

The Art of Listening by Lisa B. 2017 International CoDA Convention

Part 1: What does listening mean to you?

- Brainstorm/discuss
- Categorize/classify the discussion

"If speaking is silver, then listening is gold." - Turkish Proverb

Part 2:

Story: Standing in the street

How to listen to God:

3 key points

1. Stop talking
2. Learn to recognize God/HP's voice
3. Build the relationship

A Stop Talking

Story: I Just Need to Pray More

1. There is a time to listen
2. Prayer is talking to God; meditation is listening to God.
3. Let God/HP work

Exercise: Try talking and listening at the same time

B. Learn to Recognize God/HP's Voice

Story: 7 Lisa's and the Answering Machine

1. Recognizing the "voice"
 - a. Internal Voice
 - b. Images
 - c. Intuitive feeling or sense
 - d. Other...?
2. Write it down
3. Check it out with someone else

4.

C. Build the Relationship

Story: Finding a Book

1. Relationships need time
2. Relationships need attention
3. Relationships need consistency

Warning:

1. Distortions
2. Avoidance
3. Obstacles

Closing thoughts:

Acquiring proficiency with new skills takes practice.

