

The Art of Listening
Glastonbury address June 21st 2016
by Father Cheyne

Good evening Friends...This evening I would like to begin by asking the question what exactly is listening?

Is this something which is just limited to hearing? Or can listening become something far deeper and more profound than the mere use of the physical ears alone?

In many ways our senses are organs of limitation rather than of perception for if our eyes were capable of perceiving all of the various rays and frequencies of light, we would not be able to bear such an influx of energy. Therefore what we are able to perceive of light is limited and filtered through the lenses of our eyes.

In a similar manner our ears are also organs of limitation, only capable of perceiving a selection of frequencies of sound. Even our taste buds while providing us with a variety of sensory experiences are primarily used to determine what we like or don't like the taste of. We all form opinions and preconceptions regarding what we like to look at or don't, what we listen to or not, and in many ways we human beings are blinkered in relation to the natural world of which we are a part.

However, precisely how limited our capacity to perceive the deeper and more subtle levels of reality around us, especially the Spiritual realities which form the centre and essence of all created life, depends upon our focus, and our ability to Listen with our Hearts.

So, how might we better develop our capacity to sense the sacred in each moment? And very importantly, how may we remain perfectly grounded and humbly perceptive while doing so?

Now, let us make a distinction between three main types of listening. Firstly there is mundane or earthly listening. Secondly we have intuitive listening. And thirdly we have Spiritual listening.

Let us first consider earthly listening in a little more detail.

In our personal relationships with our family members, our friends, or work colleagues, do we really listen to what they are saying? Have we been guilty of assuming that we already know what others are thinking and feeling, or are about to say? Have we been too easily dismissive of what others have to say? Do we talk over others, believing that we know better? Or that our opinions are more valuable than others?

Are we really open and receptive?

Listening requires us to slow down our own internal dialogue, so that we may be receptive to what is of value all around us, to learn from. How can we possibly learn from others unless we are quiet and attentive?

Now with regards to intuitive listening, do we trust our intuition, or have we rather at times ignored that inner knowing which, had we listened clearly and attentively may have spared us from uncomfortable or even traumatic experiences?

Instead, I would like to encourage each and every one of us here tonight to open up a respectful dialogue with our intuition, befriending and trusting in its' Wisdom. And, may we develop it by remaining ever mindful of the vitally important Divine Feminine quality of Understanding, which brings Wisdom into balance through the power of Silence.

The importance of Silence has been so beautifully emphasised in the Essene Gospel of Peace thus..."I Speak To You, Be Still, Know I Am God."

Now let me be absolutely clear about this word God...the Most High is not defined by gender...favours neither, yet Loves equally.

With regards to Spiritual listening, we are gathered here tonight in order to contribute the uniqueness of each individual to this very special and sacred ceremony.

So, tonight during the ceremony of the Angelic Names, I wish to encourage everybody here to listen more attentively to the subtle energies all around us. To not only listen to the sounds, but feel the essence of the words, of the Holy Names which are to be called at the appropriate hour.

Listen with your senses, become aware of the temperature and feeling of the air around us, look not only at the form of things, but allow yourselves to notice the spaces in between the physical forms, people and objects in this room.

Let us be aware of the beauty within the spaces...in the pauses...in the silences...Be aware of our feet firmly connected to the earth, and consider relaxing the feet even if we are standing, so that we might sense the earth of which we are a part, and which provides our support.

And finally...consider the Crown at the top of the head...lift it up slightly, elevated towards heaven, in a similar manner as a snails antenna reaches out softly and gently to sense the environment around it... Allow such a sensitivity to radiate gently and naturally upwards...and feel...be silent...be still, and attentive...slow down the chatter...and Listen.