

LISTENING



The key to the art of listening, my loves,
Is selectivity, it has been said.
You alone stand guard and decide
What you'll allow into your head.

Listen to the good; tune your ears to love –
To hope and courage, to self-esteem.
Tune out gossip and fear and resentment.
You decide for yourself your own theme.

Listen to the beautiful! Relax with the music,
Which inspires mankind to do good.
And listen to nature's cacophony of sounds,
Including your own, if you would.

Listen with your eyes. Let your imagination soar.
As you read poetry and novels by the pound!
As you stroll through a gallery of paintings
Let your own soaring mind provide sound.

Be discerning, seek truth with an open mind,
And listen patiently, not in a hurry.
Listen for essence, and learn as you go;
Listen with your heart, not your 'jury.'

Listen to yourself, to your noblest impulses,
To the deepest and highest you can reach.
Be still and meditate; listen with intuition
For the inspiring wisdom there to teach.

