

On Listening With Our Whole Being

How we listen to each other, and how we listen for and to the Divine are not unrelated. When we learn to listen deeply to each other, with our heart, soul and spirit, as well as our ears and mind, we are practicing entering into the listening necessary to hear the still small voice within, that quiet, steady, sure voice of God whispering in our heart. You have probably heard that 80% of communication is nonverbal. Much of those nonverbal ways of receiving messages from another are done with our bodies, hearts, intuitive perception. As we get better at tuning into that part of ourselves, we also get better at tuning into, or opening to, the presence of the Divine, in each other, and of Godself.

To 'listen' another's soul into a condition of disclosure and discovery may be almost the greatest service that any human being ever performs for another.

~Douglas V. Steere

What an astonishing promise it is that the Spirit prays in us and does so according to the will of God. Perhaps our real task in prayer is to attune ourselves to the conversation already going on deep in our hearts. We then may align our conscious intention with the desire of God being expressed at our core.

-Henri Nouwen

How Do I Listen?

How

Do I

Listen to Others?

As if everyone were my Master

Speaking to me

His

Cherished

Last

Words

Daniel Ladinsky, tr.

And when the outward listener is not really open, there is usually a closure effected in the speaker himself; a watering down to the conventional level, a safety factor is invoked, a self-preservative function that prevents more than surface exposure. Now we begin to realize what "holy listening" involves, how it differs from what passes for listening, and some of the diseases that afflict it.

Douglas Steere

This may be strange doctrine to some; but some others know that the spring must be opened in the hearers, or else there can be but little profitably done by the speaker. And he that speaks only in the ability that God immediately gives, must feel a door of entrance in the people's minds, or it is very difficult to get safely and relievingly forward.

But when the spring is livingly opened in him that speaketh, and in those that hear, then it is, that "deep calleth unto deep, at the sound of the waterspouts" of life, and here instruction is sealed.

Job Scott, Journal

Jesus said:
He who seeks shall find,
and to him who knocks it shall be opened.

Gospel of Thomas, Logion 94, Hugh McGregor Ross, tr