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Relaxation~~

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\u0026amp; RAIN |

Rainstorm Sounds For
Relaxing, Focus or
Sleep | White Noise 10

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aptly states in the intro

to her book, it's easy to

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necessary to quiet our
internal voices enough
to become better
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internal voices enough
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Mindful listening has
the power to change the
direction of our lives
and those we come in
contact with every day.

Listening: It's Good for
You and For Others
Too! Listening is also a
healthy activity. Studies
show that when we
listen, heart rate and

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oxygen consumption are reduced and blood pressure decreases.

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Rebecca Shafir's award-winning book, *The Zen of Listening ...*

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Shafir, *The Zen of Listening: Mindful*

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In my experience,
mindful listening is
active listening and it is
a powerful mindfulness
practise that benefits
both the person

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speaking and the person listening. The speaker feels listened to and knows that they have been listened to, and the listener gains far deeper insight into what the speaker really means.

Mindful Listening -
How To Listen Beyond
The Spoken Words

In her 2000 book, "The

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Listening of Listening,"

Shafir says mindful
listening helps you to:
Retain information.

Pause before you speak
so that you can consider
the effect of your words.

Pay attention for longer.
Boost your self-esteem.

Shafir and Scott also
suggest mindful
listening can potentially
have physical and
psychological benefits.

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speech pathology at
Massachusetts's Lahey
Clinic with over 25
years...

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buzzwords right now ☐
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me wrong, I very much
appreciate the current
focus on living in the
moment and
appreciating the things
we have; however, an
unfortunate side effect
of this interest seems to
be a devaluing of those
ideals.

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