

LEVELS OF LISTENING

How Do I Listen?

How
Do I
Listen to others?

As if everyone were
My Beloved
Speaking to me
His or Her
Cherished
Last
Words.

~Hafiz

FORMING

Generative Learning

Open Will

Letting go of one's self and sensing the potential of emerging futures, a willingness to change oneself.

"I am connected to something larger than myself."

FREEING

Empathic Listening

Open Heart

Actively empathizing with what is being said to understand and respect the other person.

"Ah yes, I have felt that too.
My heart goes out to you."

FLEXING

Factual Learning

Open Mind

Disconfirming (new) info and reinterpreting new mental constructs that are unknown to the listener.

"Ooo, look at that."

FIXED

Downloading

Open Ears

Reconfirming old opinions and judgments, based on current perceptions and habits.

"Yeah, I know that already."

Each level of listening is necessary depending on the context and what is being asked of us in that particular context.

And, the more empathically and generatively we can listen, the deeper our level of connection with others and with ourselves will be.

Instead of listening to reply.
Listen to discover.

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