



# **Practicing the Sacred Art of Listening: A Guide to Enrich Your Relationships and Kindle Your Spiritual Life (The Art of Spiritual Living)**

*Kay Lindahl*

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## **Practicing the Sacred Art of Listening: A Guide to Enrich Your Relationships and Kindle Your Spiritual Life (The Art of Spiritual Living) Kay Lindahl**

Poor listening leads to misunderstandings and lost opportunities.

Learning to listen well requires spiritual practice.

It happens at work and at home, with strangers and close friends, in heated debates and in quiet conversations—you hear someone speaking, but often you don't truly listen.

Kay Lindahl's highly respected workshops are attended by people from a broad range of backgrounds. Her first book, *The Sacred Art of Listening*, has been published to acclaim in North America, Europe, and Asia. Now she offers practical, easy-to-follow advice and exercises to enhance your capacity to listen in a spirit-filled way. Using examples from her own life and her work as a teacher of the sacred art of listening, Lindahl explores the nature and use of silence, reflection, and divine presence as foundational qualities of listening and shows you how you can apply these in your everyday life.

This valuable workshop-in-a-book examines the varied ways we are called to deep listening, including:

- Contemplative listening
- Reflective listening
- Heart listening
- Listening in groups
- Listening in conversations ... and more

You will find yourself inspired to discover how different your conversations will be when you stop just talking and start really listening.

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#### **Ella Nebel:**

A lot of people always spent their very own free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you would like try to find a new activity that is look different you can read any book. It is really fun for you personally. If you enjoy the book that you read you can spent all day long to reading a book. The book Practicing the Sacred Art of Listening: A Guide to Enrich Your Relationships and Kindle Your Spiritual Life (The Art of Spiritual Living) it is rather good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In case you did not have enough space to develop this book you can buy the e-book. You can m0ore easily to read this book from the smart phone. The price is not to fund but this book has high quality.

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