

# Speaking and Listening from the Heart



## Communication *as Spiritual Practice*

*with Paul Weiss at Steamy Buddha*  
*Saturday, March 7, 1-5pm Cost: \$45*

**a powerful and moving way to connect to ourselves and to each other**

It is the heart that enables that shift of *inclusive presence* that allows the most illuminating, the most functional, and the most healing communication to occur.

This authentic communication occurs insofar as participants are able to relax back into their own neural pathways of empathy and presence. Listening into my own presence with empathy, what I speak comes authentically from that presence -- is congruent with it, and even enhances it. And listening to you with my open empathy circuits, I am wholly receptive to your truth as *you* are able to access it, and inclusive of *your* presence.

This ideal, of course, is not the rule of everyday communication. There is much in our personal and cultural experience that encourages us to shut down our neural circuits of attunement, empathy, and reciprocity in exchange for the mental circuits of dismissal, distraction, separation, and projection. This routinely interferes with our ability to be truly present or truly receptive. But these are abilities that can actually be practiced by everyone. And communication is the tool -- and the field -- in which they can be most effectively practiced.

**This introductory training and practice together -- in dyads and in circle -- will** allow us to shine the light on our own process of communication. And we will see how miraculously, two people sitting together -- with the same intention to be true to themselves and to recognize each other -- can bring themselves to a level of comfort and safety that allows for deep attention, love, freedom, and true seeing. And that can expand their capacity for this in their daily lives.

These gatherings are intended to support our own process of insight, authenticity, and freedom while building a growing and intimate community of practice. The *spiritual* truth is that we are not separate beings. We participate in a mutual presence in which we may find our way back to ourselves and to each other.

*Paul Weiss, Director of The Whole Health Center in Bar Harbor, has worked to enable attuned communication with individuals, couples and groups for 40 years.*