

**Collective Listening** is an opportunity for a group to reflect on a query or topic through silence and sharing. It helps to observe the following disciplines:

- + **Speak from your own experience.** Don't discuss, dispute, or respond to a message shared by another.
- + **Listen attentively** when others are speaking.
- + **Allow a period of silence** for reflection before anyone else speaks.
- + It is hoped that **all will contribute**, but not required.
- + **Speak only once**, at least until everyone has had a chance to speak.

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