



# 40 DON MIGUEL RUIZ DAYS OF DISCOVERY ONLINE COURSE



## Lesson 6 – Activity

### Respecting All Dreams

#### Listen and Hear

Listen. Do not believe what you hear. Use the powerful tool of doubt to seek out the truth, and listen to everyone and everything you hear. Do not think about what you are going to say next. Do not think about what the other person is saying. Just listen. Be aware of the ways people around you weave their stories. Engage with them and enjoy them. But do not believe them. Recognize they are presenting to you only what they want you to see. They may only be showing you what they think you want to see. It does not matter. Use your awareness to witness them playing out their stories for you. Observe this and see how they dream.

Watch objectively and see how they react. See how they filter all of the things you say and all of the things they say. When you can see the way they view their life, you may understand how they dream. You can never really understand them, because you are not them. They have created their book of law, their filters and their judgments throughout the course of their life. You cannot possibly share their experience. Just like you, they are unique. However, you can get a glimpse of how they see the world. You can get a better idea of what they believe, fear or what they consider important. You can get an idea of how they judge themselves and others. It is all apparent in what they say and what they do, if you can listen to them and stay detached.

Do not believe their stories, but hear what they are trying to tell you in their own individual way. The words they speak, just like the words we speak, are all lies. Their words may be an attempt to tell the truth or be based in truth, but through the use of language they are all distorted. Some say non-verbal communication accounts for eighty percent or more of human communication. So the words may not be so important. Listen for what they are really trying to communicate. Hear their "story", not just their words. See how they interact with the world. Do they walk in fear, judgment, joy, guilt, rebellion or playfulness? Everyone reflects themselves upon the world they live in.

It is an obvious fact that you cannot truly listen when you are busy talking, or preparing your next response. So the simplest exercise in the world, not necessarily the easiest for some of us, is to listen and not speak. Take a period of time long or short, and do not speak. Just listen. Depending on your work, and other factors, you may only be able to do this for small amounts of time. The longer you do it, the more comfortable you will become with not relying on the spoken word to understand how to navigate your life. If you can practice during an entire day, you will gain an amazing amount of insight.

Do not just hear conversations around you, but really listen to people communicate on all levels. Feel the energy in the room. Watch the expressions on the faces, the body language, the tone, volume and pitch of the voices you hear. Watch people communicate through a window so you cannot hear anything. Listen to people talking in a language you do not speak. The point is to become aware of how much we miss when we are talking. Also, we can become aware of how much more content there is in conversation that we have never consciously perceived before.

When you are able to "communicate" with people, instead of simply talking to them, you may get a clearer understanding of where they are coming from. When you better understand how a person dreams, you can better understand their dream. You do not need to judge their dream. Instead, just accept their dream for what it is. It is their creation. You do not have to agree with their dream or like it to appreciate it. They do not have to be right or wrong, and neither do you. There really is no competition. It is simply me being me, and you being you. Each of us living individual lives which just occasionally happen to bump into each other. Just understanding more what they are really saying makes them seem less foreign, more familiar, and it makes it much easier to respect where they are coming from.