



A hauntingly beautiful song

Andrea Kirwin and I recently teamed up to co-write a song, simply entitled LISTEN. My wish is that her soulful rendition of this song will be a catalyst for us all to start tuning in to what others are saying and feeling and to simply be present.

Listeningly
Robyn

LEAN IN &

listen

LISTEN

Please just stop here for a moment
Give me a minute of your time
I'm not asking for forever
Simply a gentle meeting of our minds

Tune in to what I am saying
Then you'll know just how I feel
I am not looking for an answer
Just your presence makes me real

Oh listen, listen to the essence of my soul
Oh listen, only your listening will make me whole

Can you remember what it feels like
to be truly understood?
My hope is that we each feel honoured
and that we seek out what is good

Lay your burdens by the wayside
Leave your judgments at the door
Peace can be found in silence
and with kindness we're so much more

Oh listen, listen to the essence of my soul
Oh listen, only your listening will make us whole

Let us treasure every moment
To the world love we must send
It is these true heart connections
that makes us human in the end

Oh listen, listen to the essence of my soul
Oh listen, only our listening will make us whole

You can listen to Andrea performing LISTEN at robyn.com.au/listen

Robyn invites you to join The Listen Movement

The greatest compliment you can pay another person is to truly listen to what they are saying; to be present and to listen for understanding. More and more people are describing feelings of loneliness, even those in significant relationships - with technology often sweeping away the irreplaceable joy of meaningful conversation and connection. Everyday we can be surrounded by so-called conversations, which are, more often than not, one-way monologues.



Friends are those rare people who ask how we are,
and then wait to hear the answer.

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The Listen Movement

Help shape change and make the world a kinder place by practising these five steps
and sharing your experiences with your family, network and local community.

Please share your reflections with us too at robyn@robyn.com.au

EVALUATE YOUR LISTENING SKILLS

Tune in to your conversations. Move into awareness of whether you speak more or listen more. Observe how much you use 'I' vs. 'you'.

BE PRESENT

Listen with your eyes as well as your ears and 'hang-on' to every word.

DO NOT INTERRUPT

Allow the person talking to finish their sentence.

LISTEN TO UNDERSTAND, NOT TO RESPOND

Invite the speaker to develop their thoughts by encouraging them with comments like, "Tell me more", "Ah ha", "Why do you think she said that?"

BE COMFORTABLE WITH SILENCE

The letters in the word LISTEN are the same as in the word SILENT. Soak up their words like a sunset and resist the urge to talk about yourself.