



September 2010

The Moment is Now
A Newsletter from *The Center for Courageous Living*

Paying Attention to One Detail: Listening

Listening in Meditation

How many times have you wondered what to do with the discursive mind in meditation? Before we “do” anything, it is important to listen. With what kind of ears do we listen to this internal voice - the monkey mind? Our listening is with the ears of non-identification. Listening without identifying with the words is not the same as blocking out thoughts or ignoring what is already present in the mind. To listen in this way takes tremendous gentleness and courage. Sometimes the thoughts are self-critical, sometimes they are gibberish, and sometimes they are emotionally charged. Just listen. Let them be. Can you do this for the next 10 minutes?

Listening to Others

Research has shown that where we typically place the onus of meaning in interpersonal communication - on the person speaking - is a misunderstanding of what actually occurs. It is the listening which creates meaning. How we listen to one another, rather than how well we deliver our message, is the foundation from which meaning arises in conversation. Today, when you have an opportunity to speak with others, can you practice “suspension of certainty” and listen with a truly inquiring mind? Are you listening to both the words and the feeling behind the words?



Upcoming Programs & Retreats

SEPTEMBER 9 - FREE MBSR INTRO TALK IN DENVER

MBSR FOUNDATION COURSES IN DENVER, BOULDER & LONGMONT

MBSR OCTOBER RETREAT AT SHAMBHALA MOUNTAIN CENTER

ALL THE DETAILS: **CENTER FOR COURAGEOUS LIVING**