

Workshop Notes

Workshop Title: Listening: Clearing Space and Creating Welcome
Presenter: R. Neal Siler

Listening is the primary – necessary skill of spiritual direction.

- *Attentiveness*

- *Safety*

- *Unfolding Story*

Clearing space and time –

- *Openness*

- *Spaciousness*

Story: Conversation/defensive responses

Racing ahead

Ruling out the speaker

Reaching a premature conclusion

Rehearsing a response

Clearing Space: How well do you listen?

- *Noticing one's internal conversation*

- *Suspending judgement*

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- *inviting spaciousness*

The quality of your listening as a spiritual director

- *It fosters trust and goodwill*
- *Relaxes control of this crucial meeting*
- *Optimizes attentiveness to what God is doing in the moment.*

Promptness and patience.

- *A rushed atmosphere does not create spaciousness*
- *Lateness doesn't make a promising start*

Self-Attentiveness

- *Reflection and moving into a place of presence.*
- *Environment matters.*

The Power of pause – Creating a vast space

- *Slowing down,*
- *Lingering in what you are hearing,*
- *Reflecting before talking,*
- *Praying with all prayer.*

Creating Welcome is conscious choice to slow down and clear listening space

- *Space in listening also invites space in responding – James 1:19*

Let every person be quick to listen, slow to speak, slow to anger.

- *Space to Listen to inner self*

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- *Space to listen to your body – embodied listening*
- *Space in listening to your own yearnings, longings, motivations, wisdom, intentions*

Listening in this way fosters a sense of completion.

- *Your session has discernible purpose*
- *Your directee experiences a high level of satisfaction*
- *Headline themes are clearer*
- *Ah ha moments show up*
- *The experience of prayer is deeper and more meaningful*

Clearing Space – Creating Welcome is about making room - an intentional slowing down.

Slowing down is not natural – but it positions us to

- *Filter with intentionality rather than engage in unchecked interpretation*
- *Build deeper connection*
- *More deeply know and be more deeply known*

Note to self - Always end with an encouragement about your directees efforts, movement, and growth. Celebrate that. The celebration also creates spaciousness...

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For Reflection

Listening: Clearing Space and Creating Welcome

1. What feelings did you have as you engaged this presentation?

- *Did you hear anything new or helpful?*

2. How would you define the concept... “Clearing Space – Creating Welcome” in your practice of spiritual direction?

- *How can you use this information for your own spiritual growth?*

3. How do you understand the following terms as they may relate to your practice of spiritual direction?

- *Clearing Space*
- *Creating Welcome*
- *Reframing one’s internal conversation*
- *Suspending judgement – inviting spaciousness to prevent:*

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