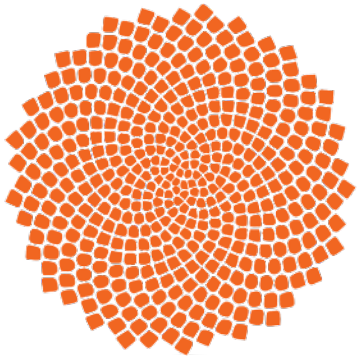
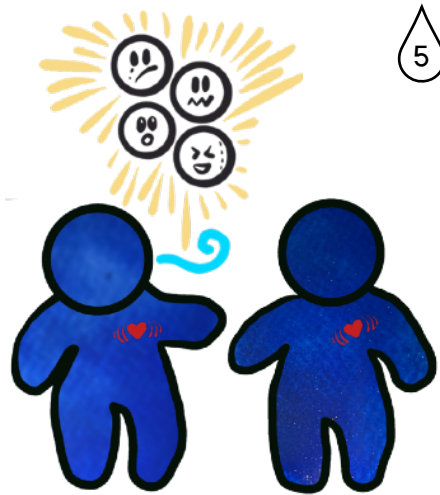


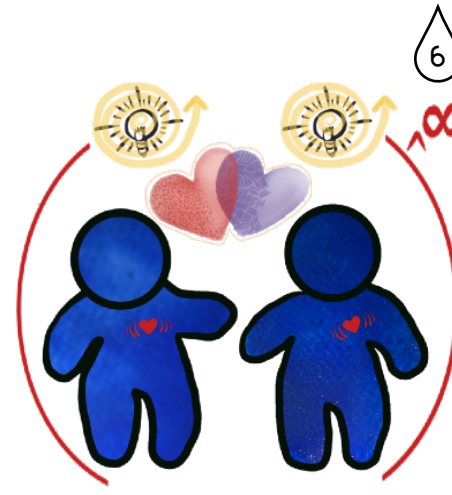


## Sustaining All Life

-  [SustainingAllLife.org](https://SustainingAllLife.org)
-  [Sustain\\_All\\_Life](https://Sustain_All_Life)
-  [@SustainAllLife](https://@SustainAllLife)
-  [fb.com/SustainingAllLife](https://fb.com/SustainingAllLife)



