Program. Thank you.

This is a very helpful book for anyone who wants to deepen her ability to listen, or is wondering how to counsel someone who is having difficulty. It comes from a Catholic source--I hope the word "sacred" doesn't scare off the many people who could find this helpful or even life-changing. I have no religious beliefs, and nothing got in my way here. I just found it confirming of what I've learned over the years. It's short, simple and profound. I've lent my copy to a number of people who have found it to be eye-opening and/or helpfully giving words to what they have learned to do.

We could all use help in learning how to listen to one another. I feel like it's a great source for thinking more deeply about being still, and listening deeply to others, rather than running one's own thoughts and agendas on what could be a powerful and life-changing moment for both the sharer and the listener.

In process of reading now...captivating book with short reflections so that one does not get lost within a chapter. Great advice and practices for listening effectively.

Here again....I am reading 'cover to cover' so the Kindle is a great tool to have!!! Twas well worth the buy. The content was true to life. We do not really listen to others... or only enough to think more of what our response will be than what the other person is trying to convey.

Lindahl has written concise reflections on improving skills as a listener and knowing your own inner self better. I find the mandala-like art meaningful as a centering tool, and I'm enjoying working my way through this lovely book. The book is meant to be used, not read. There are practices included

that may prove useful in facilitating retreats for spiritual growth.

I give five stars to The Sacred Art of Listening. Not just a quick read, this is a book to have at hand for a lifetime. I will learn much and take this work to heart.

The book is very short and sweet, but very powerful. Sit quietly and read the book, then reflect on what you read.

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