*On Listening*

*Listening is the oldest and perhaps the most powerful tool of healing.*

*It is often through the quality of our listening and not the wisdom of our words that we are able to effect the most profound changes in the people around us.*

*When we listen, we offer with our attention an opportunity for wholeness.*

*Our listening creates sanctuary for the homeless* [*parts*](http://www.livetrue.biz/PoemsandReflectionsfortheSoul.en.html) *within the other person.*

*That which has been denied, unloved, devalued by themselves and by others.*

*That which is hidden.*

*In this culture, the soul and the heart too often go homeless.*

*Listening creates a holy silence.*

*When you listen generously to people, they can hear truth in themselves,*

*often for the first time.*

*And in the silence of listening, you can know yourself in everyone.*

*Eventually, you may be able to hear, in everyone and beyond everyone,*

*the unseen singing softly to itself and to you.*

Rachel Naomi Remen