Module 2: Introduction to Whole Body Listening

Program Introduction

This program is intended to support a global shift in our ability to effectively move out of the fear trance and to experience access to choice, connection, and collaboration. The modules in Restoring Resourcefulness expand your ability to meet challenges and create new structures that support getting real, wondering and creating caring communities.

- The Presencing Module shows you how to be fully with a feeling, another person, an unexpected event. When you move from fear to here you can meet life and create by choice.
- The Whole-Body Listening Module shows you how to bridge and appreciate difference, to try on another's point of view to expand the possibility of co-creating together rather than recycling us vs. them.
- The Breathing Module shows you the quickest way to locate yourself here and now and to decrease stress and increase vitality.
- The Fear Melters® module shows you how to move from fear to here by using simple, powerful body moves that shift you into agency and choice.
- The F.A.C.T. module shows you how to use our premier transformation process, a body intelligence practice that has been honed over several decades and can be used in a wide variety of situations.
- The Matching Module shows you a way to create congruence between your inner experience and your outer expression. Matching makes use of whole-body thinking and expressing which expands creativity and vitality.

We'll be continuing to add to the video programs with applications, suggested combinations, advanced videos, and more, so keep checking back for the latest advances.

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Whole Body Listening is a reliable way to fully connect with, and receive communication from another person. The process first offers steps that make you available to listen and then provides tips for accurately receiving the message. This form of listening is unique as it uses a whole body approach, offering many benefits to both the speaker and the listener.

Prepare to Listen

- Check-in with yourself. Are you willing and available to listen? How do you know?
- Does your physical posture create an opening for connection?
- Is your breathing signaling safety to your body?

Steps

1. Turn fully toward the speaker.
2. Open your body posture, while breathing easily.
3. Acknowledge the communication.
4. Clarify and confirm what you have heard.

Additional Information

- Demonstrate engaged attention through open posture, turning fully towards the person you're listening to, and breathing easily and regularly.
- Add curiosity and appreciation.
- Circulate your attention: Listen to another, then bring your attention back to you and then back to them
- Demonstrate that you are hearing the message being sent. Some examples of that would be nodding, verbal gestures, etc. Your nonverbal communication is also powerful.
- Show that you are understanding by confirming and clarifying. Check with the person to confirm you heard them accurately.
- Remember the person is communicating both content (the words being said), and also context (the environment within which the content exists). Both content and context are valuable.
- Offer your sense of the feelings this person might be expressing. For example "It sounds like you feel sad. Is that accurate?"
- If you sense the person is ready and willing, begin to ask what they really want.

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