

# The Art of Listening Well



Most people do not listen with the intent to understand; they listen with the intent to reply.

Stephen Covey

We all need to develop the art of listen, because listening often is seen an response to replying. The moment we loose the intention behind the art of listening we have created a cess pool in our mind, our chest feels heavy and breathing becomes difficult. We do not quite understand what has gone wrong, is

it our mind that is playing a trick on us or is what we are experiencing the truth. the moment we hear people out we are receiving them and accepting them with not only love but respect. Our heart lightens in sheer brightness refusing to turn away from any awkward conversation. We can tackle situations with much more ease which we had not before.

I wish people could tune in to other people, as its as simple like catching the frequency of a radio station. All people emit signals sometimes weak that we cant monitor while some are clear and strong. The moment we are ready to attend to the oscillating nerves around we have restored our faith in that human who will then be with us forever. We would have then found a friend we all need so much. Trying times will get easier wisdom gained will become our reward. So try and listen now to the numerous hearts that are beating faintly.