

## **Qualities of Receptive Listening**

Accepting - they are leading, you are holding their views provisionally, not looking for compliance

Anchored - in the dharma teachings (the ones you know)

Discerning - different ways of relating to experience and states of mind

Encouraging - the meditator to stay close to their experience, in finding their own descriptions and direction. Validating their efforts

Engaged - listening, while paying attention to your thoughts and feelings

Flexible - don't know where the conversation will go, while having ideas of where it might go

Generosity - restraining your certainty

Inquisitive – being curious about their experiences, noticing frequent words or phrases, looking for changes/ transitions, questioning their assumptions

Open-minded - assisting the development of tolerance for a variety of states, holding contradictions

Restraint - knowing your views and triggers, putting the meditators experience first

*Created by Linda Modaro and Nelly Kaufer Updated OCTOBER 10, 2018*