

LISTENING PROJECT

Experimental Meeting for Listening and Talking

Instructions

1. Two participants sit opposite each other for a Listening-Dialogue.
2. A purple sandglass indicates the initial dialogue time of 15 minutes. The sandglass may be turned a second time to extend the duration of the dialogue by another 15 minutes.
3. One person listens while the other talks. When the roles change there are 30 seconds of silence, indicated by the red sandglass. This thirty second silence is to enable participants to become aware of the echo of what has been said and how it has affected them.
4. Each time one of the participants turns the red sandglass the roles change. This may happen at any time and any number of times.
5. The Listening-Dialogue starts when the person who would like to listen first turns both sandglasses. The first 30 seconds are silent. The other participant then begins to speak.
6. The theme the dialogue starts with is agreed upon by participants beforehand.

You could give attention to:

AS LISTENER YOU MIGHT ...

take up what the speaker says with a silent 'ah! Ah, that's what he means, that's what he thinks, that's his idea...' and you might silently say 'ah' with regard to your own response to what you've heard ... 'Ah, while I was listening I had the thought; the idea ... was inspired ...' This, silently to yourself. Observation of your own responses to what's said is part of the listening process.

AS TALKER YOU MIGHT ...

start your time sharing something that emerged while you were listening, a thought, an idea, an insight ... and then carry on. You might pause, stray from the dialogue's theme or change the subject altogether.

These instructions in brief are supplied by giving a small card.