

“It is futile to  
implement ideas in  
the public realm  
unless we practice  
them in our personal  
lives”

Martin Luther King, Jr.



## How do we look at those who differ from us and see our shared humanity?

Explore the Heart-based Core practices of [The Compassionate Listening Project](http://www.compassionatelistening.org) ([www.compassionatelistening.org](http://www.compassionatelistening.org))

- Humanize and connect with people who “trigger” you
- Shift from reactivity to compassion
- Suspend judgment
- Nurture compassion for yourself and others
- Speak from the heart with language that reflects a healing intent

Strengthen your capacity to connect with the humanity of each person whose path you cross, whether or not you share the same values and behaviors. As we move beyond a mindset that dehumanizes the ‘other’, opportunities for building bridges emerge; we seek instead to listen, to feel compassion for, and to see ourselves in the ‘other’ and the ‘other’ in ourselves. Embody "being the change you wish to see in the world" (Gandhi.)

### “Compassionate Listening: Healing Our World from the Inside Out”, an experiential introductory workshop

Time: Saturday, April 14, 2012, 9am-5pm; Sunday, April 15, 2012, 1:00pm-6pm

Location: 8 Running Deer Trail, Chapel Hill, NC 27517

Cost: \$70 - \$150, based on ability to pay

Contact: Jan Hutton, [janhutton@earthlink.net](mailto:janhutton@earthlink.net), 919.967.1959

(Continuing Education hours for Social Workers will be available)

Jan Hutton, MSW, a certified Compassionate Listening facilitator, believes in supporting wholeness in each human being. Over the last 39 years, she has served as a community organizer, social worker in hospice and hospital settings, a meditation teacher, and she hopes, a ‘kind’ person.