



*Today's Suggested
Topic is...*

**Compassionate
Listening**

Compassion

Compassion is deep empathy for another who is suffering or living with misfortune. It is understanding and caring, and a strong desire to ease their distress. Compassion flows freely from our hearts when we let go of judgments and seek to understand. Our compassionate presence helps people to know they are not alone. Sometimes they don't need us to fix anything. They only need to be heard with compassion, so that they can connect to their own inner wisdom. We need our own compassion as much as others do. Whether a silent prayer or a gentle touch, compassion is a priceless gift.



The Virtues Project™

Most people do not
listen with the intent
to *understand*.

Most people listen
with the intent to
reply.

I don't care if
you are suffering



Apathy

I feel sad to know
you're suffering



Sympathy

I'm here and I
understand your
suffering



Empathy

I will help you end
all your suffering



Compassion

A photograph of two men sitting in an office environment. The man on the left, who is Black, is wearing a grey t-shirt and blue jeans, and is gesturing with his hands while speaking. The man on the right, who is white with glasses, is wearing a blue short-sleeved button-down shirt and is listening attentively while holding a white cup. In the background, there is a window with a view of a brick building, a framed certificate on the wall, and a coffee machine. A large blue rectangular box is overlaid on the right side of the image, containing white text.

Compassionate
listening involves
putting aside
your ego to hear
another's pain

People start to
heal the moment
they feel heard.

~Cheryl Richardson

WHAT I NEED TO KNOW TO LISTEN WITH COMPASSION

1

See people for who they are

2

Don't give advice or feedback

3

Be present - in the moment

4

Stay open and receptive

5

Give full attention

6

Let go of judgments



"More often than not, the things we detest and judge in others are a reflection of the things we cannot accept about ourselves."

- Tyanla Lanzant

THE ART OF COMPASSIONATE LISTENING

It is the highest form of listening.
It builds trust, solves problems, relieves stress, and ensures better understanding.

see



let go

see people for who they really are.
withhold any and all judgments.

silence



be quiet

don't give advice or feedback.
listen with your eyes and heart.

presence



be open

stay in the moment.
tune in and be attentive,
receptive and supportive.

honor



respect

be heart centered.
seek to hear and connect from the inside out.



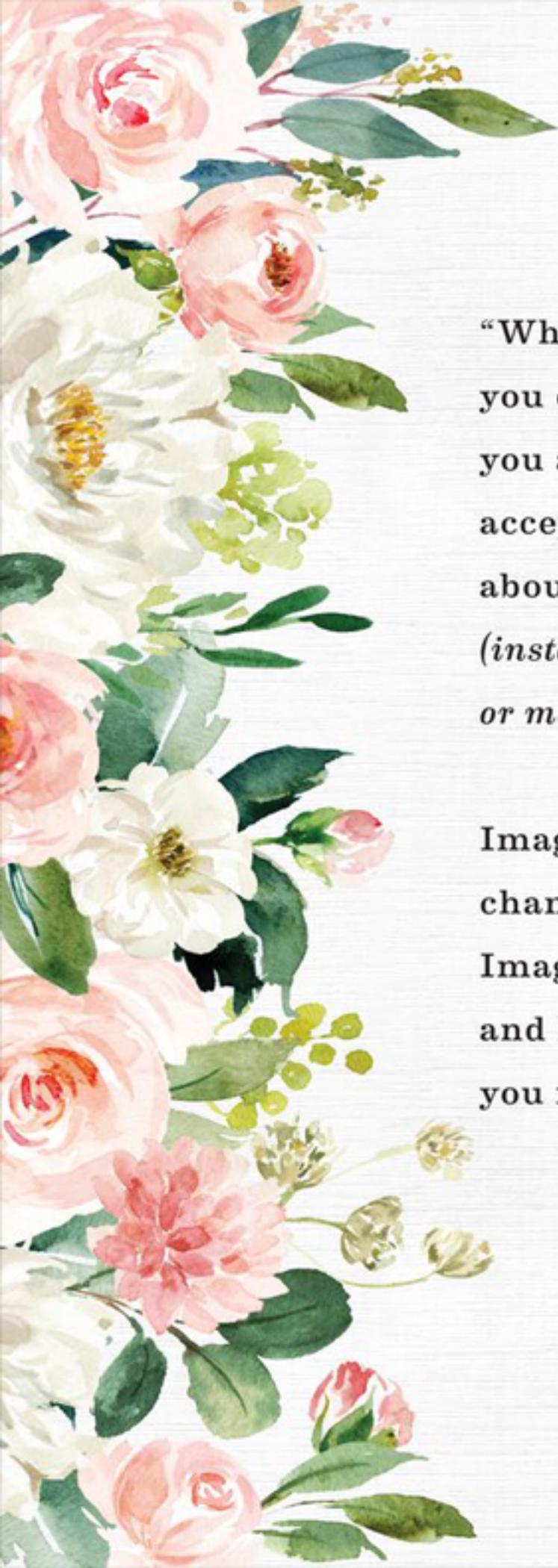
the results...

