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Practicing the Sacred Art of Listening: A Guide to Enrich Your Relationships and Kindle Your Spiritual Life (The Art of Spiritual Living)

Kay Lindahl

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Poor listening leads to misunderstandings and lost opportunities. Learning to listen well requires spiritual practice.

It happens at work and at home, with strangers and close friends, in heated debates and in quiet conversations?you *hear* someone speaking, but often you don't truly *listen*.

Kay Lindahl’s highly respected workshops are attended by people from a broad range of backgrounds. Her first book, *The Sacred Art of Listening*, has been published to acclaim in North America, Europe and Asia. Now she offers practical, easy-to-follow advice and exercises to enhance your capacity to listen in a spirit-filled way. Using examples from her own life and her work as a teacher of the sacred art of listening, Lindahl explores the nature and use of silence, reflection and divine presence as foundational qualities of listening and shows you how you can apply these in your everyday life.

This valuable workshop-in-a-book examines the varied ways we are called to deep listening, including:

- Contemplative listening
- Reflective listening
- Heart listening
- Listening in groups
- Listening in conversations … and more

You will find yourself inspired to discover how different your conversations will be when you stop just talking and start really listening.

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