

The Compassionate Listening Project

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*God gave us two ears and one mouth, that we should listen
twice as much as we speak. -universal proverb*

The Compassionate Listening Project
P.O. Box 17
Indianola, WA 98342 USA



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COMPASSIONATE LISTENINGSM

A MODEL FOR PEACE

The Compassionate Listening Project is a non-profit organization dedicated to teaching skills used to heal polarization, cultivate healthy relationships, and build bridges between people, communities and nations in conflict.

Compassionate Listening was originated by Gene Knudsen Hoffman, author and international peacemaker, and further developed by Leah Green, Carol Hwoschinsky and our international learning community of certified Compassionate Listening facilitators.

We are awakening to what the mystics from all great faiths have known for centuries: that cultivating the wisdom of the heart is our hope for real peace "from the inside out." The intelligence of the heart is confirmed by recent findings in the field of Neurocardiology on the heart-brain connection. Compassionate Listening focuses on strengthening the influence of the heart through cultivating compassion, and learning to listen and speak from the heart, even in the heat of conflict.

The practice of Compassionate Listening teaches us how to reach through layers of defensiveness and reactivity to our essential core. From there, we can shift relationships into heart-to-heart interaction.

We believe that the capacity to listen to 'the other' is a foundational skill to create and sustain healthy relationships, resolve conflict, and to help usher in a world where the loving essence of every human being can thrive.

STAFF

Leah Green, Founder and Executive Director
Therese Charvet, Administrative Director

WORKSHOPS/ADVANCED TRAINING

"This was the most transformative, essential workshop I have experienced. Compassionate Listening is a powerful tool that can change the world."

- Meg, Vancouver B.C.

Our curriculum for Compassionate Listening has grown out of 18 years of reconciliation work on the ground with Israelis and Palestinians. We began teaching Compassionate Listening world-wide in 2000, in public, private and academic settings.

In our experiential workshop, "Compassionate Listening: Healing Our World From the Inside out," participants learn skills to:

- Cultivate compassion for oneself and others;
- Suspend judgment;
- Maintain balance in the heat of conflict;
- Listen with the heart;
- Speak from the heart.

We also offer advanced training and facilitator certification. Our facilitators are available for talks, introductions and coaching, according to your needs. You will find more information, including facilitator bios, trainings and registration details on our website.

PROGRAMS/EVENTS

We welcome your participation. Please check our website for information or registration for our programs:

- Introductory and Advanced Training
- Compassionate Listening delegations to Israel & Palestine;
- Jewish-German Compassionate Listening;

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"An enemy is one whose story we have not heard."

- Gene Knudsen Hoffman