

The Power of Listening-- Quotations

The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them.

-- *Ralph Nichols*

One of the easiest human acts is also the most healing. Listening to someone. Simply listening. Not advising or coaching, but silently and fully listening. --*Margaret Wheatley*

Every person in this life has something to teach me -- and as soon as I accept that, I open myself to truly listening. -- *Catherine Doucette*

Listening effectively to others can be the most fundamental and powerful communication tool of all. When someone is willing to stop talking or thinking and begin truly listening to others, all of their interactions become easier, and communication problems are all but eliminated. -- *Ken Johnson*

We listen in order to learn and retain information. If we are speaking, we are not listening or learning anything to add to our sum of knowledge. This is why the first step to effective listening is to stop talking! --*Ken Fracaro*

Why is being heard so healing? I don't know the full answer to that question but I do know it has something to do with the fact that listening creates relationship. We know from science that nothing in the universe exists as an isolated or independent entity. Everything takes form from relationships, be it subatomic particles sharing energy or ecosystems sharing food. In the web of life, nothing lives alone. --*Margaret Wheatley*

Listening in a way that opens up the possibility of essential change in both the listener and the speaker may be called transformational listening. It is at the heart of effective speaking. It is also the key ingredient in successful relationships, business skills such as management and team building and in all good communication. -- *Lee Glickstein*

Respectful and generous listening is the interpersonal skill that makes productive conversations possible. -- *Paul Axtel*

Listening is the gift that allows speaking. If you listen, wonderful things can happen: people feel supported, issues get clarified, upsets disappear, creativity emerges and self esteem soars. -- *Paul Axtel*

WANT TO USE THIS ARTICLE IN YOUR E-ZINE, CLASS OR WEBSITE? Great! Just use the whole article and include this complete tag with it: Lea Houston, MA, transformational wellness coach and inspirational speaker, publishes the *Self Care Celebration!* e-zine twice a month. If you're ready to create a life of vibrant health, wellbeing, ease and vitality, get your free report and sign up for the e-zine at www.SelfCareCelebration.com Contact Lea for coaching and speaking: lea@leahouston.com