

Listening:

Some of us are blessed enough to be great listeners, others of us are blessed enough to have great listeners in our lives, our sounding grounds for our greatest hopes and fears, for life's little turmoils. But what does it really mean to listen and where does listening begin?

Listening begins in silence. It begins in stillness. If you ever wish to become a great listener first learn to do nothing. Silly isn't it, the idea that doing nothing can allow you to become better at doing something? Be still, be silent. Those of us who are familiar with meditation will understand. To affect our interactions with others, to become good listeners we must first hear ourselves. We have to quiet the chatter in our brains and be at peace, only then can we be present enough to truly listen.

I want to offer a meditation for the month of September. I am lucky enough to be taking some amazing classes right now on deep meditation and how it affects peoples lives. I don't think I would be the listener I am today if I had not found stillness and silence inside of myself. If you want to be a better listener begin with yourself. Listen to yourself; find kind words and affirmations that give you strength in your sense of self and your place in the universe. And if you ever need someone to listen to you, know that Misty Dawn and I are always here for you.

Find a quiet place for yourself where you can sit comfortably.

Meditation...Is on the front page in the middle...May everyone have a beautiful and amazing September! Namaste.

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If you attack apparent negativity with negativity, you merely feed and inflame the source. It's always best to take the positive in any conflict. If you genuinely love, or at least send kind thoughts to a thing, it will change before your eyes.
~ John & Lyn St. Clair Thomas

Inner peace can be reached only when we practice forgiveness. Forgiveness is the letting go of the past, and is therefore the means for correcting our misperceptions. ~ Gerald A Lampolsky

The people we are in relationship with are always a mirror, reflecting our own beliefs, and simultaneously we are mirrors, reflecting their beliefs. So relationship is one of the most powerful tools for growth... if we look honestly at our relationships we can see so much about how we have created them. ~ Shakti Gawain

Everytime we say "I must do something" it takes an incredible amount of energy. Far more than physically doing it.
~ Gita Bellin

Begin with the possible; begin with one step. There is always a limit, you cannot do more than you can. If you try to do too much, you will do nothing. ~ P.D. Ouspensky & G.D. Gurdjieff

Learn your lessons quickly and move on. ~ Eileen Caddy