Stopping & Listening

By Maranda Loughlin
Sometimes I think...

The word "LISTEN"

Is mistaken for the words...

"BE QUIET."

While it's true we can't hear someone if we are talking, I think "Listening" is More than that!
There's the performance of listening where we become quiet, still, and look at who is speaking.

But, I think it might be a little bit more than that too.

Maybe listening happens when we shut off our own thoughts...

to let someone else's voice take up space in our mind.

Hello!
...And this gift.

of someone else's thoughts, ideas, and stories...

is both a challenging & beautiful gift...

Because, once we welcome in another person to our minds...

we are gifted with new ways of thinking, and new paths to...

by finding ways to stop our own thoughts...

and listen to their's...

consider in how we choose to live our lives with people, and ourselves, together, in mind.
Can you think of a moment you've had... where you chose to stop thinking so that you could better listen to someone else?

How did this moment of listening change the way you think?

Can you draw this moment into a comic?

I'd love to listen to your story.
-M.