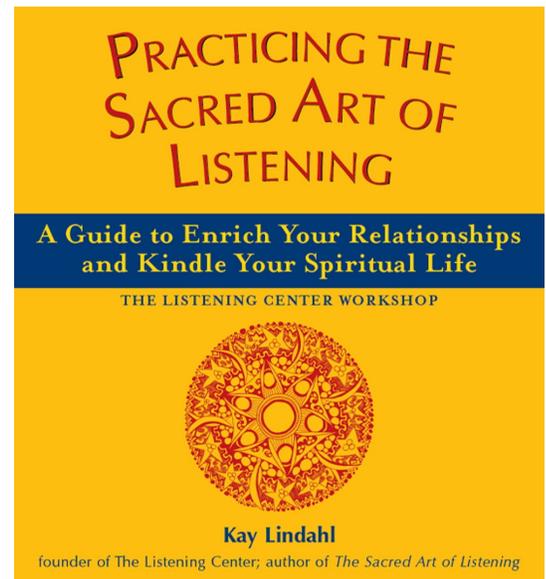


# GO AND...

## **PRACTICING THE SACRED ART OF LISTENING: A GUIDE TO ENRICH YOUR RELATIONSHIPS AND KINDLE YOUR SPIRITUAL LIFE BY KAY LINDAHL**

Kay Lindahl writes that listening is a choice, gift, and an art. In explaining this she explores “three foundational qualities of listening: silence, reflection, and presence” (Lindahl, 9). This engaging guidebook then walks through topics related to deep and spiritual listening through ten chapters, content which is all drawn from the author’s own presentations and workshops on the topic. The first chapter begins directly with the question, “What is listening?” From there, comes particular focus on: contemplative listening; reflective listening; heart listening; creating an open space for listening; reflecting on the impact of listening; listening in groups; and listening in conversations. The book includes ideas for daily practices, as well as small example practices for each particular topic. Towards the end some further attention is then given to other related questions that one might be asking or wondering.



### *Some personal reflections from Deacon Timothy Siburg:*

In sharing this resource, I do so with the experience of having used it in a team environment before. The Nebraska Synod staff used this book a few years ago to help grow deeper in relationship and our ability to listen. I personally found it to be an effective tool to help grow deeper spiritual relationships and the ability and awareness to listen to one another, to neighbors near and far, and to grow better in the vocation of listener. Though it can be read cover-to-cover, or used as a resource book in parts, we found as a team that taking time to spread out the content as a sort of book study and practice was useful. So we took a series of months to go through each chapter and various practices that were included, to experiment and to see how they might fit, feel, and work for each one of us. This isn't rocket science, or earth shattering. But Lindahl puts such important and central parts of a deeply spiritual life into a relatable and approachable way, that even the most skeptical person who might avoid spiritual direction, for example, will find useful and meaningful practices and wisdom in reading and walking through this book. I commend it as a great resource particularly as we as a synod commit to “Go and... Listen” this month.

Book: Practicing the Sacred Art of Listening: a guide to enrich your relationships and kindle your spiritual life by Kay Lindahl. (Woodstock, VT: Skylight Paths Publishing, 2003, 2016), 155 pages.