

Frequently Asked Questions

Regarding the *LISTENING WITH YOUR WHOLE BODY™* workshops with David Kaetz

1. What will we be doing at the workshop?

Ans.: There will be a series of gentle exercises, in sitting, standing, and lying positions. There are individual, small group and large group exercises. In all that we do, the emphasis is on relaxation, enjoyment, and a more integrated use of the whole self. When the listener himself/herself is more integrated, the way he or she senses the world also changes.

2. What do you mean by “more integrated”?

Ans.: Our senses evolved to connect us to the natural world, and they do this in intimate cooperation with one another. Our civilization, our societies, our technologies and our education, on the other hand, make rather different demands on the senses. We now use them in ways for which evolution has not prepared us. For example, evolution did not prepare us to spend eight hours sitting in one place, wearing a headset, eyes glued to a monitor, speaking with people many miles away. Such conditions overburden the ears and eyes, while movement and breath and the interaction of all the senses are compromised. Not surprisingly, many people suffer from auditory disorders such as hearing loss, tinnitus, and noise intolerance (*hyperacusis*). One of our goals in this work is to restore the harmony of the entire system, in order to listen—with less stress—with more of ourselves.

3. Will this help my tinnitus or other hearing disorders?

Ans.: Many people have found this to be the case, and you will be offered exercises and strategies to continue the improvement. Naturally, no workshop can guarantee an instant resolution of each of a wide-range of issues with various causes and levels of severity. The good news is: there *is* a path to improvement.

4. What provisions are made for participants with sensory impairments?

Ans.: There will be high-quality sound reinforcement for all of the teaching and discussions; in particular one part of the room will have more volume than the rest. The purpose is to allow people to take part without their hearing aids, if this is possible, in the same way that one would remove one’s glasses for vision exercises. A visual impairment is not an obstacle to taking part; guide dogs are welcome ... if they like music.

5. What is the difference between hearing and listening?

Hearing is a *sense*, and it operates 24/7. Listening is a *behaviour*, much of it learned. Sometimes you are listening, sometimes you are not. Listening concerns the way you use, the way you distribute your attention. When we look at the big picture of audition, we could think of hearing as ‘the hardware,’ and of listening as ‘the software.’ The hardware is there from before birth; your inner ear reaches its full size and maturity at around four and a half months of fetal development. Software, on the other hand—how you use what you’ve got—can be updated. The whole system works better when the software is tuned up. In this way, learning to listen differently can change your auditory experience.

6. Is any experience necessary?

Ans.: It can help to have had some experience of self-exploration, such as Feldenkrais, yoga, meditation, or other forms of self-inquiry and somatic work. However, motivation is a more important factor in the long run. If you are motivated and curious, and a little bit adventurous, this is enough.

7. What do I do if my question is not on this list!

Ans.: If you have a question that is not dealt with above, or if you have a particular issue you want to discuss concerning the content of the workshop, please contact me directly (by e-mail). There is also a book, *Listening with Your Whole Body*, which explores in depth many aspects of audition and how it can be improved.