

Personal Reflection – August 1, 2022

Listen to Their Feelings, Part Two

We know the classic route from listening to feeling: watch their eyes, watch their body actions, listen to the images. They use the metaphors that emerge, listen to the question marks that sound at the end of their sentences... What else?

In Part One of this 'page from Back Porch,' I named the importance of naming and celebrating our feelings. Perhaps the next step is deep listening: gentle, quiet, avoiding interrupting, and resisting finishing someone else's sentence. *Easier said than done for me!*

My young physical therapist, Dr. Brigid, recently gave me some cogent advice: *Just move*. I'll take a page from her book and offer: ***Just listen***.

In conversation, I often pray to thank the Giver of All Good Gifts for the grace for me to be quiet, to let a sentence settle a bit, to consider it *en route*. Imagine: a considered word! And a considered response! And a quiet beat between the two. It's *music!* Wow.

--Jane Vella