



The Art of Listening

Listening is a skill. The Art of Listening is a practice that helps you establish better communication in all aspects of your life. It is a practice that uses your whole body turning it into a receiver and transmitter for sound and vibration. To practice The Art of Listening enter into a state we call RAW and imagine your body as a human tuning fork. RAW stands for; relaxed, alert, and waiting. "R" means you want your body to be "relaxed." "A" means you are alert, and can maintain awareness of the moment. "W" means you are waiting, not seeking anything.

Once in RAW, turn on your music and with your ears and whole body, listen and receive the sounds. Wait for each sound to come to you and connect to the sounds as healing vibrations. Listen for details, the instrument, harmony, rhythm, beat, and/or voices. Sense and feel moments of silence and sound, both unique vibrations that pulse through all your body's 75 trillion cells. Bathe your body, mind, emotions and spirit in the music you hear. After practicing The Art of Listening, take a few moments to consciously notice how you feel.

Body Gratitude

Notice what has changed and is different. Recognize and acknowledge any physical, mental, emotional, and spiritual changes and speak them out loud, we call this Body Gratitude, letting your body know you recognize the power it has to heal and change you!

Giving words to what you feel, and letting your body know you recognize its inherent wisdom and power to self-heal and right-align builds a loving relationship between you and your body. Use music and The Art of Listening to improve your communication skills, to dance expressively, and to reduce anxiety, lower your blood pressure, balance your heart rate, and even increase the immune cell messengers that boost your body's natural opiates.

For more information

Ask your teacher for more information about this and other available Nia Handouts.

Get the Nia Book, *The Nia Technique* (2005, Broadway Books).

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