

Listening, Sorting and Selection

In the process of development, as the process progresses, deepens and the openness increases, we become more and more exposed, open and attentive to opinions of more and more people. On the one hand, it is an excellent thing because there is nothing like quality listening that helps us advance to our goals. The thing is simple, the more a person is trained to listen, the easier it is for him to gather more opinions, ideas, options, solutions and observations that could advance his goals and illuminate dark points. Without such listening, he would not be able to attend them.

But as in any situation, situations where there are great value, just like in this situation, there is sometimes a small thorn. The little thorn is how the hell do I know who to listen to? Which solution to implement? And what is actually true to me? There is a well-known joke that says, "If you ask the opinions of ten people you will get 117 tips in the end". That is to say, sometimes it will not even be one opinion or one solution, but sometimes from the same person it is possible to receive in one conversation at the same time five different opinions.

There are a few things to be alert to during my way of creating openness and attentions to my surroundings. The first thing to remember is that every opinion, way, solution or possibility that a person offers is legitimate and subjective. That is to say, listening, is always important, we've said more than once. But while listening, when my judgment wakes up on another person's opinion or the meaning of the solution in my context, I invite you to put this judgment aside for a moment, to let the person finish his sayings and not necessarily to take immediate action. Our trouble is that we think that as soon as we listen to a lot of opinions, this means that we must immediately do what these opinions say. Sometimes this thought is terrible and frightening. I know quite a few people that as soon as they began to listen and began to apply every opinion and direction that someone threw them, to prove that they were very open and attentive, their development was stalled. Therefore, remember, this is only a legitimate opinion for the other person and if an opinion helped a certain person it doesn't mean it will work on you.

Another important thing to keep in mind is that it is worth sorting things through experiments and errors and I will explain. If you encounter a certain dilemma and you have too much directions of action and observation, which can only confuse you more, the surest way is to treat things as experiments and errors, and remind yourself that you have a space of error. The idea is to list all the solutions and ways you have received and arrange them in a list of priorities. In what direction do you want to start and try (automatically, you may go to what you feel most comfortable with and what is the most familiar, considering that this is not always the direction that will bring you the best results, but this is usually the most convenient way to start the series) . After all, we all understand that in the end, there isn't one answer that is correct and therefore it is always worthwhile to listen to each and every solution so that your space of choice will

be the greatest it can possible be, but you should not panic if you realize that you are actually listening to everyone but not doing what they Think.

The third and not least important thing is that through listening, openness and creating a wider range of possibilities and knowledge, you get the wonderful bonus of learning to listen to your intuitions. That means that after all the solutions offered to you, it will help you close your eyes for a moment, and concentrate only on what your heart tells you to do and then, bet. We do not have control over anything anyway.

How will you practice listening, sorting and choosing a certain way?

1. During a week, do an exercise: talk less, listen more, and consult with anyone you can. The goal is to accumulate as many opinions, thoughts, options and directions as possible.
2. Create a list of solutions, five are enough, that you are ready to start experimenting with.
3. Go ahead, that is to say, choose a solution or a way of direction of a particular thought and go to experience it.
4. Tell yourself what you gained from the experience, what you learned and what you take into your future basket of possibilities.