Listening with "TING"

The Ancient Chinese Secret: **TING-** This symbol effectively illustrates what's involved when you're completely engaged in listening.

Listening with TING enables us to hold a much higher quality of conversation and communication. We become engaged more intently to what the other person is telling us. This enables us to listen deeply for their meaning. When we bring our hearts, minds, ears, and eyes into the exchange, we obtain a much better result.

The Chinese character for listen, **"TING,"** captures the full spirit of listening.

The upper left part of the symbol stands for ear; our ears to hear the words the speaker is saying. The lower left hand part of the symbol represents "king" or "dominant one," indicating that hearing the words through our ear is the most important part of the listening process.

In the upper right-hand part of the symbol, we see mind. Our minds aids in understanding the words the speaker is saying and the message they contain. Below that is eye, which allows us to see any nonverbal messages the speaker might be sending.

In the bottom, right-hand side is heart, and above that, the almost horizontal line translates to "one" or "to become of one." This tells us that if we listen in this way, with our ears, mind, eyes, and heart, we can become of one heart.

Most of us focus on our own internal dialogue verses the speaker. And, it's not that we don't care or we don't want to listen, but responding or thinking how we will respond before truly hearing the speaker generally occurs. Often, we miss the whole point that the speaker was attempting to make. So, utilizing the practice of listening with "TING" will encompass all aspects of deep quality communication if given the chance.

http://avadiamond.com/listen-ting/
https://movethinksmile.com/life-coaching/life-coaching-blog/78-mastering-ting-the-ancient-chinese-listening-secret
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