



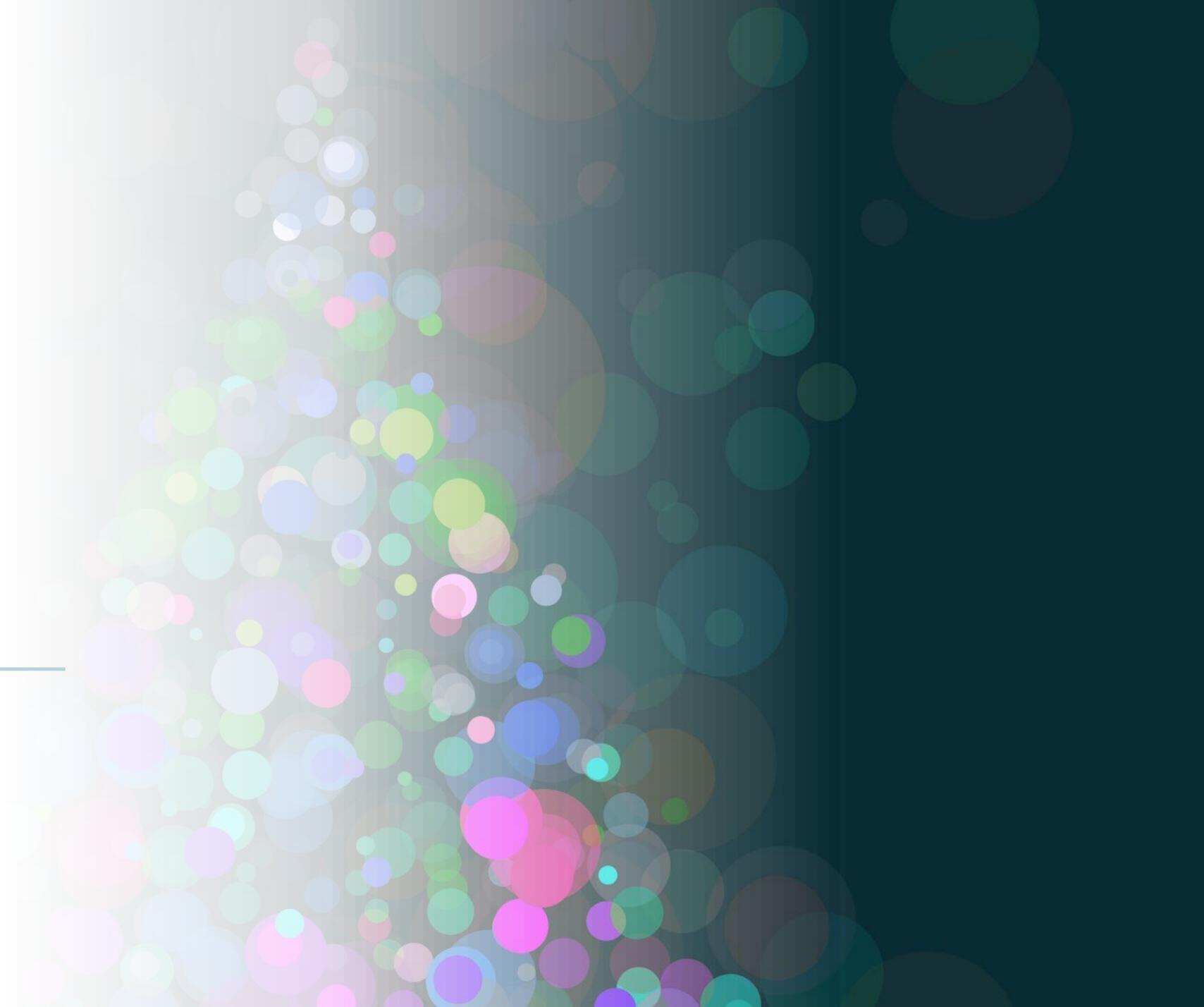
# Holy Active Listening

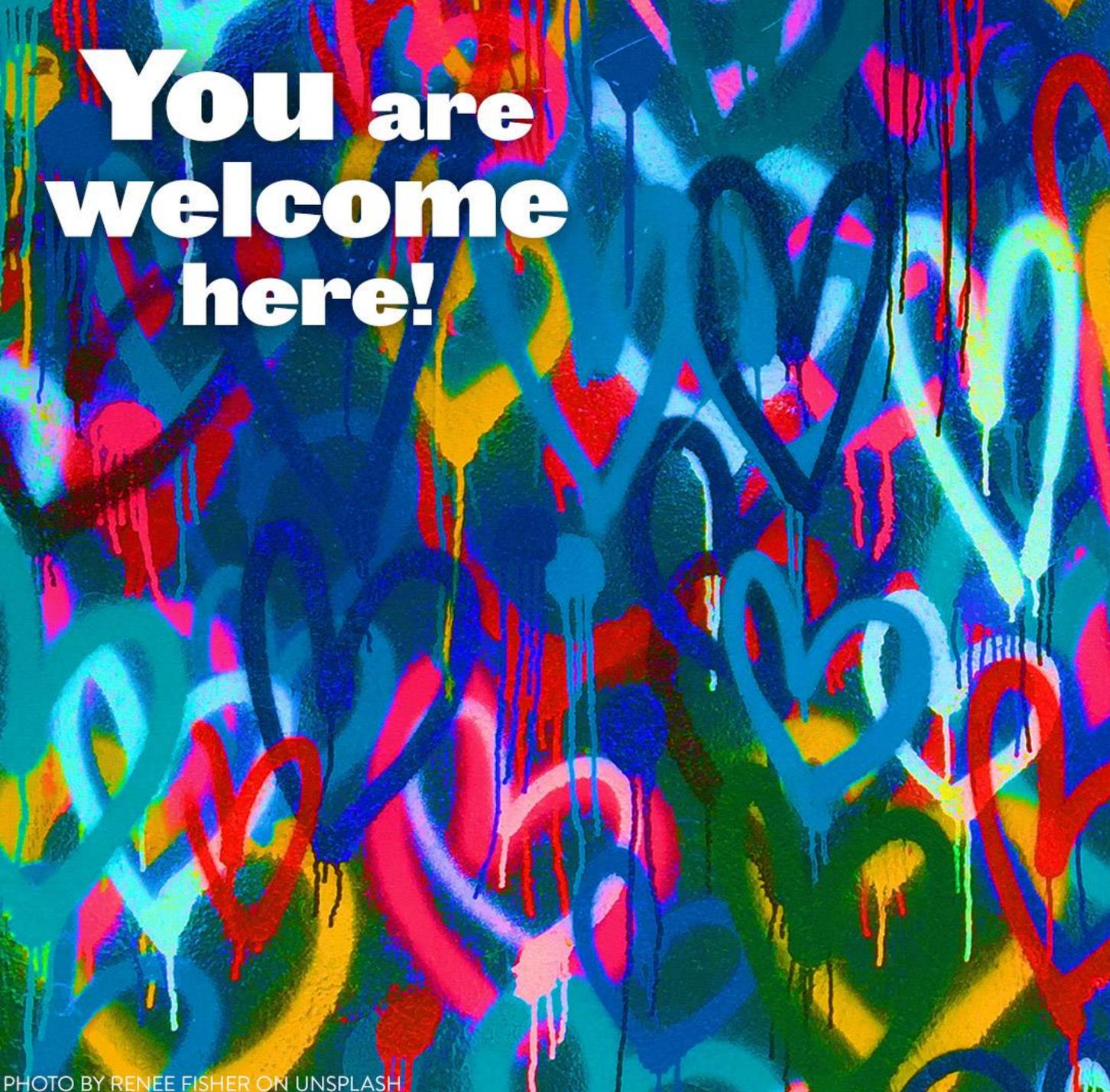
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Compassion

Holy curiosity

Presence





# You are welcome here!

## **A Blessing Called Sanctuary (by Jan Richardson)**

You hardly knew  
how hungry you were to be gathered in,  
to receive the welcome  
that invited you to enter entirely—  
nothing of you found foreign or strange,  
nothing of your life that you were asked  
to leave behind or to carry in silence or in shame.  
Tentative steps became settling in,  
leaning into the blessing  
that enfolded you, taking your place  
in the circle that stunned you  
with its unimagined grace.  
You began to breathe again,  
to move without fear, to speak with abandon  
the words you carried in your bones,  
that echoed in your being.  
You learned to sing.  
But the deal with this blessing is  
that it will not leave you alone,  
will not let you linger in safety, in stasis.  
The time will come when this blessing  
will ask you to leave,  
not because it has tired of you  
but because it desires for you to become  
the sanctuary that you have found—  
to speak your word into the world,  
to tell what you have heard with your own ears,  
seen with your own eyes, known in your own heart:  
that you are beloved, precious child of God,  
beautiful to behold,  
and you are welcome and more than welcome here.

