

7 STEPS TO BETTER LISTENING

Active Listening: How to Increase Awareness of your Inner Guide

(An extract from 'The 7 Essential Keys to Psychic Development')

Active Listening is intent to 'listen for meaning'. **Communication** is the key to any success and probably the most important foundation block is the development of effective listening skills. Listening is the receiving part of communication.

This can also be applied to our inner listening, to the 'still small voice within'. This is the voice of peace and is God's way of talking to us.

Here are **seven** ways to improve your internal active listening skills:

1. **Daily Commitment.** In order to 'hear' properly you must have a real wish and flexibility to change your view of the world. You should be willing to see or consider an alternative route. Reserve a special time each day to connect to your Divine Source. Ask for what you need in prayer or thought. Receive your answer in meditation.
2. **Be silent.** You need to quieten your mind, to let go of all your thoughts except to focus on your wish to hear. Release all your ideas of what you think you need to the Divine.
3. **Recognise God's voice.** There is only one. It is the still, small voice that speaks of love and peace. It is the voice of truth and will give you a peace that is beyond understanding.
4. **Have no terms or conditions.** True 'listening' is difficult when you request a specific answer to your question. Simply ask to be shown or guided to the best way forward.
5. **'Listen' with self-confidence.** Trust what you hear. Your willingness and ability to listen is all that is required.
6. **When in doubt, continue to listen.** The truth is the consistency of the still, small voice of peace and love that comes from within.
7. **Continue only when you feel at peace.** If your peace becomes disturbed, stop and ask for guidance. Don't try to force things. The answer will come.

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