Poem used in teaching Chapter 5 (Remember, Recall, Reflect) to HIH Staff

***Excerpt from “Listen” by Steve Garnaas-Holmes***

Some people need a good talking to.  
But almost everybody needs a good listening to.  
Being reflected changes light.

Being heard changes people.  
  
Let their speaking be all there is.  
Silence your own noise so you can really hear them.  
Pocket your thoughts. Table your advice.  
  
Listen like the earth listens to the rain.  
Dry earth doesn't take in the rain very well.  
Practice listening so you can hear…

Listen like the violin listens to the string  
and imagine in your listening you vibrate  
with a greater listening.

Like midwives   
we can listen each other into wholeness,  
listen people to life. 

Excerpt from “Listen,” Steve Garnaas-Holmes, *Unfolding Light: Daily Reflections and Worship Resources*, March 17, 2023, <https://unfoldinglight.net/2023/03/17/listen-2/>.