

## LISTENING WISDOM

"We think we listen, but rarely do we listen with real understanding, true empathy. Yet listening, of this very special kind, is one of the most potent forces for change that I know." ---- Carl Rogers

"Good listening is the most important ingredient in helping relationships. It is not a passive undertaking; it takes alertness and energy, as the phrase 'active listening' suggests. It requires concentration, and a measure of confidence--and even courage--to hear a person without interrupting or mentally preparing your reply."

---- Joanna Macy

"It is often through the quality of our listening, and not the wisdom of our words, that we are able to affect the most profound change." ---- Author unknown

"The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them." ---- Ralph Nichols

"Listening well is a powerful gift. Give it generously." ---- Author unknown

"Remember, you can listen a person's soul into existence."---- Sign over a campus crisis hotline

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

"Listening is a magnetic and strange thing, a creative force...When we are listened to, it creates us, makes us unfold and expand. Ideas actually begin to grow within us and come to life...When we listen to people there is an alternating current, and this recharges us so that we never get tired of each other...and it is this little creative fountain inside us that begins to spring and cast up new thoughts and unexpected laughter and wisdom. ...Well, it is when people really listen to us, with quiet fascinated attention, that the little fountain begins to work again, to accelerate in the most surprising way." ----Brenda Ueland

"The wise old owl lived in an oak;  
The more he saw the less he spoke;  
The less he spoke the more he heard:  
Why can't we all be like that bird?" ---- Edward H. Richards

