

DEEP DREAMING – AND LISTENING



more cooperative, more respectful, more inclusive, more egalitarian, more harmonious, less cynical – there’s only one way to start turning that dream into a reality, each of us must live as if this is already that country.’

Deep listening is important because if we are to survive in these turbulent times then we all need to develop the skills that allow us to better listen compassionately across all our differences.

Please join ALIA and the ACC in ‘Deep Dreaming Australia: A Continent of Compassion’ on Wednesday, 21

The 2022 National Day of Compassion takes place on 21 September. Dr Lynne Reeder from the Australian Compassion Council explains how this year’s theme ‘Deep Listening’ enables us to understand each other better and more compassionately.

Improving our levels of shared trust is important because it is that which can provide us with some protection against the uncertainty of these times. Compassion helps build trust because it acknowledges that everyone’s wellbeing is important.

The theme for this year’s National Day of Compassion on Wednesday, 21 September is ‘Deep Listening’. The practice of deep listening creates a feeling of respect and connection because it requires us to listen non-judgmentally to what others have to say.

The Global Charter for Compassion is an international network connecting organisations and leaders around the world with a shared vision of living a more compassionate life. In Australia the Charter is managed by members of the Australian Compassion Council (ACC). On the 2022 National Day of Compassion, the ACC is partnering with ALIA to run Deep Listening Experiences in libraries across Australia.

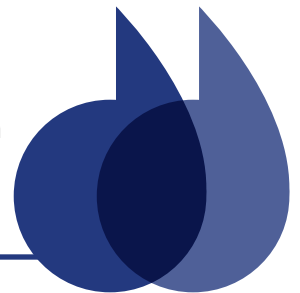
The new science of compassion is coming from neuroscience and neuropsychology – which defines compassion as a motivation. This

perspective is important because our motivations drive our thoughts, feelings and actions – and our thoughts, feelings and actions will be very different in a motivation of compassion compared to, for example, a motivation of revenge. We will be thinking and feeling and doing very different things in these two motivational systems. People who can manage their emotions well are able to recover more quickly from stress, and a state of relaxed alertness is optimal for our ability to deeply hear ourselves and others.

The deepest social need that human beings have is the need to be taken seriously – the need to be heard, respected and understood. For most people, the most effective symbol of the fact that someone is taking them seriously is that they considerately listen to what they are saying.

When you consider the deep human need that it’s addressing, it’s no wonder being listened to is such a therapeutic experience. Hugh Mackay, author of many books including *The Kindness Revolution* and Ambassador for the work of the Global Charter for Compassion in Australia, says: ‘If we dare to dream of a more loving country – kinder, more compassionate,

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September by considering running a Deep Listening Experience in your library. For more information contact ALIA Communications Manager Liz Bradtke ph. (02) 6215 8221. *

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