Compassionate Listening

* Do your best to practice compassionate listening. Do not listen for the sole purpose of judging, criticizing, or analyzing. Listen to only help the other person express himself and find some relief from suffering. –Thich Nhat Hanh
* Our capacity to make peace with another person and the world depends very much on our capacity to *make* *peace with ourselves.* –Thich Nhat Hanh
* Participate
* Show interest
* Make eye contact
* Defer Judgement