Sacred Listening

- 1. Stop Talking
- 2. Pause before speaking
 - 3. Listen to yourself
- 4. Listen for understanding
 - 5. Ask for clarification
- 6. Let the speaker know you have heard
 - 7. Be patient and present
 - 8. Listen with an open mind
 - 9. Pay attention to your environment
- 10. Listen with empathy and compassion