



What does it mean to

“Listen with the Ear of Your Heart?”

By Brother Oscar Joseph, OCCO

What does it mean

Listen With The Ear Of Your Heart?

“Can you hear me now?” “Can you hear me now?” The narrator repeats the question over and over throughout the popular commercial. This is an interesting phrase that both markets his product and mirrors your personal need to be heard.

You need to be heard. You don’t necessarily have to agree or support me but please, please hear me. When you hear me, I am validated. I have become a person of some value. To be validated I will talk on the cell phone about trivial nonsense, chatter all day about nothing important to anyone who will listen, or even create an argument to get attention. This is a sad state of affairs to be sure.

Let’s speak about listening skills. You can recall what you know about listening skills by remembering what Mamma told you, “You have two ears, and one mouth so listen more than you speak.” Actually the 90/10 rule came from this. That is to listen 90% of the time and speak 10% of the time. It sure would be a quieter planet.

Active listening means full participation by the listener and response to the speaker. This might include such communication efforts as mirroring. Mirroring is speaking back what you have just heard.

Passive listening is thinking of your response rather than really listening. You could also be viewing sports channel, reading the paper, or almost anything other than listening. Basically, you are not really present to the speaker and show little interest in what is being said.

The next level of listening skills is “to listen with the ear of your heart.” At first that may seem an unusual statement. But slow down for a moment and listen to the words, “listen with the ear of your heart.” I think you will figure it out. Listen in such a way that the speaker, or writer, moves you towards transformation.

Imagine listening to your mate complain about his day. Imagine moving to the “ear of your heart” and the effect his words of sorrow, conflict, stress, and failure have on your heart. Your response to him would be different than if you just simply heard the words. You would be transformed, moved, more charitable, and compassionate.

The heart needs you to speak slowly. Look at your beloved. Do not be in a rush. Save your important messages for a time when you are together. Do not discuss them over the cell phone. Touch them whenever something is really important to you. Speak softly. My heart is tender. It gets frightening when you are loud, critical, or sarcastic. Be careful with your words. Say what you really mean. Be clear and precise. Do not continually repeat yourself. The heart hears better with fewer words.

It takes practice "to listen with the ear of your heart." You need to develop a quiet spirit. The quiet spirit is developed through a desire to be present to your beloved. Spend time quietly. Let there be no noise, no distractions. Listen to yourself. Still your body. Move slowly. Don't always be involved with movement. When you listen, your goal is to be in empathic union with the speaker. Look into their eyes. Give them your understanding and respond with few words, a smile, or tear. Mostly be with them.