

"Being Listened To"

By John Fox

When someone deeply listens to you, it is like holding out a dented cup you've had since childhood and watching it fill up with cold, fresh water. When it balances on top of the brim, you are understood. When it overflows and touches your skin, you are loved. When someone deeply listens to you, the room where you stay starts a new life and the place where you wrote your first poem begins to glow in your mind's eye. It is as if gold has been discovered! When someone deeply listens to you, your bare feet are on the earth and a beloved land that seemed distant is now at home within you. By John Fox