## Wholehearted Listening - An Exercise to centre your mind and body

This is all about creating a more open and yet focused mind – a body that is calm & at ease – an open & compassionate heart. This exercise can be practiced in a group situation or individually. After completing this exercise, you are likely to feel more Superpowered & more of your Highest Potential Self! - Enjoy!

“I invite you to sit up straight and position yourself comfortably in your chair. Feel your feet firmly planted on the ground and sense the chair supporting you. Check that your shoulders are relaxed, your hands are open, either on your lap or otherwise, facing up or down and definitely open.

You can close your eyes or lower your gaze and find a focal point to look at....

Access the part of you that listens with one ear where your focus and attention is on something else whilst at the same time trying to listen. I am speaking to you. You are hearing the words and getting most of what I am saying, though you really aren't taking it in at a very deep level and making sense of it.

Perhaps this part of you even looks like one small ear. As I'm talking to you your mind is wandering…thinking about other things are more important to you. If your eyes were open you might even glance at your phone to see if you have any notifications or to check on the time. You may look out of the window to see what’s going on. You might start wondering what others are doing.

I invite you to ask that one small ear part of you to move to one side. Thank it for its help and let it know that it comes in handy when you have many things in your mind, and you don't need to focus very deeply and what someone else is saying.

Now I would like to invite you to go inside your heart and sit listening to me with the doors of your heart flung wide open. From this place you are able to listen with compassion & curiosity…you are calm and connected. As a result, you are able to listen deeply. There is nothing else that you can hear or think about except for my voice and the words that I'm saying to you right now. You are hearing what I say, the changes in tone, the energy and the intent behind what I'm saying, your whole body is translating the emotions from behind the words and creating meaning from the message. You absorb my message through many senses. I invite you to continue listening in this whole-hearted focused way.

Whilst maintaining an open heart, bring focus to your breath.....Follow it in and out....(Pause) Breathe a little deeper than the time before and exhale a little deeper......bring your focus to your open heart and as you sit inside it - visualise the ember of a fire in front of you......imagine your breath is stoking the ember......and with every breath in the ember begins to grow stronger…brighter…warmer.... And with every breath out invite the warm bright calmness…compassion…curiosity of your heart ember to begin to radiate 360 degrees throughout your body and into the world.

Now invite all the different parts of you into your heart. Imagine they are sitting around the warmth of the ember with you.....and invite them to bring focus to their breath.....follow it in and out....(Pause) Breathe a little deeper than the time before and exhale a little deeper......bring focus to your open heart and as you sit beside each other visualise the ember of the fire in front of you......imagine your breath is stoking the ember......and with every breath in the ember begins to grow stronger…brighter…warmer.... And with every breath out invite the warm bright calmness…compassion…curiosity of your heart ember to begin to radiate throughout your bodies and into the world.

And now, in your own way and at your own pace, I invite you to slowly open your eyes and return to the room.”

*Inspired by, Total Alignment Consulting, 2018.*

*A picture containing diagram

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