the person you are with feels understood

you build trust and resolve conflict

you see their perspective more clearly

it brings connection, peace, and harmony



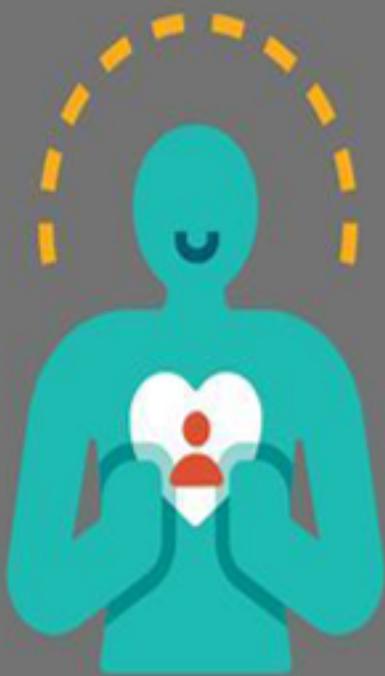
“What if each time
you experienced an emotion,
you acknowledged it,
accepted it, and became curious
about its message for you
*(instead of trying to make it go away
or make it last longer)?*

Imagine how this could
change your life.

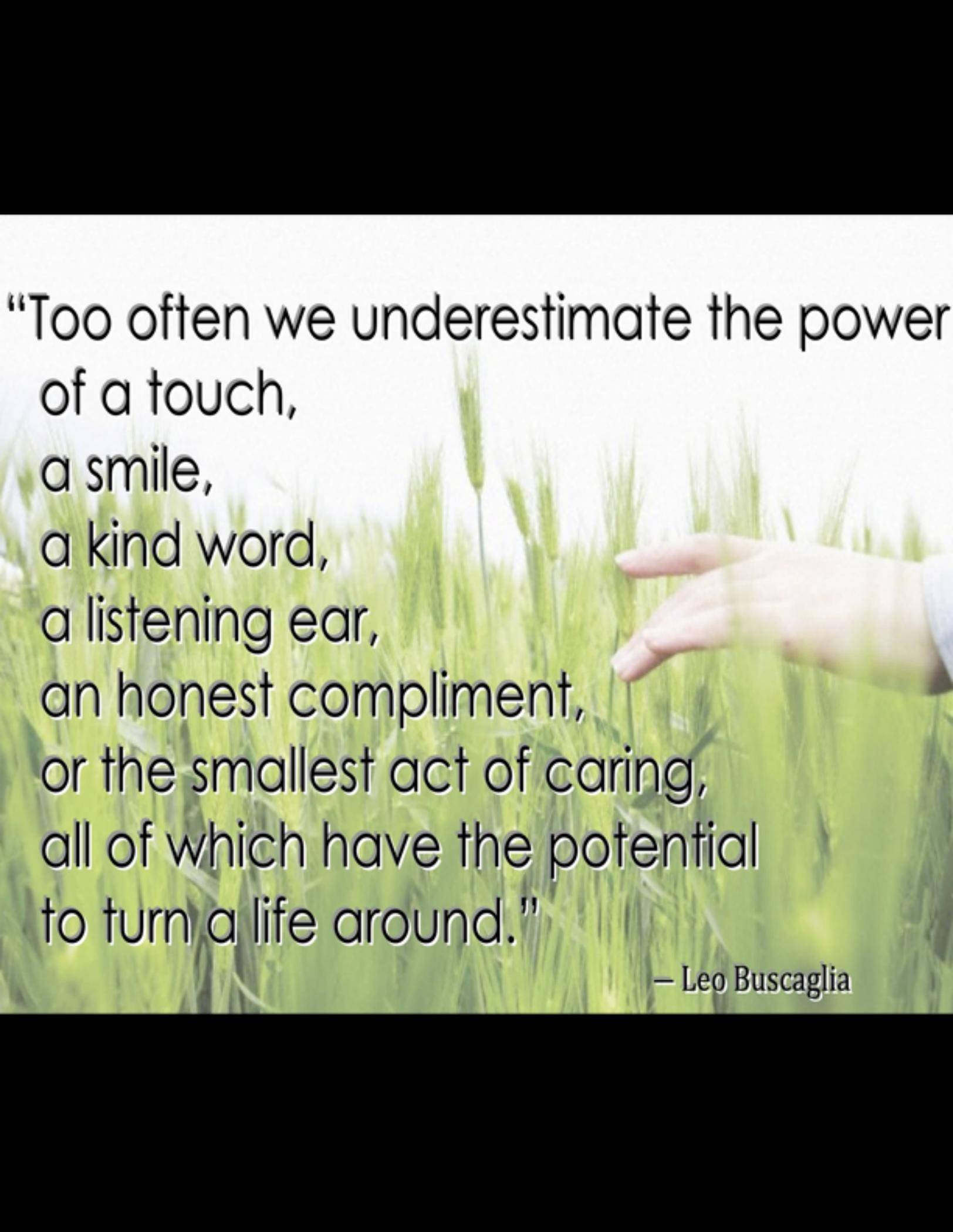
Imagine how heard, loved,
and honoured you would feel if
you really listened to yourself.”

