THE LISTEN DEEPLY™ METHOD

S C A N

SPACE CURIOSITY AWARENESS NOW WHAT

To listen deeply, SCAN.

S

Create **Space**

Take one breath. Take something away: the rush, the noise, the schedule, maybe the input. Make room.

C

Be **Curious**

Listen without trying. Let things come to you. Ask, “What else is here?” Don’t name it yet.

A

Cultivate **Awareness**

Find where it lands in your body, and how: pleasant, unpleasant or neither. Then name it.

N

Now What?

Consciously choose one next step, with intention. Then take it.

Use it anywhere, at any length.

A 10-second check-in · a 15-minute meditation · a week-long retreat

Circle back anytime: more space opens more curiosity.

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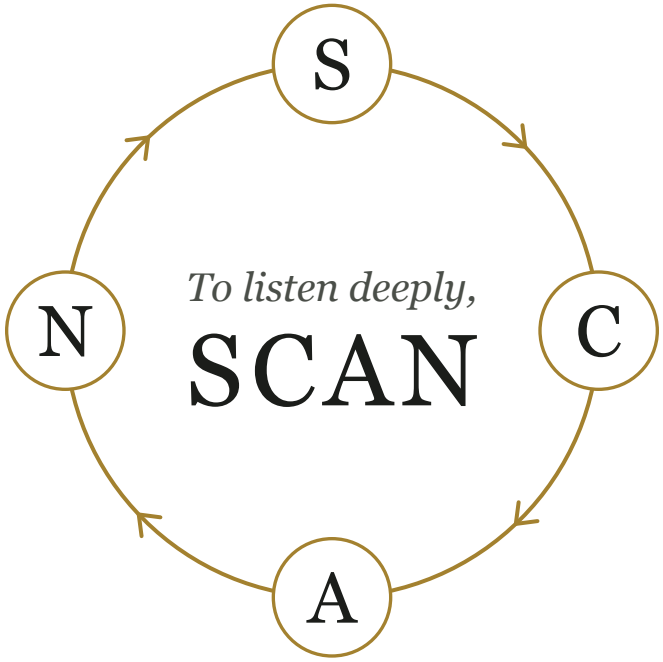

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