



Day 28

Beloved Peacekeepers,
Our topic today is listening - to ourselves, others, our higher Self....

Today's Principle, Today's Practice - LISTENING

Today, stop what you are doing and take five minutes to listen to the feelings behind someone's words to you. Be fully present for the conversation and be interested in what the person is saying.

Ask yourself: What is the difference between hearing something and listening to something? Who really listens to you? Who do you really listen to? How does it change your feeling about someone when they truly hear and understand your point of view, even if there's is different in the end? Do you listen with your ears or your heart?

Activity - Take time to be with your spouse, partner, friend -- spend time listening to each other -- have eye contact for several moments.

Make a list of what you need from a person who is listening to you. Now evaluate the list as the listener, can you be that person for another?

Journal Activity: Journal your thoughts....

Consider these Quotes on Listening:

Listen, every one That listen may, unto a tale That's merrier than the nightingale. Henry Wadsworth Longfellow, Tales of a Wayside Inn (pt. III,)

Nature gave us one tongue and two ears so we could hear twice as much as we speak. - Epictetus

The first duty of love is to listen. - Paul Tillich

Listening is an attitude of the heart, a genuine desire to be with another which both attracts and heals. -J. Isham.

It is the province of knowledge to speak And it is the privilege of wisdom to listen. Oliver Wendell Holmes.

The greatest compliment that was ever paid me was when one asked me what I thought, and attended to my answer. -Henry David Thoreau.

It takes two to speak the truth - one to speak and another to hear. -Thoreau.

Many people may listen, but few people actually hear. - Harvey Mackay

Listening, not imitation, may be the sincerest form of flattery. - Dr Joyce Brothers

I only wish I could find an institute that teaches people how to listen. Business people need to listen at least as much as they need to talk. Too many people fail to realize the real communication goes in both directions - Lee Iacocca

Listening looks easy, but it's not simple. Every head is a world - Cuban Proverb

Man's inability to communicate is a result of his failure to listen effectively - Carl Rogers

Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen. - Winston Churchill

Listening is a hug you give with your mind. - Barbara Nixon

Everyone is God speaking. Why not be polite and listen to Him? - Hafiz



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You talk when you cease to be at peace with your thoughts. - Kahlil Gibran

We need silence to be able to touch souls. - Mother Theresa

If the person you are talking to doesn't appear to be listening, be patient. It may simply be that he has a small piece of fluff in his ear. - Winnie the Pooh

Today - be the listener....listen to your intuition and let it be your guide.

Blessings,

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