- Vironika Tugalev

If your
compassion
does not
include
yourself, it is
incomplete.



- Jack Kornfield

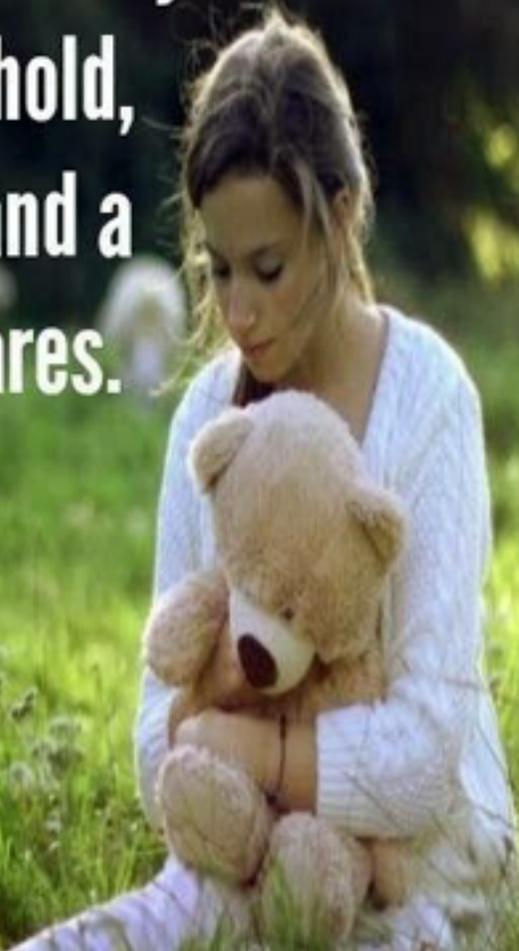
A close-up photograph of a person's hand reaching out to touch a stalk of wheat in a field. The background is a soft-focus field of green wheat stalks under a bright sky. The text is overlaid on the left side of the image.

“Too often we underestimate the power
of a touch,
a smile,
a kind word,
a listening ear,
an honest compliment,
or the smallest act of caring,
all of which have the potential
to turn a life around.”

— Leo Buscaglia

**People don't always
need advice.**

**Sometimes, all they really
need is a hand to hold,
and ear to listen and a
kind heart that cares.**



I often hear people saying what they would like to have in life, well here are a few of the things that I would like.

I would like those who are feeling ill to feel better. I would like every child to have someone who loves and cares for them.

