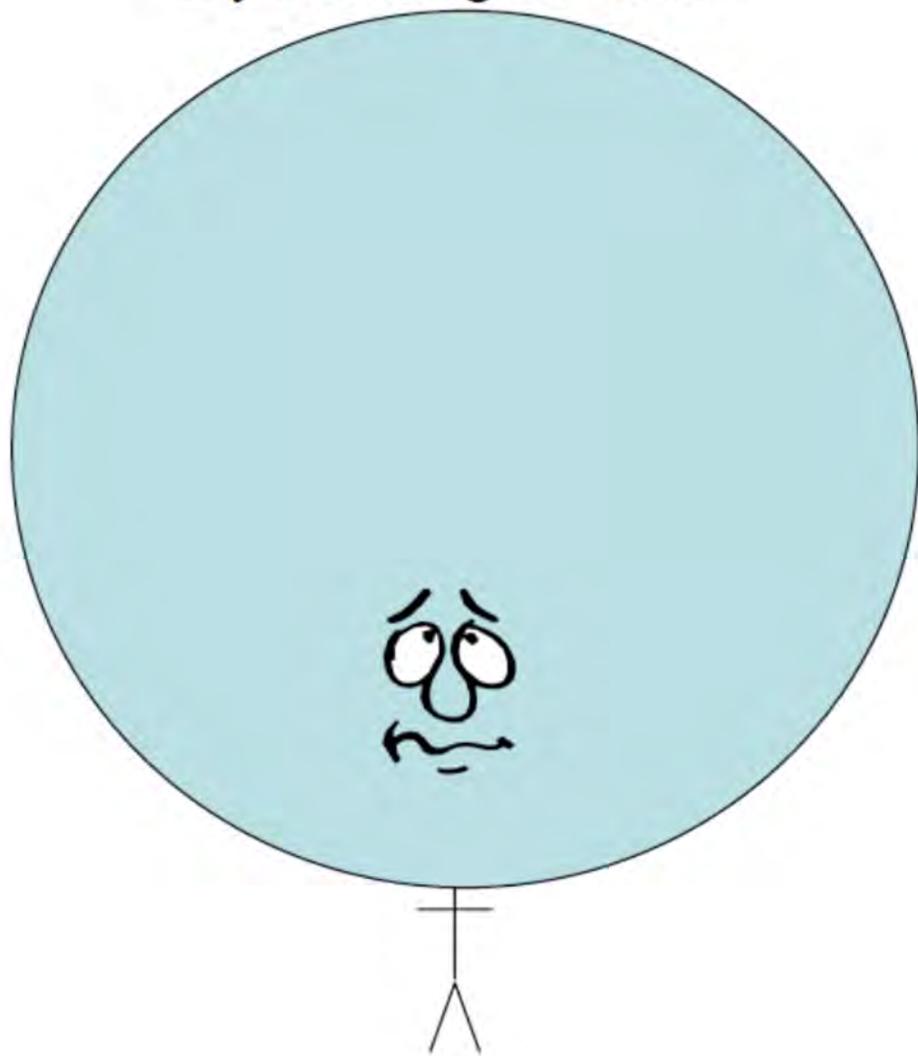
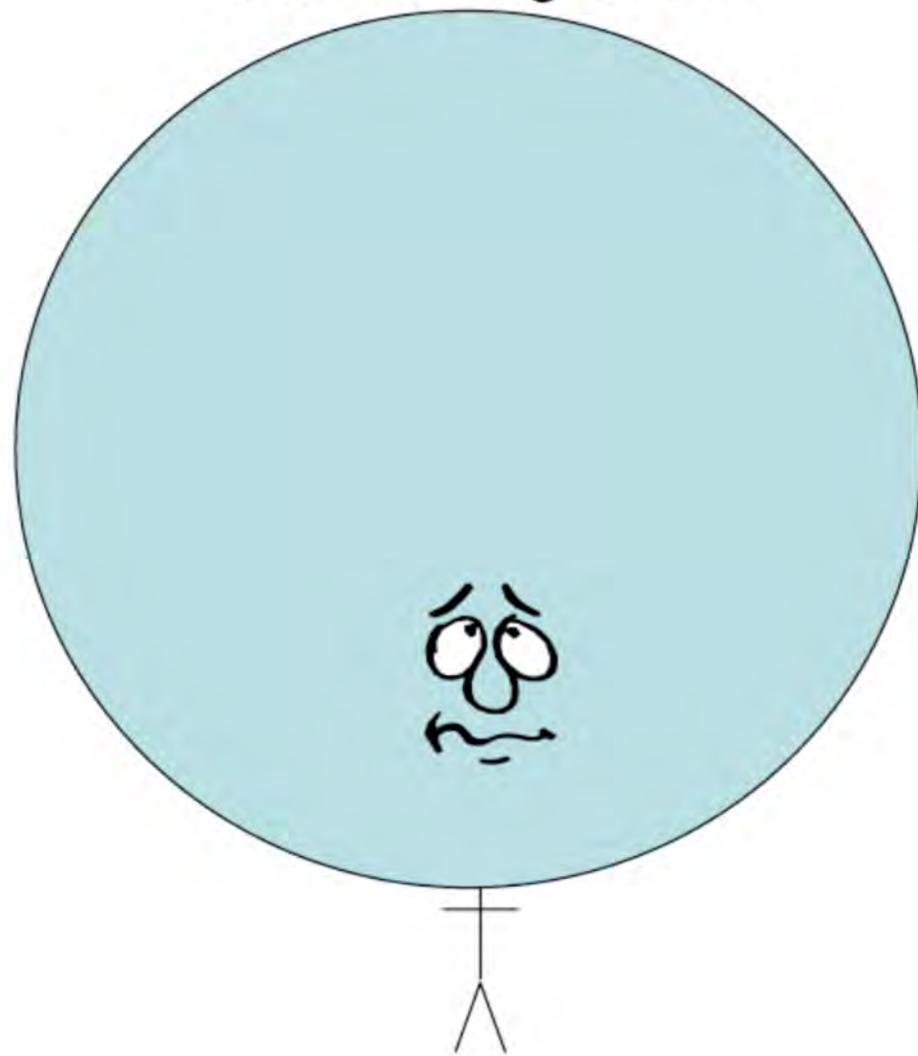


