

**THE ART OF LISTENING**

*Talk at Hawkwood College Nov 6, 1973 by Andrew Glazewski*

This course is about how to expand your consciousness, to develop your inner sensitivity, which we have for many years been trying to kill. So a course like this must be of necessity very preliminary, a very primary one, a bit like prep school which you start when you are five and finish when you are seven. Then you might have a period of a year or so of practical training. Then if you want to join the next course which will be on a higher level, to the 11 plus. Then you go from the 11 plus to O level and A level, and then to university. Then when you have a degree you yourself start to teach. It's really a wonderful thing when you start to do this. A new world opens.

Now I know how eager you are for spiritual development but you must realize that in starting a course like this, or a sequence of courses, you must do it with very pure motives. A lot of people will go to a course like this out of curiosity, and don't realize the dangers to which they expose themselves. You start to pick up signals, and the signals eventually come in abundance, increasing every day, then you land in an asylum because you can't cope with them. Or you lose your life. Like people who are taking LSD. So you see, our intention must be pure. We want to become really human --- to begin with, perhaps to be really good Christians, which we haven't yet started to be, and I am talking about you and myself. We call ourselves Christians. When you develop the insight, you will start to see what it means to be Christian and then you will understand how very elementary we still are in this stage of our development, our so-called culture of civilization. So the motives must be pure in order to develop your soul, for you to be the best servant. *I came to serve and not to be served.* You'll discover that when you start to serve, everybody serves you as well. The opposite

takes place in a sense, that only in serving are you served. And it's a wonderful world of real communion of lovingness, because what you sow in your ground, that you will collect. You've never seen somebody plant cabbages and collect potatoes. It may take time before you collect, but the collection is absolutely fantastic.

The next thing is that we mustn't be impatient. When you start a piece of work, impatience is one of the biggest obstacles toward real progress. You must never try hard. You let it flow. If you try hard you get the opposite effect. So the whole thing leads toward not trying hard, but you let Him try hard on you. In you. That's a totally different proposition. He is doing the job and you are just accepting nicely because you realize that as we need Him, he needs ourselves as well. A peculiar thing, but it is so. Therefore impatience is out. The next thing is pushing yourself. Arrogance. We have no idea how we are constantly arrogant. Throughout life. Our whole way of thinking is to push ourselves somehow. You'll see that later on, and I'm not saying it as an accusation. I'm stating a fact and again I'm talking to you also about myself. I realize more and more how one is arrogant, impatient, and that is no good. It just puts an obstacle in the way. So, first of all be patient and deal with arrogance. Rudolph Steiner constantly talks about arrogance in his "Knowledge of the Higher Worlds" which is actually an introduction to how to develop yourself, and I very much recommend that book to you. You'll read it the first time and you will not understand it at all. The next time you will be bored stiff, the third time you will start to feel something interesting coming out of it, and the fourth time you will be really passionate about it, because then the penny drops, and *you* will have developed. I tried but I couldn't put it together to begin with. The whole work seemed above my head. I read it five or six times, and then the penny dropped.

The first thing we have to do is to listen. If I ask you what is the most important commandment in the Law --- can anybody answer? I asked my Bishop, my clergy, so many people and they all say, "Love God". But what is the beginning? What is the start of this commandment, because that is the most important? And we don't know because we have never been taught it. Start in Hebrew, "Shema Israel ---- *Hear O Israel. Your God is one God.* (Deuteronomy 6). You love God but the beginning is "Hear!". Now how do we take that? "Look here?" Oh no, nothing of that kind. "Have an ear to listen." But do we? If you start to look at yourself and you are observant you will see that you are yapping to yourself all day long, with no stopping. We are talking, talking, talking to ourselves, and when there is an opportunity, we talk to others. Very often they don't want to listen to what others have to say. Now this is an art. To listen.

In the summer I have summer schools, and I teach how to listen to nature. I say that if you are able to listen to the sounds of nature for five seconds without talking to yourself, you will have achieved a tremendous thing. Students told me, "Father Andrew, we couldn't even listen for two seconds because immediately our thoughts interfered. It takes 2-3 months of hard work before you can really listen, and listen consciously, because now, when I am talking to you, you are not yapping. You are listening but you are listening unwittingly. If you want to listen, and eliminate your thoughts then immediately your thoughts start to interfere. You see in yourself that you are contradicting your own efforts. You follow what I mean? There is something which opposes you and what you want to achieve. The Principle of Reverse Action. The more you want, the less you get and in order to listen, you have to stop in order to transmit. If anybody has been in the army, they know that if you want to transmit something on a wireless, you cannot listen to what the other wants to

tell you unless you say, “over”, and release the key. Then you can hear what he wants to tell you. Exactly the same thing here. If you want to be sensitive you must be listening. And I don't say listening with your ear-hole. With your whole body. A receptivity. This is what we have to do.