**If feelings come up,  
welcome and make space  
for them.**

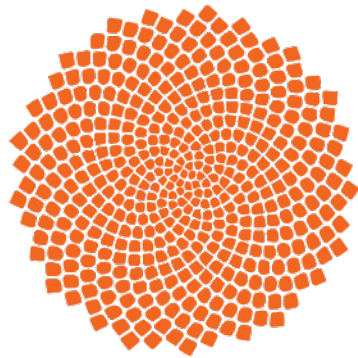


**Listening exchanges  
support us to think, heal,  
stay connected and act  
powerfully.**

## Listening Exchange

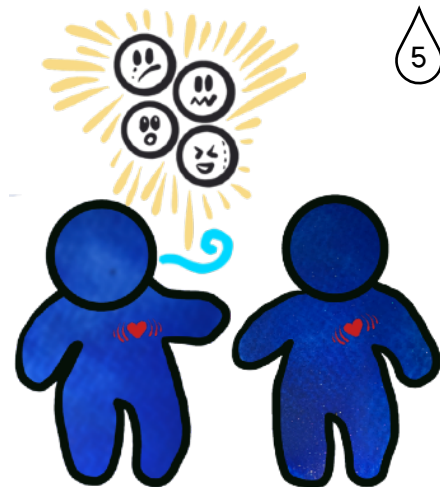


A Basic Guide  
to a Powerful Practice

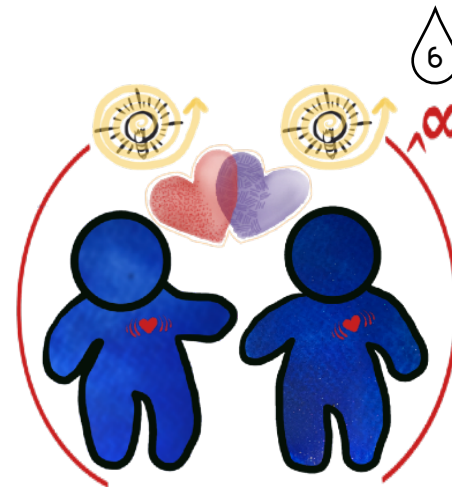


## Sustaining All Life

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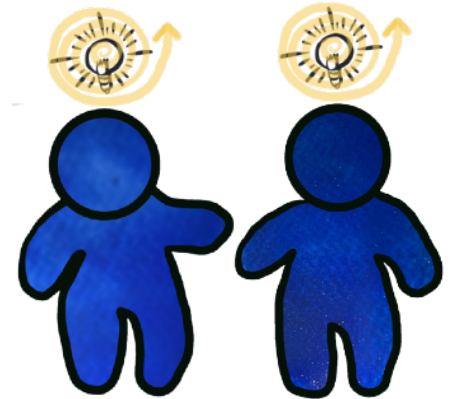


**If feelings come up,  
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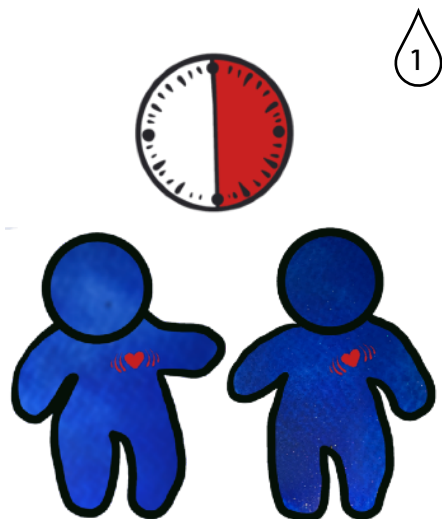


**Listening exchanges  
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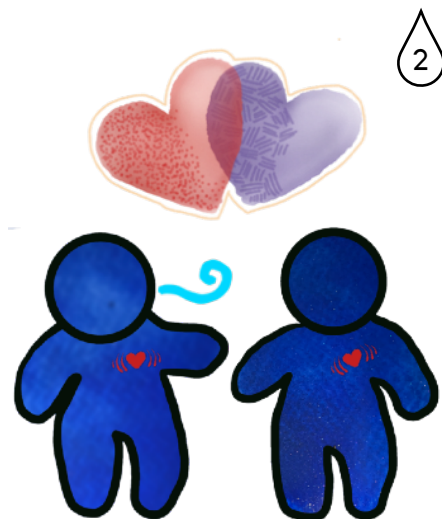
## Listening Exchange



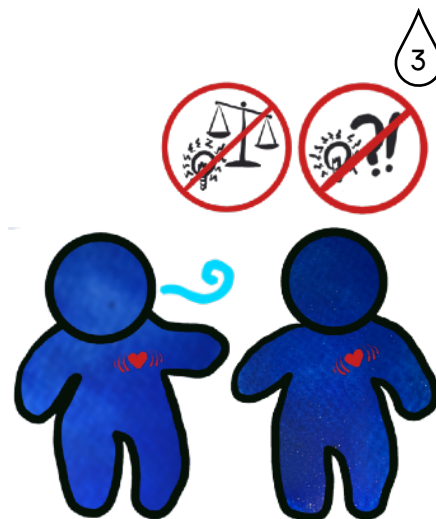
A Basic Guide  
to a Powerful Practice



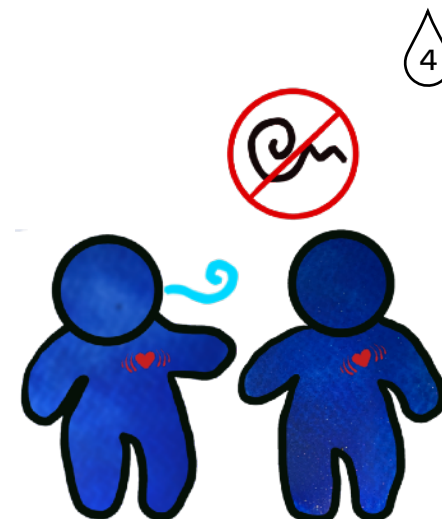
**Take turns (equal time)  
without interruptions.**



