

LISTENING

manifesto

*T*his listening manifesto was created just for you. The fact is, people love to be heard. We all do! When we are being listened to we feel respected, important, and valuable. Through listening, your life, and the people in it, will make more sense. When you listen to yourself and to others, you will hear life and the feelings and messages being communicated. When we listen we all feel happier, confident and successful. Listening is the key to understanding what is being said and what is not. Knowing and acknowledging others wants, needs, and energy builds bridges between people, cultures and societies. Listening to ourselves takes us beyond our fears, blocks and distractions, to our core. Want to hear more?



Listen

Give respect as you would
to a king

Watch with your eyes

Listen with your ears

Do this with a full heart

The Listening Promise To Myself

1. I will deep Listen - There is only one way to listen and that is deeply and that is heart listening. I will be quiet and recognize that there is always more than what I hear. There is something more to tune into, in the beyond.
2. I will listen to myself above all others. I will forgive myself because I am listening to my learning and I am how I am, figuring life out. I will listen to my heart, ideas, desires, fears, likes and dislikes yet I won't let those get in the way of hearing another person.
3. I will listen with my hands empty, focusing on the speaker rather than my electronic devices or my agenda.
4. I will be sensitive to who I am speaking to and will do what it takes to make eye contact with a child or any person so that I can communicate with that person completely.
5. I will listen to my Senses - Each of my senses is telling me something, they speak to me. I will pay attention and listen to what I touch, what I smell, what I hear, and what I see.
6. I will listen to how I feel, what I sense, and I will listen so I can experience texture, colors, sound and flavors.
7. I will listen to family and friends – Everyone is on their path and it might look different than mine. I will listen to where they are and not judge. I will listen past their fear to who they really are. I will listen to our combined history, to my ego, to theirs, and I will listen past it to find their true intentions.
8. I will listen to a whole being from a whole being – Each person I meet and come in contact with is a whole being, I will listen with an openness to what they say, what they don't say, how they look, how they move, how they feel, my agenda, and my fear, my dreams, thoughts, reaction's, joy, and love in order to really know and understand myself and others.
9. I will listen to my work – I will listen to what I want, what I can do, what I can't, what I need, what I don't need, my dreams, the possibilities, my team, the trends, the management, the leaders, my ego, my intuition and then I will listen to put it all together.
10. I will listen to the wind, the color of the trees, the sky, the loudness of sound and the quieter moments. I will listen to the feel of water, the chill in the air, the flight of animals, the news that pertains to me, the care of the planet, what I have the capacity to do and what I don't.
11. I will listen to the energy that surrounds me and that exists in the world – I will listen to the underlying messages, and subtleties that always exist. I will listen to the tone of energy, the feel, the energy in a room, the energy of a person, the energy I feel from food, from a physical recharge, to a drain, to harnessing energy, to creating energy, to being open to energy because when I listen to energy I am listening to the core, flow and essence of life. Listening to these subtle energies appears in different ways. Sometimes I will listen and experience it in my body as colored light, as a rising or falling sound, sometimes as a comfortable feeling and sometimes as an uncomfortable feeling. Through listening I will feel energy in my body in multiple ways and in multiple strengths. Listening is like the breath we take, it feeds, nourishes us, keeps us alive and it connects to all of nature.