

## **TRANCE 4 (Listening)**

Hello my friends. Learn to listen, for listening is a great skill. You learn much through listening. When you listen to another what do you hear? Do you hear every word they say? Do you hear the emotions behind the words? Do you feel what that person is feeling? Next time you listen to another, we urge you to practice truly listening, for listening is love. You are giving of yourself for another and that may be what they really need is for someone to listen to them. You may not need to know the answers to their problems; you may not need to say any words at all, for they will feel your love through your listening.

Every time someone speaks to you, this is an opportunity for you to learn this great skill. Not just to listen to the words but to listen to the person behind the words. This is where your compassion comes in, to feel what that person is experiencing in their life. For they need to share those emotions and those thoughts with someone who cares, with someone who is sensitive to their need. Can you remember a time when someone truly listened to you and how did you feel? Can you remember what it was like when you spoke and no one listened to you? These are learning experiences for you, to help you react with a greater love, when it is your turn to listen.

You can learn much by listening to another but we also want to say, we urge you to listen to all the sounds in your world. The harsh ones and the beautiful ones, for they are there to be heard. The Great Spirit is speaking to you through these sounds and do you think the Great Spirit that is behind the whole of creation, is worth listening to ?

It is how you react to all these sounds that change you, your opinions and the way you live your life. You can learn much from the natural sounds of your world. For even sound has spirit within it, for everything originates from spirit. If you haven't learnt to listen to the sounds of your world, how are you going to efficiently listen to the words and the sounds from our world? We urge you to listen to yourself, listen to your body for it has much to tell you, listen to your own thoughts and listen to the promptings of your own spirit. Learn to listen, my friends.

We will surround you with our love and say goodnight.