

Welcome to Sacred Listening



Arrive

Settle

What do you do when someone won't listen to you?

When your partner hears your words--but not you?

When your employee nods, but nothing changes?

When you're speaking--and something in you knows
you're not being received?

Or perhaps the deeper question:

What happens when you are the one
who isn't truly listening?

The cost is not small.

Relationships become strained.

Conversations repeat themselves.

Tension builds--at home, at work, within yourself.

And over time, something else can happen:

You begin to feel alone, disconnected, unseen.



There is another way.

Think of a time when someone truly listened to you.

Not waiting.

Not preparing a response.

Not trying to fix anything.

Just... listening.

You may remember how it felt.

Something softened.

Something opened.

You may have found yourself saying things you didn't even know were there.

And in that space...

something in you came alive.

There is a way of listening that creates this.

A way of listening that is not about technique, or skill, or getting it right.

It is a way of being.

A way of Presence.

A way of Attention.

I call it Sacred Listening.

And it is something you can enter.



What Is Sacred Listening?

Sacred Listening is not about becoming a better listener.

It is about being present in a way that allows something real,
something true, to emerge.

** without agenda*

** without needing to change anything*

** without preparing what you will say next*

It is a listening that receives, that embraces, that deeply appreciates.

And in that receiving, something begins to unfold.

Not because we make it happen,
but because we make space for it.

When we listen this way, something shifts.

In ourselves.

In the other.

In the space between us.



Three Shifts Into Sacred Listening

Sacred Listening is not something we do.
It is something we are.

From Reacting to Receiving

Most of the time, as someone is speaking, we are already in motion.

Interpreting. Agreeing or disagreeing. Preparing what we will say.

This kind of listening is automatic--and it keeps us from truly hearing.

We are listening to ourselves, not to them.

Voting: I like this... I do not like that.

Judging: That was a stupid thing to say.

Fixing: If only she would do this, that would solve the problem.

Real listening begins when we notice this and allow it to soften.

When you listen with your full being, you allow their words to land.

You allow their experience to land--beyond the mere words.

You allow who they are to land.

They feel known, gotten, and appreciated.

From Fixing to Being With

There is a deep, habitual pull in us to help by solving.
To offer advice. To make things better. To move things forward.

And yet what most people long for is not to be fixed.

It is to be met, to be seen, to be known.

“If only they would get who I am,” you may find yourself thinking.

Being with means:

- * *Nothing to solve.*
- * *Nothing to change.*
- * *Just being fully present with what is here, and who is here.*

We begin to hear--and even see--their inner spirit, their true self speaking.

Perception is a function of listening.

From Separation to Connection

When we notice we are reacting--fixing, problem-solving, already knowing, voting, judging, preparing, getting distracted, or triggered--we can release it.

The key is awareness.

When we slow down and truly listen, something else begins to appear.

A sense of being with another.

A sense of being connected, integrated.

Not separate.

Not distant.

Integrated. Whole.

Even, one.

And in that space

something becomes possible

that was not possible before.



The Practice of Sacred Listening

You can enter this practice alone and you can enter it with another.

Both matter.

Arriving (On Your Own)

Take a moment to pause.

If it feels natural, close your eyes. Or simply soften your gaze.

Notice your breath.

No need to change it. Just notice.

Notice your body.

Where you are holding. Where you are relaxed.

Let things settle, even slightly.

Now bring to mind a recent conversation.

Someone you spoke with--or someone you will be speaking with.

Notice what happened or happens inside you as you think of them.

Thoughts. Feelings. Reactions.

Just notice.

And now see if you can let all of that be there

without needing to do anything with it.

This is the beginning of Sacred Listening.

Listening With Another

If you have someone to practice with, you can do this together.
If not, you can imagine the interaction as you read.

One person speaks. One person listens.

For the one listening--let your role be simple.

You are not here to respond. You are not here to solve anything.
You are here to listen, to be with them, fully present.

As the other speaks, notice:

- * *the impulse to interrupt*
- * *the desire to respond*
- * *the movement to agree or disagree*

Let these arise--and let them pass. Return to listening.

Listen not only to the words.

Listen to what lives beneath them.

The feeling, their experience--what is not being said.

Listen with appreciation.

Be interested in what they have to say.

Allow yourself to enter their world.

Let there be a moment of silence before anything is spoken.

If you do speak, let it come from what you have just heard.

True conversation is a turning with.

You are one with them.

Then, if you wish, switch roles.

Noticing

Afterward, take a few moments.
Alone or together. And simply notice.

Reflections

You might reflect on:

- * What did you notice in yourself as you listened?
- * Where did you feel the pull to react or respond?
- * What happened when you stayed present?
- * What did you hear that you might not have heard before?
- * What shifted in the space between you?

*There is no right answer here.
Only awareness.*



Sacred Listening is a practice.

Not something to master—but something to return to,
like a practice, in each moment.

And over time, it begins to change things.

How we relate.

How we lead.

How we live.

Because when we truly listen
we are no longer separate.

When we truly listen, we are one.

The Heart of Sacred Listening:

Transform Your Relationships, Your Work, and Your Life

This practice lives at the heart of my new book.

Explore the book here:

www.galeleadership.com/books/the-heart-of-sacred-listening

*With love,
Amba*

