

# The Art of Intuitive Listening

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If you're looking to improve your communication skills, build stronger relationships, and gain a deeper understanding of yourself and others, then I'm telling you right now - practice intuitive listening.

Intuitive listening is a deeper level of listening that goes beyond just hearing words and it's an art that can transform the way you communicate and connect with others.

Intuitive listening is about **tuning in to the energy and emotions behind the words**. It's about sensing what the other person is really feeling, even when they may not be expressing it directly. This type of listening requires us to be present, to pay attention to our own emotions and intuition, and to be open and receptive to the other person.

Practicing to be a more intuitive listener can be challenging, especially in situations where there's conflict or tension. It requires us to be vulnerable, to let go of our defences, and to be open to new perspectives. But the rewards are pretty amazing. When we listen intuitively, we can create deeper connections with others, build trust, and find solutions to problems that may have seemed insurmountable.

Intuitive listening is not just about communication, it's also about personal growth. When we learn to listen intuitively, we develop a deeper sense of empathy and compassion. We become more attuned to our own emotions and intuition, and we learn to trust ourselves more fully.

## 3 ways to get started —

**01** The first step in intuitive listening is to **quiet our own inner chatter**. We all have an inner voice that is constantly analysing, judging, and commenting on what we hear. When we learn to quiet this voice, we can create space for intuition to emerge.

**02** The second step is to **focus on the other person**. This means giving them our full attention, being present in the moment, and listening with an open mind and heart. We need to be willing to let go of our own preconceptions and assumptions and truly tune in to the other person.

**03** The third step is to **pay attention to our own intuition**. This means being aware of our own feelings and sensations, and trusting our instincts. When we sense that there's more to what the other person is saying, we need to be willing to explore that further and ask questions to gain a deeper understanding.



In a world where we are constantly surrounded by noise and distractions, the art of listening is more important than ever. Listening is not just about hearing what someone else is saying, it's about understanding their perspective and empathising with their point of view.

At its core, listening is an act of respect. When we truly listen to someone, we're telling them that we value their thoughts and opinions. We're creating a space for them to be heard and understood. This is particularly important in situations where there's conflict or disagreement. By listening to each other, we can begin to find common ground and work towards a solution.

But listening isn't always easy. It requires patience, focus, and a willingness to put aside our own biases and assumptions. It's all too easy to fall into the trap of thinking about what we're going to say next instead of truly listening to the person in front of us.

## Benefits of practicing intuitive listening in your life —

1. **Better communication:** Intuitive listening helps you to understand the other person's perspective more deeply. By listening not only to their words but also to the emotions behind them, you can gain a clearer understanding of what they are really trying to say. This can help you to communicate more effectively, build stronger relationships, and avoid misunderstandings.
2. **Improved relationships:** When you practice intuitive listening, you show the other person that you value their thoughts and feelings. This can help to build trust and create a deeper connection. You will be able to communicate more openly and honestly, which can lead to stronger, more fulfilling relationships.
3. **Greater self-awareness:** Intuitive listening is not just about listening to others, it's also about listening to yourself. As you tune in to your own intuition and emotions, you will gain a deeper understanding of yourself and your own needs. This can help you to make better decisions, set healthy boundaries, and live a more fulfilling life.
4. **Problem-solving:** When faced with a difficult problem, intuitive listening can help you to find solutions that may have otherwise been overlooked. By tuning in to your intuition and the emotions behind the words, you can gain new insights and perspectives that can help you to find creative solutions.

Practice, practice, practice! It's not something that comes naturally to most of us, and it takes time and effort to become a truly skilled listener and by becoming a better listener, we can build stronger relationships, resolve conflicts more effectively, and gain a deeper understanding of the world around us.

By tuning in to the energy and emotions behind the words, you can create deeper connections with others and live a more fulfilling life. So, I encourage you to give it a try and see the positive impact it can have on your life!