

Cultivating Presence

How to Listen and Connect More Deeply Using Meditative-based Skills

The material below can be designed and delivered as a series of hands-on classes or workshops for audiences of all types. Topics discussed in the dyads can be tailored to the interests of specific audiences/organizations.
RI NASW CE's are available for some trainings.

Each experiential session includes:

- *Instruction* in key meditation-based skills applied to listening and relationships;
 - *Practice* in pairs during brief dyads, alternating as listener and speaker;
 - *Opportunity to share* about meaningful topics;
 - *Group feedback* and Q&A.

Trainings focus on the following essential skills.

	<i>Meditative Roots</i>	<i>Applied to Listening and Relationships</i>
Calm: Grounding in the present moment	Joining the body and mind in the present moment is an essential practice for training the heart-mind to decrease distraction/distress and increase single-pointed focus and concentration.	Listening well and being fully present in relationship requires showing up physically with our bodies and minds, staying connected to the present moment, and pausing our habitual mindset.
Kind: Cultivating, warming, and expanding the good heart	Placing attention and intention on the innate capacity for kindness and a good heart are essential practices to deepen loving kindness, impartial well-wishing, and compassion. This is for others, as well as ourselves.	Connecting with a simple aspiration for warmth and goodness when we interact with others, we can change the default frame of our relationships to non-harming and well-wishing for self and others and recognize our common humanity with others.
Clear: Being aware of experience exactly as it is	Becoming aware of our experience, just as it is, without identifying with what appears or with our judgements - remaining curious and open - this mindfulness is the foundation for deeper clarity and insight.	Knowing clearly what is happening in our minds and hearts gives us the capacity to respond to others, rather than react. We can choose when to express reactions or perceptions, and when to listen more deeply to understand another's views.
Wise: Living from one's personal understanding of what is most beneficial	Choosing to live in alignment with beneficial values is the foundation for wise and ethical action. This requires identifying our values and motivations, and learning from the effects of our actions of body, speech and mind.	Staying aligned with our deepest purpose when listening gives us guidance and inspiration for our part in the unfolding of the conversation or relationship. This includes choosing how to respond if there are misunderstandings or if harm is done.

Facilitator: Shana Lieberman Klinger, M.A. Psychology, brings to her teaching and consultation more than 40 years of experience in integrating Buddhist meditative techniques and psychology. She is authorized by Dza Kilung Rinpoche to give instruction in the seven meditations from the meditation manual, *The Relaxed Mind*. To learn more about Shana visit heartmindspace.com

For further info or free consult contact Shana.L.Klinger@gmail.com