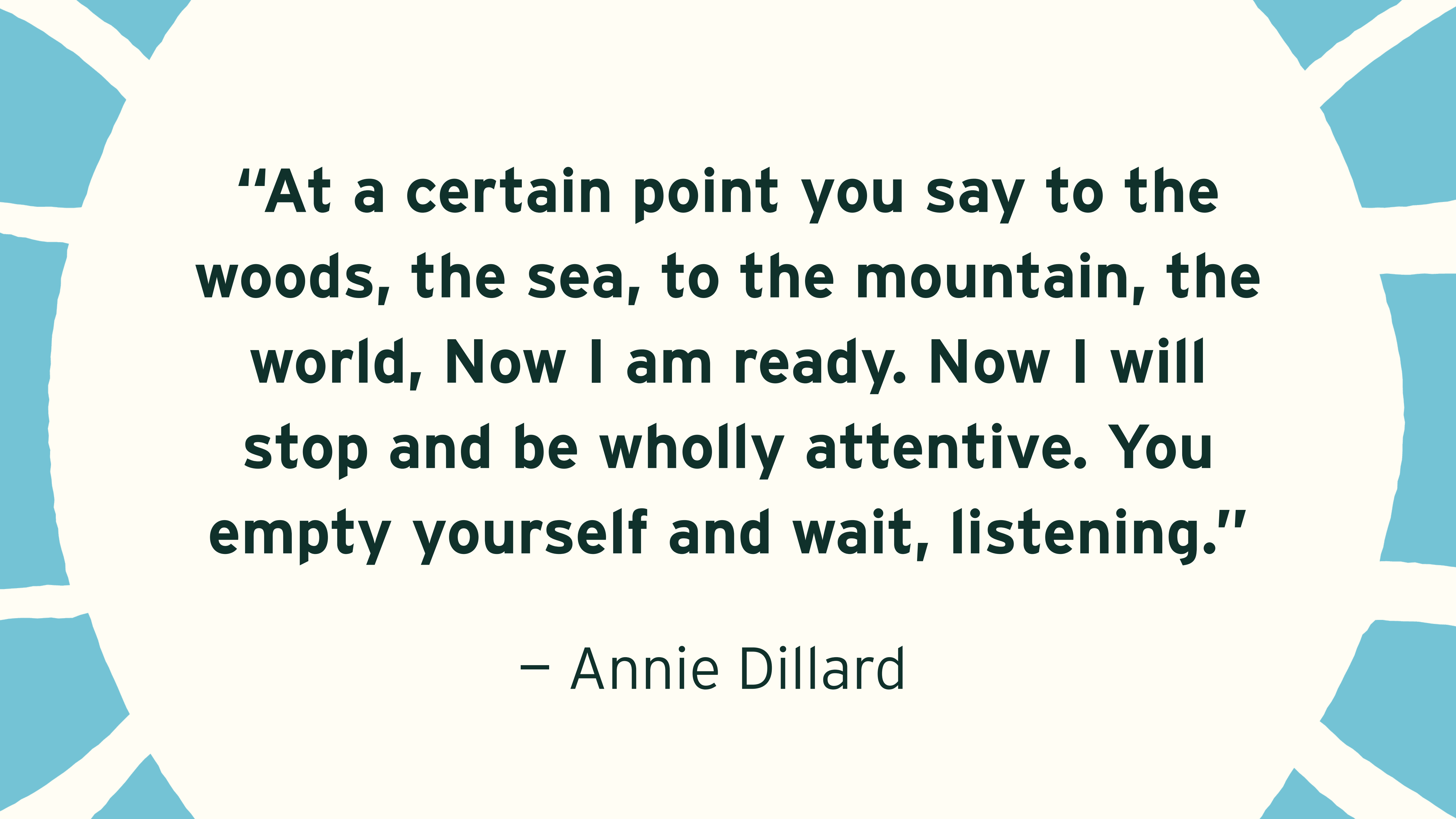




"There is something in every one of you that waits and listens for the sound of the genuine in yourself. It is the only true guide you will ever have. And if you cannot hear it, you will, all of your life, spend your days on the ends of strings that somebody else pulls."

– Howard Thurman



"At a certain point you say to the woods, the sea, to the mountain, the world, Now I am ready. Now I will stop and be wholly attentive. You empty yourself and wait, listening."

– Annie Dillard

When Someone Deeply Listens To You *by John Fox*

When someone deeply listens to you
it is like holding out a dented cup you have had since childhood and
watching it fill up with cold fresh water.

When it balances on the top of the rim you're understood.
When it overflows and touches your skin you are loved.

When someone deeply listens to you
The room where you stay starts a new life
And the place where you wrote your first poem
Begins to blow in your mind's eye.

