

THE BEST COMMUNICATION STARTS WITH LISTENING

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Increasingly, the importance of listening rather than simply collecting data is being emphasised.

Listening is a fine art that certainly does not rely solely on the support of hearing, even though the auditory system is the first to be completed in the developing foetus.

Because we need the most complete information possible from the environment that contains us: we need to know what we are dealing with in order to be able to act fruitfully, continuously and on all levels.

Listening is an act that provides surprising surprises and opens the door to great satisfaction.

Listening gives grounding in reality

Listening broadens the horizon and offers unforeseen opportunities

Listening offers inner wisdom and enhances the human being

Listening teaches respect for others

Listening teaches self-respect

Listening helps not to make mistakes

Listening gives importance to things

Listening values those who listen first

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TO REALLY LISTEN HOW?

In fact, the art of listening has been lost in our communication society.

Because the mode predominantly selected is instead a pattern-based, fast, insistent, strongly oriented communication that tends to devalue the receiver by making him feel inferior or instead flattering him with illusions.

My experience and research have taught me that there are three main steps to respect in order to access the listening that is useful for better communication:

- be silent, remove disturbing and distracting factors from the field, starting with everything that tends to distract within oneself

- activate one's entire capacity to receive signals that are emitted at several levels.

In the external world by voice modulation, tones and expressions as well as words, body posture, context. In the internal world, listening is above all acceptance, as someone says, it is sitting inwardly and allowing what needs to emerge to do so without judgement.

-developing appropriate questions starting from that which creates discomfort, which disturbs because it is precisely that which is asking for attention and needs to be well understood. Starting with the inner world that needs to be revealed.

Because in essence

communication with ourselves is the best training ground for the best communication with others!

In all of this, the use of the voice according to the **Soul Voice®** method is the most effective and fastest way to achieve results because, quite simply, this is how we are made: the sound of the voice is the main vehicle of communication and manifestation that Mother Nature has assigned to us and this method gives the voice back its original role as an instrument and guide in our relationship with ourselves and with others.