

MtM Session - Listening

- Q&A from last week's experiences.
- This week we will focus on the world of sound- sensations of hearing and listening.
- **5 ways to listen better** with Julian Treasure (7:50 minutes)
In our louder and louder world, says sound expert Julian Treasure, "We are losing our listening." Treasure shares five ways to re-tune our ears for conscious listening -- to other people and the world around us.
<https://www.youtube.com/watch?v=cSohjlYQI2A> (7:50 minutes)

SOUNDS

- **Mindfulness of Sound**, Kristy Arbon (Insight Timer 5:27 minutes) - Be aware of the sounds around you allowing them to be.
- **Tibetan Peace**, Charleene Closshey (Insight Timer 5:23 minutes) – Music designed to allow each to sit further into your own silent bliss.
- **The Temple** by Ray Lynch (Insight Timer 7:58 minutes) - Has beginning and ending bells with some soothing vocals and other instruments. No voiceover overlays. Quite relaxing.
- **OM: Tibetan Singing Bowls** (Insight Timer 10:00 minutes) The title is misleading. There's no "om" here at all. All this is is the ringing of a deep bell, every 15-20 seconds or so, with some silence in between. Very basic meditation.

CLOSING

- Q&A
- OTHER RESOURCES

Julian Treasure: How to speak so that people want to listen (9:58 minutes)

Published on Jun 27, 2014

Have you ever felt like you're talking, but nobody is listening? Here's Julian Treasure to help you fix that. As the sound expert demonstrates some useful vocal exercises and shares tips on how to speak with empathy, he offers his vision for a sonorous world of listening and understanding.

<https://www.youtube.com/watch?v=eIho2S0ZahI>

10 ways to have a better conversation | Celeste Headlee: (11:44 minutes)

Published on Mar 8, 2016

When your job hinges on how well you talk to people, you learn a lot about how to have conversations — and that most of us don't converse very well. Celeste Headlee has worked as a radio host for decades, and she knows the ingredients of a great conversation: Honesty, brevity, clarity and a healthy amount of listening. In this insightful talk, she shares 10 useful rules for having better conversations. "Go out, talk to people, listen to people," she says. "And, most importantly, be prepared to be amazed."

<https://www.youtube.com/watch?v=R1vskiVDwl4>