

## Care Group Talk and Guided Meditation 4:

### Listening to ourselves and being our own therapist as we work with our ability to Effectively Listen

All the following listening skills can be utilised in our personal meditation practice. Some skills are more intellectually and brain centred while others are more heart based or emotional. They all come together in our humanity when we are present in the moment with still consciousness. The balance of perception and feeling allows for good self-reflection. If we notice a confusion or a doubt when we are checking in, the stillness will act to penetrate the condition and relax our body and mind. When this happens, we can sit with the trouble or doubt and allow it to finish.

- **Attending**

Understanding the Importance of Non-Verbal messages.

- **Congruence**

Skills to ensure that all ones 'messages' say the same thing.

- **Silences**

The potency of silences in a good Listening Method.

- **Paraphrasing**

Briefly restating what the message is.

- **Clarifying**

Illustrating and repeating the message to clear confusion.

- **Reflecting**

Expressing in fresh words to fully understand feelings

- **Empathy**

Understanding yourself from this still place without losing the objectivity

- **Non-Possessive Warmth**

Concern for yourself--- Acceptance, Kindness, Sensitivity, Awareness, Support.

- **Positive Stroking**

An expression acknowledging the significance of yourself.

When we ground ourselves in preparation for meditation, as we have done in the session, the body and mind is set up to experience the stillness as we begin to focus and clarify with Samadhi and Mindfulness. Underlying troubles along with fears and worry that may usually distract us from the stillness and peace of the present moment, will now naturally be noticed against the background of very natural still consciousness. From this place we can 'watch' the trouble finish. The more we do this the more we will start to notice how we are working with the Four Noble Truths.

We start to see how these troublesome conditions, laden with dukkha, arise out of the still consciousness with movement that progresses to perception then feeling to find an unwelcome home in our body. When we observe this, it is always good to reflect on the fact that positive dukkha laden conditions do the same.

Anyway, when we see this Dukkha arising (beginning) in still consciousness we can see that it is the second Noble Truth at play. As we sit with it, working to perfect our practice we will eventually see it finish in the still consciousness of mind. Here we can see the third Noble Truth working to finish with the Dukkha. I will add below the Buddha's list of Ten Perfections to be practised as we work to develop insight into our practice.

**The Ten Paramitas (Perfections).** 1, DANA generosity 2. SILA morality 3. NEKKHAMMA renunciation 4. PANNA wisdom 5, VIRIYA energy 6. KHANTI patience endurance 7. SACCA honesty 8. ADHITTHANA determination 9. METTA loving kindness. 10. UPEKKHA equanimity humility