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:

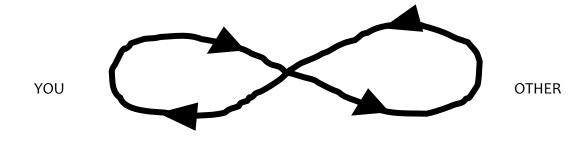
- 1. Open your posture
- 2. Cultivate an attitude of appreciation
- 3. Breathe easily and regularly
- 4. Loop your attention from you to the other(s) and back again

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.



Based upon the work of Drs. Gay and Kathlyn Hendricks www.hendricks.com