



RADICAL LISTENING
Healing Conversations
May 31–June 3

THURSDAY, MAY 31

7:30–9:30 pm | Opening Ceremony, Welcome, and Introduction

Join us for an overview of the weekend, and introduction to one another and to small groups. An inner circle/outer circle dance-like exercise allows you to meet one another, giving the entire group a chance for brief yet intimate personal contact.

FRIDAY, JUNE 1

8:30 –11:30 am | Listening, Silence, and Voice: Developing the Muscle of Curiosity

Carol Gilligan

Working in pairs, we experience the value of silence, attention, and being present. How much can we absorb about one another even without words? How can we then convey our thoughts, our intuitions, our impressions to the other? What happens when we replace judgment with curiosity?

11:30 am–12:30 pm Lunch

12:30–1:30 pm | Nature Walk: Listening to the Natural World (*rain or shine*)

In the beauty of Kripalu's surrounding forests, hills, and lakefront, enjoy a private walk with the intention of seeing, hearing, smelling, experiencing, and interacting with the natural environment. We are invited to experience the present, the moment, not in individual solitude but in company with all that contains and touches us. By representing in words or pictures or music what we have undergone, we might share with one another the bounty of our senses.

1:45–3:30 pm | Listening as Close Reading: Narrative Medicine Exercise

Columbia University Narrative Medicine team

In small groups, explore close reading as a route to attentive and reflective listening that builds authentic connections between individuals. We also experience a work of art together—a poem, a paragraph of fiction, or a visual image—and enter it together. What do we see? What do we hear? Where do the meanings and metaphors and rhythms of the words or artistic compositions bring us? After joining in a deep experience of the work, you are invited to write to an expansive prompt toward spontaneous writing of discovery. Sharing what we have created leads to surprising intimacy of both revelation of self and recognition of others.

3:45–5:00 pm | Listening in Drama: Narrative Medicine Exercise

Columbia University Narrative Medicine team

Continuing our small group work, we explore collective performance as a way to experience radical listening via self-discovery and collaborative discovery of others. We embody words and thoughts in gesture, position, movement, and voice. After experiencing our shared production, we will again be invited to write expansively to reveal what we have undergone and to share those discoveries with the small group.

5:30–7:30 pm Dinner

7:30–9:00 pm | Evening Session: Narrative Listening Salon

During the evening salon, we are all invited to share short personal artistic, narrative, or musical works with our colleagues. Experience windows into one another's perspectives, insights, and concerns through readings and performances while paying attention to your own expanding modes of receiving the visions of others.

SATURDAY, JUNE 2

8:30–11:30 am | Listening as Entering Another's World

Paul Browde

Paul guides us through an experience that likens listening to another to visiting a foreign country—where the visitor must be invited in, taking time to learn the history and customs, and the host must be generous and patient in welcoming the visitor. This becomes a model for a practice of helping others to cross divides, to risk contact with the “foreignness” of another without having to experience the loss of one's own perspective.

11:30 am–12:30 pm Lunch

12:30–1:30 pm | Listening to Your Body: Nature Walk (*rain or shine; or yoga/Healing Arts experience*)

During this outdoor walk or yoga/healing arts experience, take notice of your own physical, sensory, proprioceptive, ambulatory experience. We want to reconnect with our own *knowledge* of ourselves in space and time, *ourselves* as phenomenal bodies, *ourselves* as not having a body or even living in a body but being an embodied unity that enacts the world by engaging with it.

1:45–3:30 pm | Listening as Embodying Another's Story: Story Exchange Using the Narrative 4 Approach

Lisa Consiglio

The exchange of stories fosters empathy by breaking down barriers and shattering stereotypes. The core methodology behind Narrative 4 is the story exchange, an exercise in which you are randomly paired off and each shares a story that in some way defines you. Afterwards, each you take on the persona of your partner and tell their story in the first person. The story exchange is based on the simple idea that by knowing the story of another, we are able to better understand one another. For the story exchange, we create a safe, neutral environment that emphasizes care of one another.

3:45–5:00 pm | The Story Exchange, continued

Lisa Consiglio

After a short break, we continue our story exchange work both in the small groups and in a full group session to reflect on what we have learned about self, about one another, and about the powers of listening to transcend boundaries and to foster empathy.

5:30–7:30 pm Dinner

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7:30–9:00 pm | Kripalu Evening Event *(optional)*

Kripalu presents Kevin Paris, an independent musician and yoga teacher whose music is a fusion of folk, reggae, acoustic, and electronic influences.

SUNDAY, JUNE 3

8:30–11:30 am | Taking Listening into the World

All Facilitators

How can we take what we have learned together to be the foundation for personal and community movement and improvement? In this final session, we engage in an exercise designed to identify and synthesize the strengths, goals, and opportunities explored throughout the weekend. We conclude with an activity that marks what we have experienced together and that articulates what we hope to bring back into the world.

12:00 pm Lunch *(accommodations room keys lock at noon)*