Years ago I noticed how in the first phrase of the Bible in Hebrew (*Be-re-sheet*), there are many thousands of combinations of the number 7. 7 words, 28 letters. Two phrases --- the activity of God and the result of the activity of God. God created heaven and Earth. 14 letters. You may know that Hebrew letters are first of all numbers and not consonants. Substituting the Hebrew numbers for letters, you get 392 combinations of 7. What does it mean? Why are there 7 days of creation? One day the best code man in the Foreign Office came to see me. He wanted to introduce his fiancée. So I told him, “Now look, first of all this is a code. Can you decipher it?” I told him what I had already solved and he said, “That's fascinating.” So he took it home, and sent my work to every code man in the Foreign Office. The Jews were absolutely excited about this. What does it mean? Six weeks later I got an answer. It said, “INTO THE NIGHT YEILD”. Give way to the night. No clues. What does it mean? Eventually somebody said to me, “Night means darkness. Silence. The subconscious mind. Gradually these things played inside me and so it came to me. Yin is feminine, and feminine is receptivity. So, *into the night yield* means: silence yourself. Be quiet and listen please, will you? Years and years ago I used to yap to myself in the different prayers until the Good Lord told me, “Now look old chap --- Who is master, you or me? You want to teach me perhaps or do you by any chance want to listen to what I have to say? So please will you shut up. Then and only then I understood not to yap but to listen --- in the more subtle sense of receiving signals, to be aware of the field.

Archbishop Bloom said to one of his followers who came to ask him to teach him how to pray, “You go to your room and sit quietly. Don’t talk and for goodness sake don’t pray. Just sit quietly.” So he went there. The first time he sat there, and heard a message, one he had never heard before. He realized that his watch was talking to him, saying something. He had opened his ear to the awareness of the watch. So, after a short period of training you will find the room is talking to you. And you will be fascinated. So, you see that we have to train ourselves to hear, and mind you, hearing is something different from listening. Before you start listening you must work hard to stop yapping. Sit in your room and be quiet. Don’t talk, don’t pray. Just listen. *Shema Israel!* Hear O Israel. You go perhaps to the woods or in your garden and sit quietly and try to listen to the sounds of nature. It’s a hard struggle before you start to really listen. To your amazement, 5, 6 or 7 weeks later if you train every day for 10 – 15 minutes, quite suddenly the sounds fall into place. You listen to the rustling of the leaves, the sounds of winds, the sounds of buds, the sounds of running water, sounds of the branches of the trees. All that falls into place. It’s a wonderful coherence. Fantastic.

You have to listen, and at the same time you open your eyes and scan the horizon with your eyes, and not see --- and that’s not easy. Don’t put your attention on what you see. Just scan the horizon but be absorbed with listening. Then you’ll find that there is a moment of silence --- a complete dead silence. And then you will find that messages are coming through. You will decipher them uniquely because each one is different. Each one of you will experience the whole thing in a totally different way. Then you will notice suddenly although you didn’t notice it before that the horizon has holes as well, and in these holes is something which appears to you from a totally different angle. If you’ve ever read a book called “The Art of Lateral Thinking”, this

looks at the problem from a totally different angle, which you never thought you could look at it. Now this is the first impression that you received --- nature seen from a different angle, and you will hear the sounds of nature from a different angle too, and that will be a message. But to begin with you will be surprised that at last you're quiet and you have reached what medical men call the Alpha Rhythm. Alpha Rhythm is the rhythm which you produce in your brain when you put electrodes on, an encephalogram, a rhythm you start to produce when you are not yet asleep but you are not awake. It is the stage in between when you are receiving messages. You are then clairvoyant and clairaudient and the rest of it. Well, you are absolutely silent you still have a certain amount of control over yourself. The very moment you want to catch it, it's gone. You'll find out that the moment you see something, you'll want to look more closely, but it vanishes. Because you're becoming active and not passive. You are not listening; you are pushing yourself. You are arrogant.

So to start with you will have to train yourself to listen. Supposing you have a text in Hebrew or Greek or, say Arabic. You don't know the Arabic language but you see that there are signals there. You ask, what does it mean? You don't have a clue. That is listening --- when you start to decipher A B C D and you start to put words together, then you start to hear. But when you pick up the message, then you are harkening. That will take you a few years, unless you are specially gifted, less if you are completely giving yourself into the hands of the Good Lord, and he is within you. I shall later tell you how to do it.

The first thing, the most important, is that you realize in life that because we have constantly been transmitting and pushing ourselves we have missed different

other worlds, and the receptivity to other worlds. We have missed fantastic fun. We are missing new possibilities which can evolve in ourselves.