My Listening Of Them



Their Listening Of Me



Listening that Shapes Context

We act as if our listening is an empty vessel, as if we hear exactly what is being said with no distortion.

By “listening” we include all of the ways through which we perceive and get to know our world.

Listening is Access to Context.

Consider that our our listening shapes the context we bring to a situation.

- We come to every situation already listening in particular ways.
- Our ***perceptions, actions*** and **results** are shaped by the listening we bring to each situation.
- **We don't have to change or fix it;** just notice and become aware of it.

Mapping our World

A tree is a tree – at least to our MAPS



INVITATION

Stay (be) with something a while to DISSOLVE your MAPS.

Open yourself newly to your world.

When Does a Tree Disrupt our MAPS

Mapping our World

What confirms our MAPS



Say goodbye to the Man Bun.

What Interrupts our MAPS?



Say hello to the He-Hive.

Mapping our World



What confirms our MAPS?

What Interrupts our MAPS?



Listening that Shapes Context

Our listening determines what's possible in the conversation. It is always there and already there. **What is the Shape of your Listening?**

Some common filters:

“I know that...” “I agree/disagree...” “Get to the point...”
“I’m not enough” “Am I right or wrong...” “Something’s wrong...”
“Is this important or unimportant...”

1. GOOD/BAD
2. RIGHT/WRONG
3. AGREE/DISAGREE
4. YES/NO
5. I KNOW/DON'T KNOW
6. TRUE/FALSE
7. WIN/LOSE
8. UNDERSTAND/DON'T UNDERSTAND
9. BOTTOM LINE/ GET TO THE POINT/
WHAT'S YOUR POINT?
10. INTERESTED/NOT INTERESTED
11. WAITING TO TALK
12. NOT ME (I'm different, unique)

Obstacles to Listening

1. Distraction → *What's my intention?*

What do I care about?

2. Fear of Pain → *Where's my focus?*

The anxiety that what I will hear is going to be painful.

What fear is driving my focus (am I resisting)?

Remember, what we resist, persists.

3. Wanting to → *Where's my interest?*

Tell Your Story

How can I understand another's concerns through open-ended questions? Terry Gross (NPR) asks: "Tell me about yourself."

4. Wanting → *What need am I filling?*

to Give Advice

Are we satisfying some concealed need? Let go of any agenda, expectation or need and receive another's communication fully.