# The Third Chair

Spiritual Directors International once offered the image of three chairs as a visual reminder of who is present during spiritual direction. In one chair a seeker sits, desiring a deeper relationship with God, a Higher Power, or Ultimate Reality. In a second chair, a spiritual director listens, inquires, and holds the space for the seeker to encounter the true Spiritual Director in the third chair.



A blue plastic toolbox is shown open, revealing a variety of tools. In the foreground, two brushes with light-colored bristles are visible. Behind them, there are rolls of white tape, a white rectangular object, and several wooden planks or rods. The toolbox is set against a white background with a faint grid pattern.

# What is in your tool box?

- Listen
- Inquire
- Hold Space

# Unconditional Positive Regard

“The curious paradox is that when I accept myself just as I am, then I can change.”

— [Carl R. Rogers, On Becoming a Person: A Therapist's View of Psychotherapy](#)

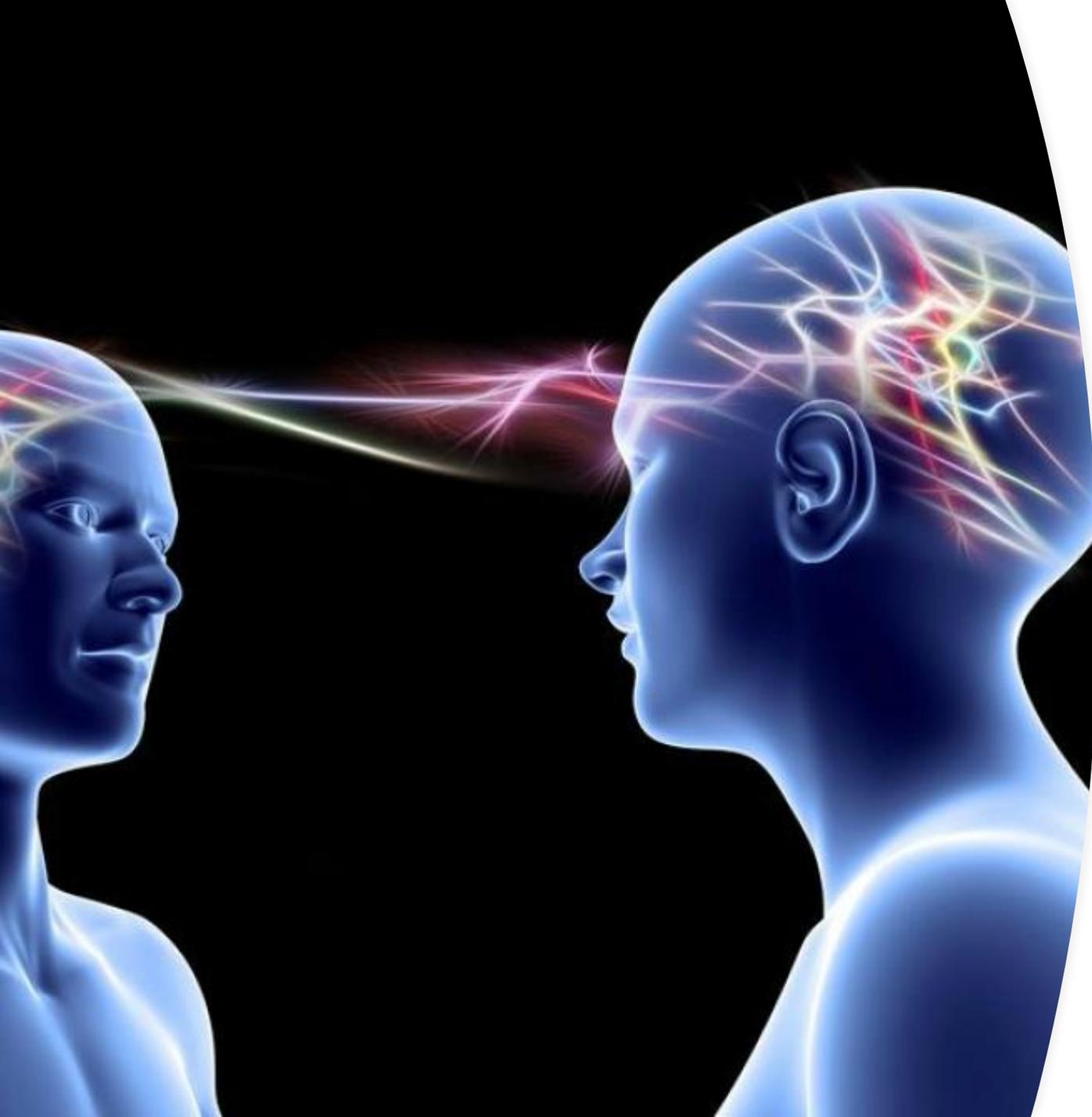


# Unconditional Positive Regard

“People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don't find myself saying, “Soften the orange a bit on the right-hand corner.” I don't try to control a sunset. I watch with awe as it unfolds.”