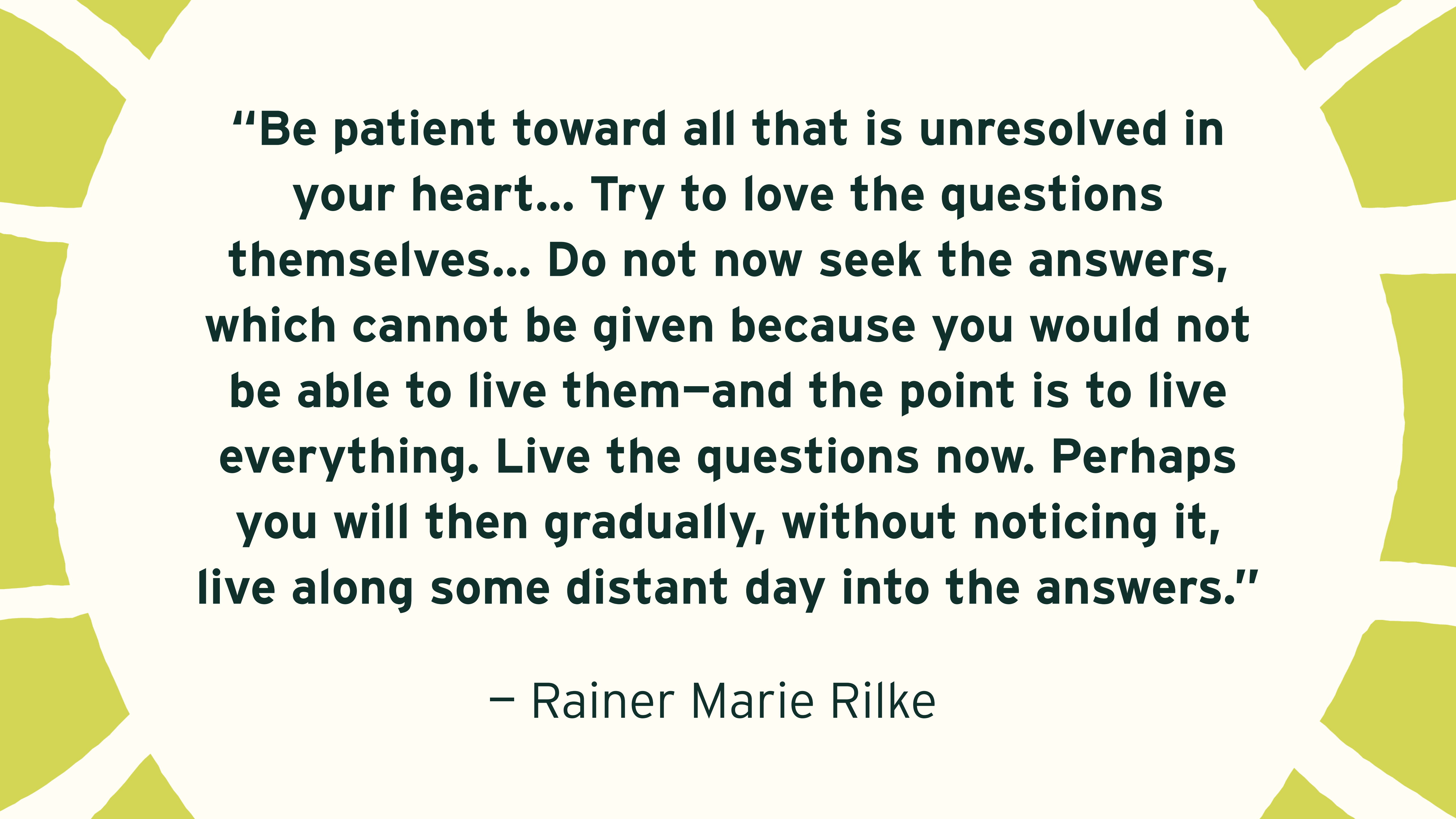
It's as if gold has been discovered.

When someone deeply listens to you, your bare feet are on the earth
and the beloved land that seemed distant is now at home within you.



I want to listen deeply enough that I hear everything and nothing at the same time and am made more by the enduring quality of my silence. I want to question deeply enough that I am made more not by my answers so much as my desire to continue asking questions. I want to speak deeply enough that I am made more by the articulation of my truth shifting into the day's shape. In this way, listening, pondering and sharing become my connection to the oneness of life, and there is no longer any part of me in exile.

– Richard Wagamese from “Embers”

A decorative border made of yellow torn paper pieces surrounds the text.

**"Be patient toward all that is unresolved in
your heart... Try to love the questions
themselves... Do not now seek the answers,
which cannot be given because you would not
be able to live them—and the point is to live
everything. Live the questions now. Perhaps
you will then gradually, without noticing it,
live along some distant day into the answers."**

– Rainer Marie Rilke