

Mindful Communication

Deep Listening

Compassionate Understanding



Loving Speech

This interactive class teaches you how to use mindful awareness in your communication so that you can express yourself clearly, lovingly, and effectively. You will learn practical mindfulness techniques to listen deeply, develop compassionate understanding, and speak your truth in love so that we can all be heard.

Session 1: Listening to self

- what is self-awareness
- how mindfulness helps
- breathing exercise
- self check in: body, emotions, mind

Session 2: Our perspective lens

- understanding our story, perspective, beliefs, and biases
- Noticing our listening lens

Session 3: Deep listening

- understanding how we see others
- seeing the divine nature in others
- listening to the heart

Session 4: Compassion and understanding

- what is compassion
- how to listen compassionately
- Listening deeply

Session 5: Speaking our truth

- the four components of right speech
- knowing your truth
- know your why
- sharing your truth

Session 6: Sharing our hurt

- understanding the true source of suffering
- know what you're asking for
- share your hurt and create understanding

Session 1: Listening to self

Teachings: Participants will discuss what self-awareness is and how mindfulness can help develop it. We will discuss why self-awareness is the key component to mindful communication and how to apply it in our conversations.

Meditations: Several different breathing exercises to bring our attention back to the present moment

Exercises: A self-awareness exercise to get in touch with how we are doing in our body, mind, and emotions and understanding how that state of being will affect our ability to communicate

Session 2: Our perspective lens

Teachings: Participants will discuss what a perspective lens is and how it affects our communication. We will talk about our experiences and how they form our story, perspective, beliefs, and biases and how to accept our own along with those of others.

Meditations: Noticing our listening lenses and how they affect our ability to listen to others openly

Exercise: Sharing our listening lens with others and accepting the differences in theirs

Session 3: Deep listening

Teachings: Participants will look into how they perceive others. We will examine if we place ourselves in a hierarchy or assume that we know best. We will talk about what it means to trust another person's experience and wisdom and how that allows us to truly listen.

Meditations: Observing our perspective of others and seeing their divine nature

Exercise: Listening to the heart of the other and trusting their experience

Session 4: Compassion and Understanding

Teachings: Participants will discuss what compassion is and how it leads to an understanding of the true causes of suffering. We will learn how to listen compassionately without an agenda, trying to convince, solve, or fix.

Meditations: Engaging with compassion and understanding suffering

Exercise: Practice deep listening with followup questions

Session 5: Speaking our truth

Teachings: Participants will learn the four components of right speech and practice listening to their own truth. They will then learn how important it is to know why they want to share that truth and their intentions for doing so. We will learn how to adapt our truth so that it is receivable by our audience.

Meditations: Knowing your truth and your why

Homework: Practice sharing your truth peacefully

Session 6: Sharing our hurt

Teachings: The hardest time to communicate is when we have been hurt. Participants will learn how to use centering and self-awareness techniques to truly understand the source of their suffering and know their true needs. We will then learn how to share those in love so that we can develop understanding and heal.

Meditations: Recognizing your true sources of suffering, the values that felt compromised, and what you truly need to heal

Exercise: Sharing your hurt in love to develop understanding and healing

Workshop Schedule

9am: Greeting and Introductions

9-10am: Session 1

10-10:50am: Session 2

10:50-11am: Break

11-12: Session 3

12-1pm: Lunch and Mindful Walk

1-2pm: Session 4

2-2:50pm: Session 5

2:50-3pm: Break

3-4pm Session 6

A vegetarian lunch will be provided.
There will be water and tea available all
day.

If you get hungry between meals you
might want to bring snacks.