— Carl R. Rogers, A Way of Being





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# Building Rapport

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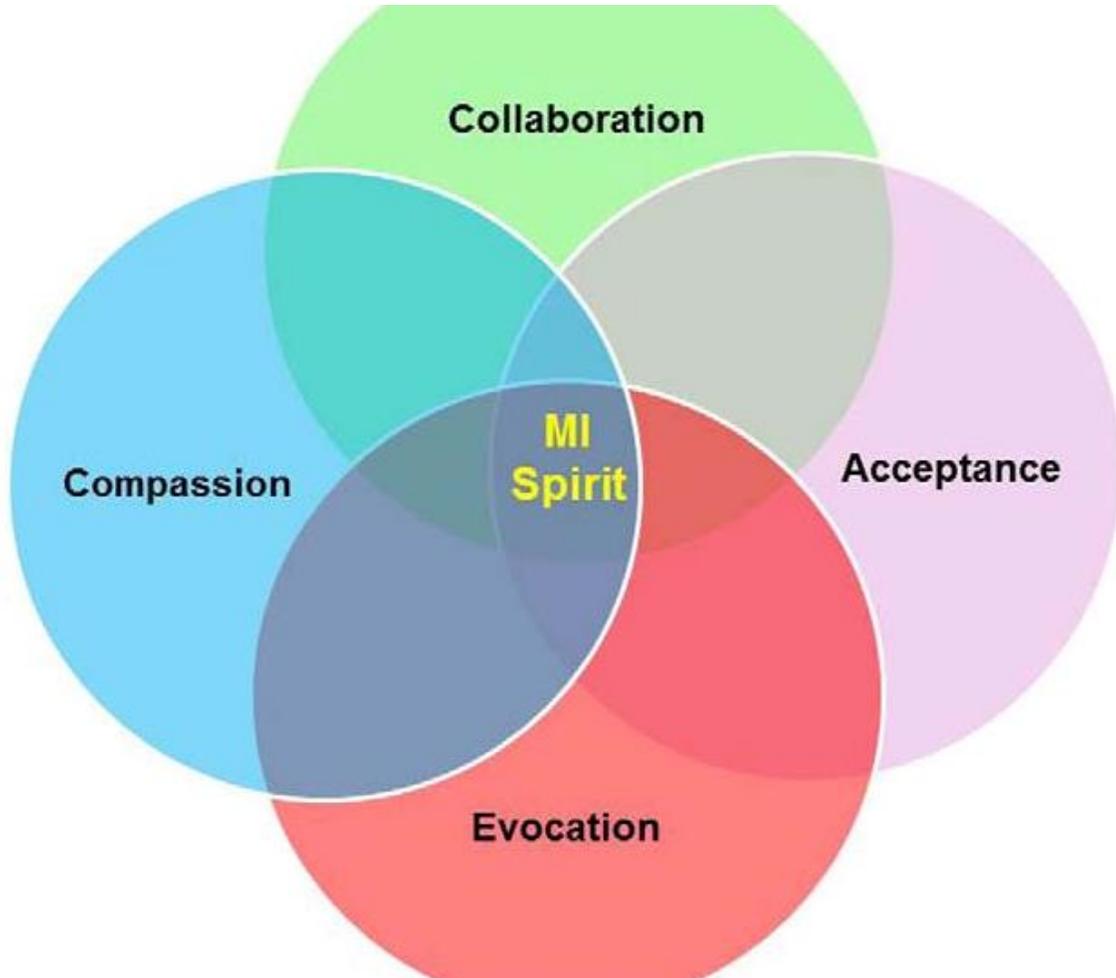
## Neurolinguistics:

### Matching and Mirroring

- **External Communication cues:** Posture, Gestures, Mannerisms, Body language
- **Language and vocal patterns:** Tone, Inflection, Speech rate, Sensory language (Visual, Auditory, Feeling, Kinesthetic, Thinking)
- **Energy Level:** Energetic, calm, etc.

# Motivational Interviewing:

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**Collaboration-** The spiritual director functions as a partner or companion, collaborating with the client's own expertise and experience.

