

Reclaim YOUR Freedom Online Workshop Transcript

Lesson 1 - Listening

For those who are not aware I'm actually a qualified transpersonal counselor. I trained in Sydney, Australia. It's a two-year program there. And one thing we were taught is the power of listening and the importance of listening in any of this kind of work. The one thing which really challenges us in listening, which really struck me, is this concept of rehearsing in our head.

When I hear something, or trigger something, I need to respond to that. I'm obviously rehearsing what to say and I don't listen to anything else that happens after that. Therefore, I could miss half of the conversation or two-thirds of it, maybe a critical point that the person is saying.

So, listening is quite important especially with us supporting each other, the concept of freedom. It's that rehearsing in our head which traps us in the place we often find ourselves, because we get stuck in our own narrative which is just a belief system at the end of the day, but that becomes our truth and our reality.

How many of us here can truly say we listen? Have you all heard of Caroline Myss? She's a medic intuit and she has a great book called the Archetypes (and Sacred Contracts). We have our various archetypes and they are the pleaser, the rescuer, the taker, the prostitute and things like that. My archetype is the rescuer.

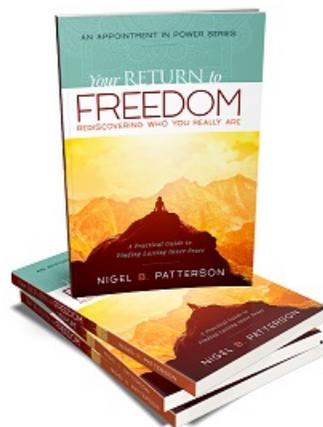
So, to feed my sense of self-importance, or my ego, I'll be listening for any signal which says, oh, goody I can jump in and rescue you and not listen to what you are actually trying to tell me. Instead of just holding the space for someone I'll try and rescue and I have to be so aware of that.





Typically, when we go into a place or a time of stress we drop into the archetype because that's where our comfort zone is. That's where we feel safe. And when, like moving countries, moving jobs, moving house, whatever, the stressful situations we go into that archetype. I know for myself, when I am in the archetype I'm not listening. I know that for myself.

As soon as I know I'm stepping to rescuer mode I then know I'm not listening. It's about me, not about the other person. So, the challenge for today is to try and capture or catch ourselves if we are in that space of not listening. Again, the important thing is without judgment and we'll get into judgment as well. We don't want to berate ourselves. There are enough people making us feel guilty without us having to do it ourselves.



A Poem: Listen

When I ask you to listen to me

and you start to give advice
you have not done what I have asked.

When I ask you to listen to me

and you begin to tell me why I
shouldn't feel that way
you are trampling on my feelings.

When I ask you to listen to me

and you feel you have to do
something to solve my problems
you have failed me, strange as that
may seem.

Listen!

All I ask was that you listen,
not talk or do, just hear me.
Advice is cheap: 25 cents will get you
both Dear Abby

and Bill Graham in the same
newspaper.
And I can do that for myself; I am not
helpless.

Maybe discouraged and
faltering,
maybe lonely and isolated and
grieving and searching,
but not helpless.

When you do something for me that I
can and need
to do for myself,
you contribute to my fear
and
to my weakness.

But,

when you accept as a simple fact that I
do feel what I feel,
no matter how irrational, then I can quit
trying to convince you
and can get on about the business
of understanding what's behind this
irrational feeling.

And when that's clear,
the answers are obvious and I don't need
advice.

Perhaps

that's why prayer works, sometimes, for
some people...
because God is mute and doesn't try
to give advice or try to fix things.
"They" just listen and let you work it out
for yourself.

So,

Please listen and just hear me.
And...
if you want to talk...
wait a minute for your turn...
and I'll listen to you.

Anonymous

