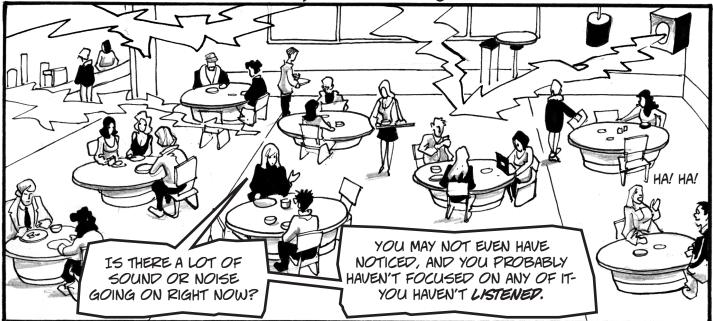
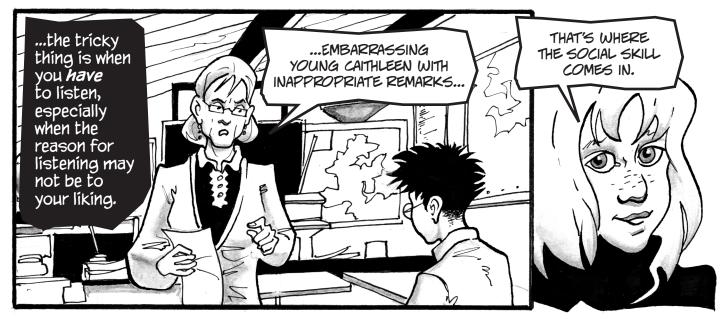


Stop and check yourself. What are the sounds you are hearing at this moment?

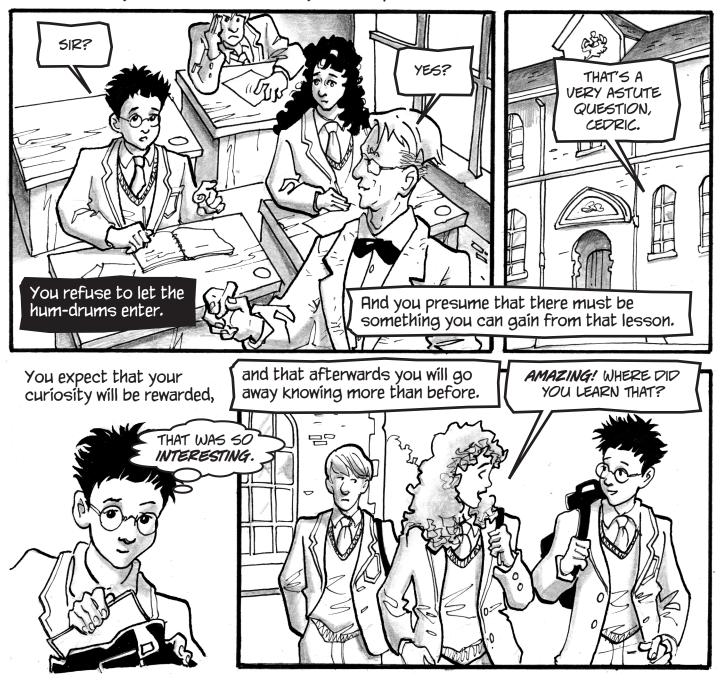


Now, when was the last time you feel you listened to someone or something?

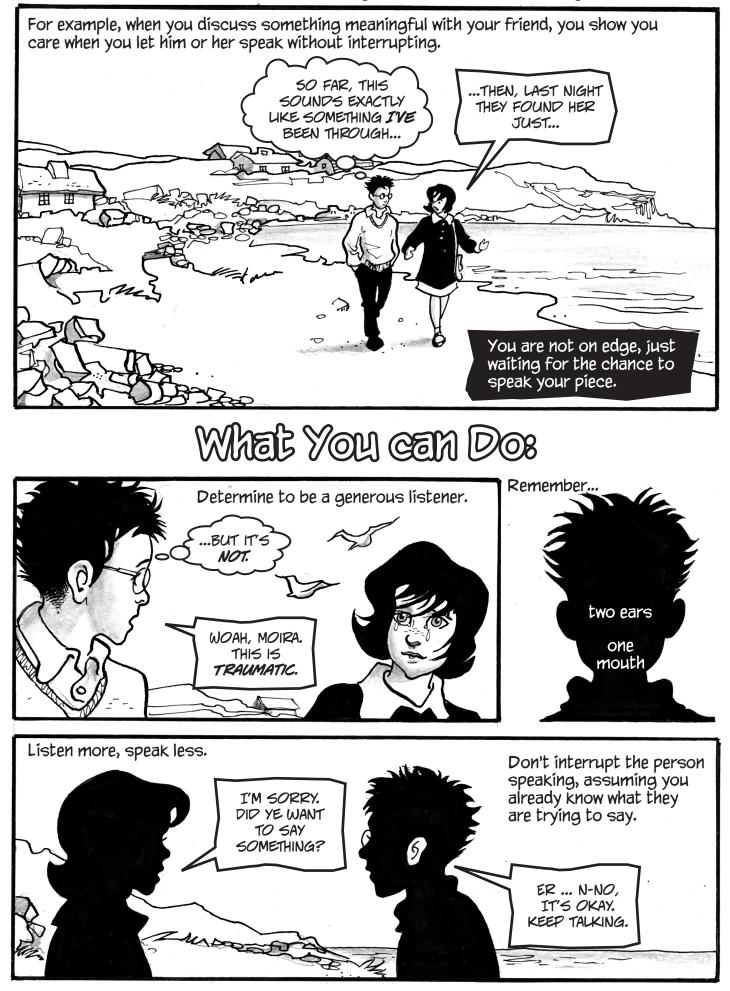




As a generous listener in school, for example, you do your best with the time you have in school, you are present with mind and heart.



Generous listening is *deep* listening.





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