**Acceptance-** The spiritual director communicates....

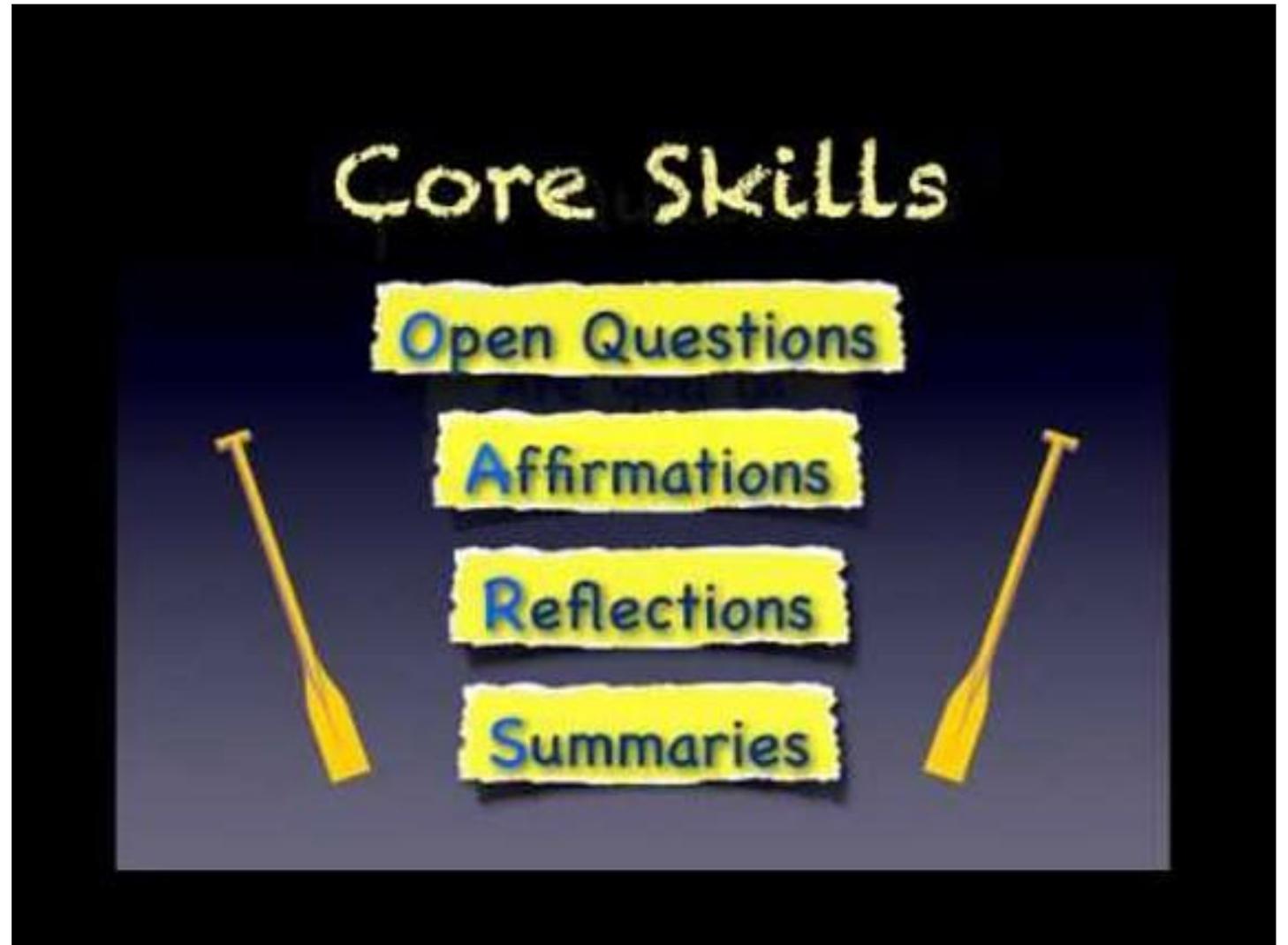
- *Absolute Worth-* Prizing the inherent value and potential of every human being.
- *Accurate Empathy-* The skill of perceiving and reflecting back another person's meaning.
- *Affirmation-* The spiritual director accentuates the positive, acknowledging a person's strengths and efforts.
- *Autonomy Support-* The spiritual director accepts and confirms the client's irrevocable right to self-determination and choice.

**Compassion-** The spiritual director acts benevolently to promote the directee's welfare, giving priority to the client's needs.

