

The Value of listening.

1.26.23 GardenofChange.org Rev. Eleesabeth M. Hager

The Value of Listening is critical

- to our patients
- to their families
- to our own bodies.... Is critical to health and health care

There are many ways of listening to that which is outside us...We are trained, in our own disciplines to listen from our point of view. That is what makes a good IDG - interdisciplinary team.

Active listening, reframing, I have a whole list of them if anyone wants to review... put out by a natl nurses assoc....

MANY forms help us hear others accurately... but also allow them to know that they are heard... being heard is especially important in the work we do in hospice and palliative care

THIS is more rare that it would be ... and a deep healing ... to know that you are heard... and therefore you matter

I am reading another book on trauma - this is my a MSW of color about embodied trauma - person, and inherited with our DNA. Its called My Grandmother's Hands... (HIGHLY THOUGHTFUL)

It is essential to human health to be heard... for our health too.

AND HERE we face the final and perhaps most difficult voice... that needs to be heard. OUR EMBODIED one... the one our bodies use to give us feedback.

My YOGA teacher... says... Every pain tells a story... FOLLOW the story....
(Because our bodies will escalate until we do...)

Here ... Maybe its even the STILL SMALL VOICE of the prophets.

The voice of the HIGHER, WISER WITHIN... WISDOM COMPASSION AND INTUITION

IN CLOSING WITH A PRAYER

Holy one of many names...

MAY WE HEAR... THE BETTER Voices of our nature and our faith...

Let us pause and take a breath... to know each of our patients... better and ourselves.

AMEN.