

The Sacred Art of Listening: Forty Reflections for Cultivating a Spiritual Practice (The Art of Spiritual Living)

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Hearing and listening are two different things. Learning to listen-really listen-requires sacred practice.

The Sacred Art of Listening guides you through forty practices of deep listening-to our Source, to ourselves, and to each other.

Inspiring text and contemplative artwork combine to communicate the three essential qualities of deep listening-silence, reflection and presence. They demonstrate that the key to healthy relationships and spiritual transformation can be as basic as practicing the art of listening.

You will learn how to:

- >> Speak clearly from the heart
- >> Communicate with courage and compassion
- >> Heighten your awareness and sensitivity to opportunities for deep listening
- >> Enhance your ability to listen to people with different belief systems

Kay Lindahl

, the founder of The Listening Center in Long Beach, California, is author of How Does God Listen?; Practicing the Sacred Art of Listening: A Guide to Enrich Your Relationships and Kindle Your Spiritual Life and The Sacred Art of Listening: Forty Reflections for Cultivating a Spiritual Practice. She is coeditor of Women, Spirituality and Transformative Leadership: Where Grace Meets Power (all SkyLight Paths).

Kay Lindahl is available to speak on the following topics:

- >> The Sacred Art of Listening
- >> The Power of Listening
- >> The Transforming Nature of Listening
- >> The Lost Art of Listening
- >> Is Anybody Listening?
- >> The Importance of Listening for Health Care Professionals

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"The lost art of listening is found in The Sacred Art of Listening. The work of Kay Lindahl could assist you to find your spiritual path."

-Pauline Oliveros, composer/performer and founder of Deep Listening[?]

"This elegantly profound book will help lead us to a more enlightened time when the listening ear, not the penetrating eye, will be our primary symbol of understanding. The

Sacred Art of Listening will help us create harmony within ourselves as well as with all around us."

-Brooke Medicine Eagle, author of Buffalo Woman Comes Singing and The Last Ghost Dance

"This is a truly beautiful book, and a powerful one-opening us in an effective and practical way to wondrous new depths of human living. So much in so few pages, true wisdom."

-M. Basil Pennington, OCSO, coauthor of Finding Grace at the Center: The Beginning of Centering Prayer

"I like the insight that life is too often defined by meetings instead of meeting. We need both at the same time. The Sacred Art of Listening, in its wise and reflective way, tells us how. Read, ponder and inwardly digest it."

-Malcolm Boyd, poet/writer-in-residence, Cathedral Center of St. Paul, Los Angeles

"The Sacred Art of Listening unlocks multiple doors of separation and allows the reader to enter into realms of authentic and clear relationships."

-Rt. Rev. William E. Swing, Episcopal Bishop, Diocese of California; founder and president of the United Religions Initiative

Other Books

Philokalia. The long awaited English translation of the fifth volume of the Philokalia. Rich in teachings from the saints about many spiritual virtues and challenges. Translated from the original Greek. The full text! The Philokalia, which means "the love of the good and beautiful"

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