Deep Listening Circle: GPS™ (DLC)
Abode Testimonials
November 2024

Participants and Hours: Jan 2024 - Oct 2024

5 Facilitators and 14 Participants =
19 people participated in 2024

6 Circles Groups at 8 hours each =
48 hours x 5 people per group =
240 Deep Listening Hours

Deep listening is such an important skill that all of us in our ABODE Community can sharpen. Two thumbs up for Linda and Catherine's program. We are blessed to offer Deep Listening Circles to our ABODE Community! – Mary T.

Being part of Deep Listening Circles, (I've had the privilege of being in three so far), has been eye opening and has enhanced my interpersonal relationship skills. Breaking the habit of giving an autobiographical response is still something I'm working on. I'm getting better, I just need to stay mindful. - Susan R.

I appreciated several elements of being in a Deep Listening Circle.
First, the power of walking into a room where the expectation is that the chit chat goes away.
Second, that structure allows an individual to talk uninterrupted, and then to 'receive' in silence.
Third, the variety. Of people, of age, of subject matter.
Fourth, that I leave feeling more like myself, less alone, more connected. - Rena S.

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As a sound Healer and a person enamored of all kinds of sound and their benefits, I find Deep Listening to be a powerful tool.

Deep Listening has taught me to become a kind of resonant cave, where I can allow the words, feelings and meanings of the person I am listening to reverberate.

With the skills and perspectives that Deep Listening brings to us as ACTIVE LISTENERS, I am better able to simply "sit in listening" and let that be service to the person to whom I am listening. This is the essence of Deep Listening to me: to allow a person to truly BE HEARD.

What I am able to say in response and in support of the person is "icing on the cake" because the simple act of Deep Listening fulfills the basic human need To Be Heard.

I am able to use my Deep Listening skills as a doula with clients, family members and the public when we talk - and listen - about the daunting topic of death.

I hope that I can fine-tune my skills as I deepen my practice as a doula and walk my path as a sound healer.

Many thanks to Linda and Susan and my fellow students Miranda and Mario, for the wonderful experience of Deep Listening at Abode. - Aspen A.

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I am thankful Linda invited me to experience a Deep Listening Circle. What was my motivation to join?
My wife has been asking me to "Please Listen and, I don't want you to offer advice or try to solve or fix this! Just listen!!"
Holding a master's in communication, I figured, " I got this!" Nope! But who said, "You're never too old to learn, change and grow!"
Volunteering with Abode has given me new insight, about living a contemplative lifestyle; to "simply be" and to be present in any given situation or with anyone.

What Deep Listening is teaching me is:
1) not to cross talk. My opinion can wait! I can still be present in a conversation, without having the urge to add my two cents!
2) Be comfortable in remaining quiet. Listen!! Focus on what is being said, without reacting, correcting or presuming I know how to relate. I do not always understand another's perspective!
3) In being a good listener, I am learning to appreciate what is being shared. Another soul is wanting to connect and share a thought, a feeling, an observation with me.

May I have the grace to hear what is being shared, without a need to offer anything less than a nod, a smile, acknowledging that I am present and appreciative of their time and trust.
These are tools to continue to build upon.
Our sessions as a group were positive, unique and special. The bond of gathering, first as strangers, but willing to participate, fostered an opportunity for us to be open to this new experience, accept each other's stories, and to reflect on what their sharing brought to our understanding and appreciation for them.
We each gained many lessons from this Deep Listening exercise. The facilitators were trained and so supportive! I believe the "take away" for us was valuable and rewarding.
Each of us can learn to better communicate in our day-to-day relationships. "World problems" may not be able to be solved in one sitting, or even in our short lifetime, but we can learn to offer an open heart, a Listening ear and an accepting spirit.
- Ted G.

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The Deep Learning Circle training helped me to switch communication modes from always feeling that I needed to be at the ready with a pithy come-back, or with comments about how my experiences aligned with my conversation partner's. Sometimes, I wouldn't even wait until the person stopped talking, before I would launch into my response.
But in the class, I learned how ...
To slow down and truly listen to what was being said.
To look someone in the eyes and take in everything - their words, facial expressions, the nuances of speech.
To take all of that into my heart and listen to the very end.
To not feel the need to make it about me, about my needs.
To give the other person the grace of being truly heard, valued and honored.
Thank you both for offering such a wonderful course. – Sandy T.