

Listening, abundance and activism



Hearing is a physical means that enable perception.

Listening is to give attention to what is perceived acoustically and psychologically, interpretation of sound waves.

Acoustic Space is where time and space merge articulated by sound.

To Pauline Oliveros, **deep Listening** is learning to expand perception of sound to include the whole times/space continuum of sound.

Deep listening is a way of hearing in which we are fully present with what is happening in the moment without trying to control it or judge it.

Enhancing sensory perception

It is being able to target a sequence of sounds, perceiving the beginning, middle and end of

sound as a focus. Such focus and expansion means that **one is connected to the whole of the environment and beyond.**

“The level of awareness of soundscape brought about by deep listening can lead to the possibility of shaping the chaotic sounds of technology, urban environments and machinery. Deep listening designers, engineers, city planners ... can enhance the quality of life of all people.”

Practice to listen all the time and remind yourself to listen. Notice what you hear, expand your listening and learn to include more.



“All societies admit the power of music or sound. Attempts to control what is heard in the community are universal,”

“Sonic Meditations are an attempt to return the control of sound to the individual alone, and within groups especially for humanitarian purposes; specifically healing.”
- expanded consciousness

Active listening: A particular communication technique that requires the listener to provide feedback on what he or she hears to the speaker.

Critical thinking is the process by which people qualitatively and quantitatively assess the information they have accumulated, and how they in turn use that information to solve problems and forge new patterns of understanding. Critical thinking **clarifies goals, examines assumptions**, discerns hidden values, evaluates evidence, accomplishes actions, and assesses conclusions.

People can use critical thinking skills to **understand**, interpret, and assess what they hear in order to formulate appropriate reactions or responses.

Social awareness is being aware of the problems that different societies and communities face on a day-to-day basis and to be conscious of the difficulties and hardships of society.

Social consciousness is consciousness shared by individuals within a society.

Empathy is the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling. It is a critical component to leadership abilities and Social intelligence.

Social intelligence is the capacity to know oneself and to know others. Social scientist Ross Honeywill believes social intelligence is an aggregated measure of self- and social-awareness, evolved social beliefs and attitudes, and a capacity and appetite to manage complex social change.

Cognitive empathy is simply knowing how the other person feels and what they might be thinking. What are some examples? What could be the upsides, downsides?

Emotional empathy is when you feel physically along with the other person, as though their emotions were contagious. It is caring about what others feel.

Compassionate Empathy is when we not only understand a person's predicament and feel with them, but are spontaneously moved to help, if needed.

As we feel more connected to ourselves and the world around us, compassion and empathy often develops naturally, resulting in more authentic interpersonal relationships.

Listening as Activism:

Identify your value and of others as enough for the mere fact of existing. Deep listening requires us to clear space in ourselves first, so we can offer that space to those around us.

This act of listening deeply immediately creates an opportunity to connect with another, if we are

fully present to the person. When we listen to understand another and we offer that person our full attention we are saying, in effect, “You are worthy of being heard, you matter; what you say is important.” This way of listening brings about a feeling of respect and connection, a moment of human connection that can begin to build a network of respect between human beings.

Jennifer Moons Definition of Abundance

“The Revolution is a way of being, a commitment to hyper-awareness within the unfaltering framework of unadulterated love. The Revolution is currently devoted to creating venues that foster the continuous expansion of all on this earth and beyond!”

“The Revolution, therefore, is ... a way to be acutely present within every, forever-changing moment and then knowing what actions to take within each shifting moment based in love for all on this earth and beyond!”

<https://vimeo.com/97556290>

The more we pause and pay attention, the more we remember to pause and pay attention. As we gradually become more aware of automatic patterns and reactivity, we have the option to change them. Become more responsive and less reactive.