



Mindful Listening

July 2, 2018



During our training, we spent a considerable amount of time on mindful listening. We thought these tips and quotes would help you with this important practice. The first part is by mindfulness teacher, Melli O'Brien and the second are quotes from one of the authors we introduced at the training, Rachel Naomi Remen.

Mindful Listening – An Act of Love by Melli O'Brien

When listening to another person we are often there in body, but not fully present. Very often, we are not focusing on listening to them; we are caught up in our own mind chatter. We judge what they are saying, mentally agreeing or

disagreeing, or we think about what we want to say next.

Next time you're with a loved one or co-worker, try using your time as an exercise in mindfulness. Don't just hear their words; really listen to what they're saying

Focus all of your attention on the other person. You'll be amazed at the power of listening; it's an act of love and kindness. People appreciate it deeply when you truly listen to them. You'll also find that they'll listen to you more fully when you speak.

Quotes by Author Rachel Naomi Remen

- "Our listening creates a sanctuary for the homeless parts within another person."
- "When you listen generously to people they can hear the truth in themselves, often for the first time."
- "The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention...A loving silence often has far more power to heal and to connect than the most well-intentioned words."
- "Perhaps the most important thing we bring to another person is the silence in us, not the sort of silence that is filled with unspoken criticism or hard withdrawal. The sort of silence that is a palace of refuge, or rest, of acceptance of someone as they are. We are all hungry for this other silence. It is hard to find. In its presence we can remember something beyond the moment, a strength on which to build a life. Silence is a place of great power and healing."

Arlene, Nancy and Jaimi

