



Ch. 2
“Listen Attentively”

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Listening

Listening is “attending to reality” (or, becoming intimate with the way things really are)—not the way we think they are or would like them to be. It requires “standing under” others.

2

Listening is Multimedia and Multi-sensory

We “attend to reality” with our whole beings, such as observing, hearing, touching, and smelling; and via all media available.

3

Fools vs. Wise Persons

Wise people know what they are “talking” about; fools are self-deceptively clueless about reality. Listening sets us up to serve/love others.

4

- SEVEN WAYS TO LISTEN WELL**
1. Dedicate yourself—intentionally choose to listen
 2. Take time—generously carve out a sufficient period of time
 3. Select a location—carefully choose a distraction-free place
 4. Focus attention—patiently stay in the moment
 5. Be sympathetic—openly accept others’ feelings
 6. Remain empathetic—nonjudgmentally put yourself in others’ shoes
 7. Visualize support—genuinely smile and nod

5

To whom do you really listen in your life—and why?

Do others truly listen to you? Why or why not?

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