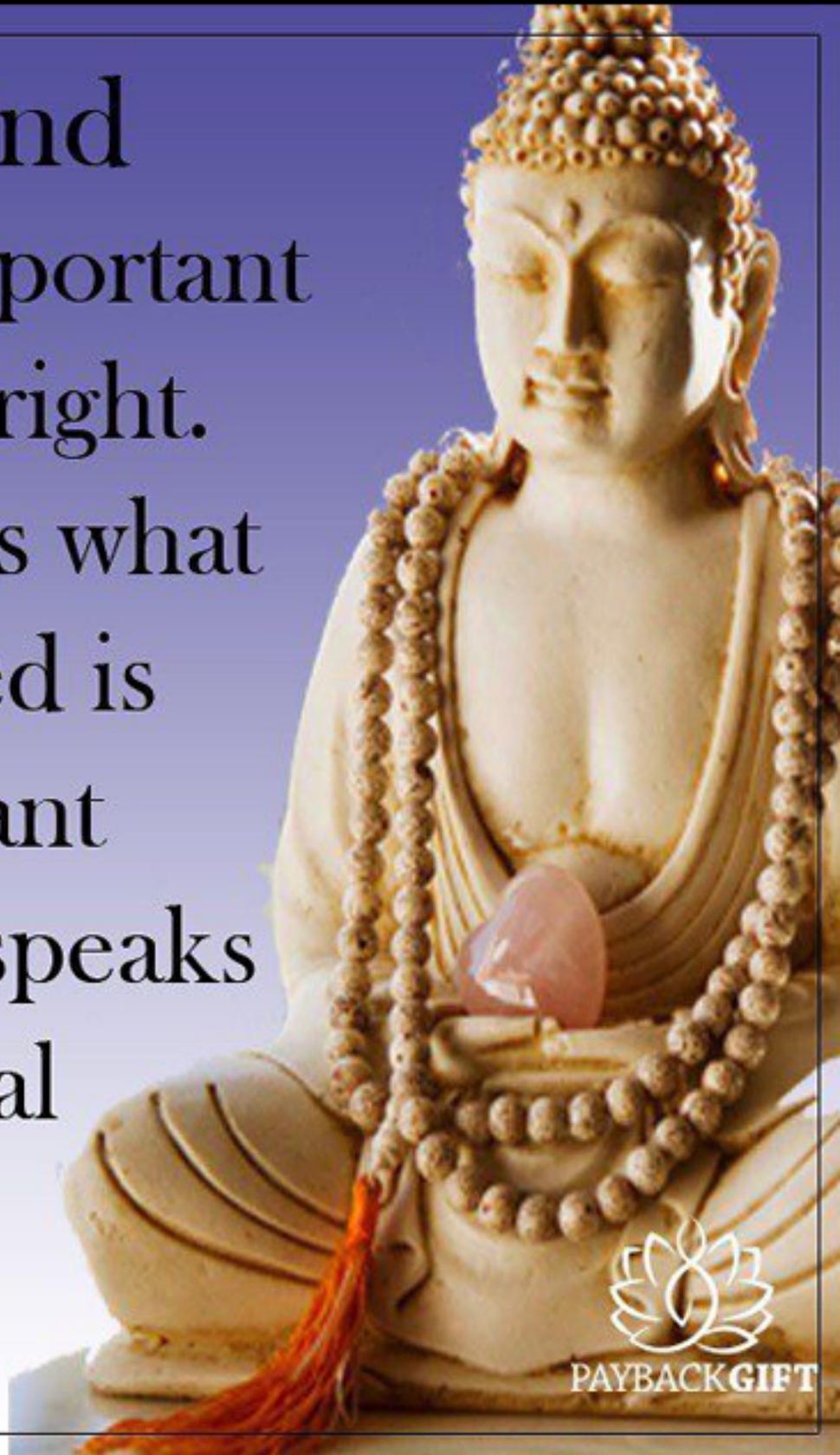
I would like those people who struggle every day to have a change of fortune and I would like to see more people showing care and compassion towards others less fortunate.

I would like to see this message spread across the whole world for others to read.

*Written and Created
by Dave Hedges ©*

Wisdomtoinspirethesoul.com

To be Kind
is more important
than to be right.
Many times what
people need is
not a brilliant
mind that speaks
but a special
heart that
listens.



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