I started work on this when I had finished my studies. I had to fight constantly against all my preconceived ideas with which different theologians tried to stuff my head. So I was always a rebel, and you must be a rebel against the trend of thought we have been introduced to by all of civilization and so-called culture. If you ever went through any university studies or college studies, except art, you'll know that the education process is trying to stifle our intellectual perception. Have you seen any "experiences" being taught at university? They're not. Teachers will teach you mathematics, physics, any sort of subject, but that is not experiencing. The method of experiencing is not known, how to experience. We are starting this now in Birmingham University. We have actually now 40 first class names in science, medical, physics, psychology already; VIPs including ministers of education who are willing to do something. For it's high time we tried methodically to learn how to develop this sort of intellectual perception, with experience, and experience together with intellectual perception. In this course, we partly give you some sort of theoretical knowledge, we partly also let you immediately experience it. For a few people this inner sense is a sort of, kind of education which we ought to try to do now in the New Age.

So to start with, will you please think about how you can reorganise yourself to *Shema Israel*. A Jew had to repeat this prayer twice a day, the morning Shema, and the evening Shema. He has to repeat that, "Hear O Israel! Your God is one God. Love God." You will find out later on how very accurate it is because you say the greatest law of the Commandments is love. Can you command yourself to love? You can only listen to the great law and by golly if you try to experience it, you start to resonate

because there is a resonance. You start to resonate with something which is filling all of space so intensely. You realize that you have been deaf and blind. Insensitive. You couldn't tune into that and you didn't know. The very moment you start to tune into that, you understand the necessity of the commandment of love. You start to love. But you don't know it while you go around with an attitude of arrogance toward everything.

You will find that everything is full of love; that you resonate to it. You will find your whole essence is filled with this love. It will fascinate you. You will also realize that you haven't made the slightest effort towards it. All you have done is to start to listen. To be attentive, to be aware of, a sort of intuitive knowledge because in order to love, we have to first receive a message. When the message comes to you, and you start to open yourself to this message, you will find that He is loving in you. It's not you who loves. Suddenly you will find Him loving in you. "I have to diminish so that He might grow." You are diminishing yourself; you get smaller and smaller, and at the same time bigger and bigger. Eventually you grow to become a giant because you know that He is loving through you. In love, when I love someone or something, I have to go toward the object. Speaking mathematically, the movement is from me toward the outside world. In knowledge, in listening, the arrow is from the outside world to me, and only when you do the two, first listen and then you start to love, the circulation starts. You must circulate the love. It starts with a receptivity. You must perceive before you can hear. So you will definitely "Yield into the night". Complete perception. Receptivity that is feminine in principle. Later we shall see how the feminine principle is actually dominant in Creation.

**Question:** You mentioned the holes. Could you give us some more about that?

**AG:** It's very difficult to explain in words. You have to experience it yourself when you start to listen. You listen to the sounds of nature, so closely that you practically understand what the birds are talking about. You open the door, and the birds say, "Oh here she is --- look watch, she will bring us some bread." Something like that, or a warning. You will just understand what the birds are talking about. Then you will find that all the sounds of nature, if you are sensitive to them, will fall into place. But suddenly everything stops and there is no sound at all and at that moment you will find, "Ah there is a hole." That is your alpha rhythm when you are totally receptive but you don't interpret it. This hole is not in nature; only in yourself.

**Question:** Well, do you get the interpretation of that later?

**AG:** Yes, and when you scan the horizon you will find there is a hole in your horizon as well and you will see (because we have to develop our visual, our hearing capacity, our smell and especially our touch --- tactile). You will see that you can touch at a distance, so much so that it is perhaps much better than touching with your hand. But we have been so mesmerized with our five senses and we think that these five senses are our only receptive organs to perceive the outside world, so that we don't pay the slightest attention of what is going on in the subconscious mind. You will find that the five senses are 55% right and 45% wrong, but the inner senses are 5% wrong and 95% right. What you have to do is to stimulate the inner senses so that you are dead right. The matter of this course to draw attention to what you can do, and what you have to do as homework in order to attend the next course, otherwise you won't understand in the next course what we are doing, because we shall talk a language that

is only known to those people as they experience it, who have been training themselves into their own inner development. Mind you these courses are not only for our own personal benefit but towards being a servant. You'll find you will be so fascinated that you will like to convey it to others.

**Question:** You said just now you were completely receptive and by this, does this imply a kind of self-emptying? Does this get to the point of identification with sight or sound of whatever it may become one with it?

**AG:** Yes, and therefore your God is one God, because you will find later on that you will perceive so many things, you will see many worlds, totally differently. Do you know how the world appears to my eye? You don't know. It may be a completely different world, so if you start to emphasize, say identify yourself, you will see the world through the eyes of different people. I'm teaching students who come to me, to hear music through the ears of their neighbour. Fascinating. Listen. Because listening to the sounds is the best training.