**Evocation-** The spiritual director elicits the client's own perspectives, metaphors and ideas.

# Motivational Interviewing

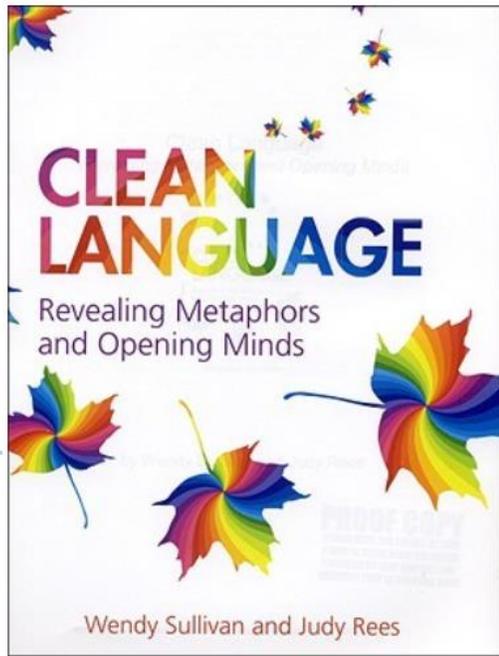
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# Appreciative Inquiry

The act of exploration and discovery, asking questions; open to seeing new potentials and possibilities thru conversations that progressively focus on appreciating, envisioning, designing, sustaining.





“Being “Clean” is the practice of keeping your advice, opinions and assumptions to yourself, and listening deeply, observing with your full attention on the other person’s words and non-verbal signals. The intent is to assist the person in discovering their own hidden wisdom, the hidden meaning in the metaphors they choose to describe a situation.” (Sullivan and Jones pg.8)

### 3 CORE CLEAN QUESTIONS

**AND...WHAT  
KIND OF  
X IS THAT X?**

**AND...IS  
THERE  
ANYTHING  
ELSE ABOUT  
X?**

**AND ...  
THAT’S X....  
LIKE WHAT?**

**X is a word or a phrase using the exact words of the person you are talking to...**

**only use the questions, nothing else**

An open book with two blank, aged, cream-colored pages. The book is held open by two hands, one on the left and one on the right. The text "What's your story?" is written in a dark brown, elegant cursive font across the center of both pages. The background is a solid black circle.

*What's your story?*

# Opening the Door to Holy Listening



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## Focusing

Focusing, a form of "felt-sensing," is a practice of allowing our bodies to guide us to deeper self-knowledge and healing.

- Clearing A Space: Take a moment just to relax . . . All right–now, inside you, I would like you to pay attention inwardly, in your body,
  - Felt Sense: From among what came, select one personal problem to focus on.
  - Handle: What is the quality of this unclear felt sense? Let a word, a phrase, or an image come up from the felt sense itself.
  - Resonating: Go back and forth between the felt sense and the word (phrase, or image). Check how they resonate with each other.
  - Asking: Now ask: what is it, about this whole problem, that makes this quality (which you have just named or pictured)? Make sure the quality is sensed again, freshly, vividly (not just remembered from before).
  - Receiving Receive whatever comes with a shift in a friendly way. Stay with it a while, even if it is only a slight release.
- <https://focusing.org/felt-sense/what-focusing>
  - <https://focusing.org/sixsteps>



# Opening the Door to Holy Listening

Holy Listening Through:

- Image
- Dream Work
- Myth
- Fairy Tale
- Poetry
- Treasure box or basket

A circular frame containing a sunset over the ocean. The sky is filled with soft, colorful clouds in shades of blue, orange, and pink. The ocean below has gentle waves with white foam. The quote is written in a black cursive font, centered in the upper half of the circle.

*Do not speak unless you can  
improve on silence.*

*Ram Dass*



**What is in  
your tool box?**



## Holy Listening Practice Session

- Listen
- Inquire
- Hold Space

A person is seen from the side, looking at a laptop screen. The screen displays a video conference with four participants in a 2x2 grid. The top-left participant is a man with a beard and a blue shirt, smiling. The top-right participant is a woman with long white hair and glasses, resting her chin on her hand. The bottom-left participant is a man with dark hair and a blue shirt. The bottom-right participant is a man with glasses and a white shirt. The interface includes a vertical toolbar on the left with icons for mute, video, chat, and a plus sign. At the bottom of the screen, there are icons for a plus sign, a red phone icon, and a green video icon. A pink horizontal bar is located at the top right of the page.

# Sharing and Questions

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