
GENERATIVE LISTENING

Generative listening opens the space and potential for two (or more) people to co-create something brand new. Follow these steps to practice:

1. Open your posture
2. Cultivate an attitude of appreciation
3. Breathe easily and regularly
4. Loop your attention from you to the other(s) and back again

How to loop your attention:

1. Notice something *physical* about yourself – your body posture, your breath, your feeling. Let your attention rest long enough to note your current state.
2. Send your attention out to the other with curiosity and/or appreciation. Let your attention rest on them allowing them to be exactly as they are.

And repeat #1, #2 deliberately, generously and giving equal attention to both you and the other, until you feel a shift in your energy.

