

Some Quotes On Listening and Dialogue

from Krishnamurti: I do not know if you have ever examined how you listen,
it doesn't matter to what,
whether to be a bird, to the wind in the leaves,
to the rushing waters,
or how you listen in a dialogue with yourself,
to your conversation in various relationships
with your intimate friends, your wife or husband...
If we try to listen we find it extraordinarily difficult,
because we are always projecting our opinions and ideas,
our prejudices, our background, our inclinations, our impulses;
when they dominate we hardly listen at all to what is being said,..
In that state there is no value at all.
One listens and therefore learns,
only in a state of attention, a state of silence,
in which this whole background is in abeyance, is quiet;
then, it seems to me, it is possible to communicate.
Real communication can only take place where there is silence.”

‘from Rilke: I believe in all that has never yet been spoken.
I want to free what waits within me
so that what no one has dared to wish for
may for once spring clear
without my contriving.

from Rumi: Out beyond ideas of wrongdoing and rightdoing
There is a field.
I will meet you there.

from Thich Nhat Hanh:

We have to understand in order to be of help. We all have pain, but we tend to suppress it, because we don't want it to come up to our living room. The most important thing is that we need to be understood. We need someone to be able to listen to us and to understand us. Then we will suffer less. But everyone is suffering, and no one wants to listen. We don't know how to express our pain hurts other people, and they don't want to listen.

Listening is a very deep practice...you have to empty yourself. You have to leave space in order to listen...especially to people we think are our enemies—the ones we believe are making our situation worse. When you have shown your capacity for listening and understanding, the other person will begin to listen to you, and you have a chance to tell him or her of your pain, and it's your turn to get healed. This is the practice of peace.