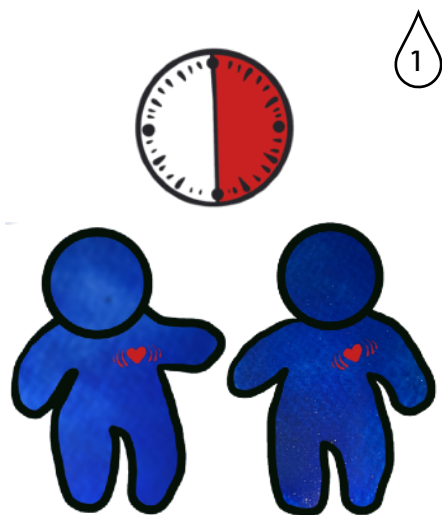
**Listen with respect and  
full attention.**



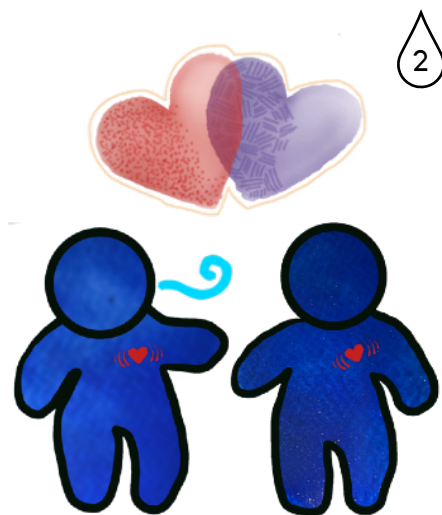
**Withhold judgement.  
Refrain from asking  
questions, giving advice.**



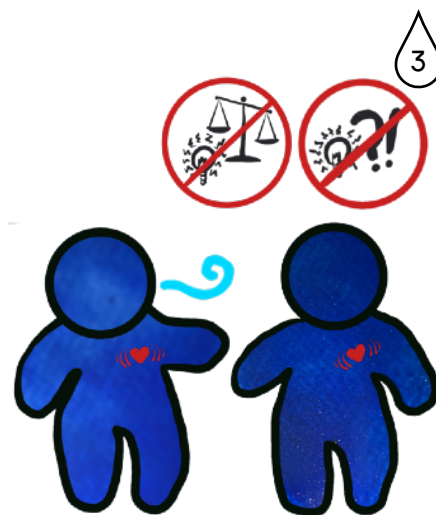
**Keep confidentiality,  
don't refer to someone's  
turn without permission.**



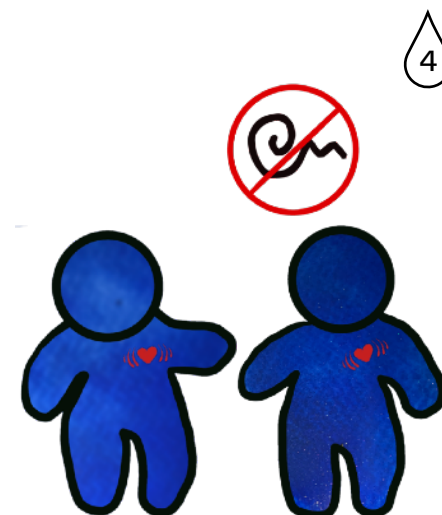
**Take turns (equal time)  
without interruptions.**



**Listen with respect and  
full attention.**



**Withhold judgement.  
Refrain from asking  
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