

Reflections

Knowing that my listener is going to give me a blessing as best she can was peaceful, comforting, before I actually heard her words.

Active listening requires attention without distractions which can be barriers to intimacy.

Insight: When I'm listening to someone, it's more important and useful to listen fully to the person while he or she is talking and not try to compose the blessing while I'm listening and trust that I will know how to bless him or her when the time for blessing comes.

Insight/Want to remember: I was really touched to have been asked to voice concerns and then to hear back a reflection that reassured and helped me.

The word prayer, is not Hebrew and I love hearing Hebrew connotations of that which we call prayer in English so "requesting compassion" add to understanding.

A connectedness with someone you do now know well can occur very quickly and genuinely.

The person speaking wants to be heard.

How powerful listening, in a focused "spirited" way, can be, as an act of love/compassion.

I learned that I could give a blessing and not feel presumptuous or insincere.

This session increased my sensitivity on how to help an ill person by elevating my response using prayer and/or blessings.

Offering blessings can be another way of "hearing" other's needs and offering care and compassion.

Connecting with someone new created a sense that there was just two of us and everything around us had stopped.

Offering a blessing to someone can make them feel better and I need to remember that the visit is about the other person, not my own discomfort.

To listen well and reflect back.

The particular blessing or words of blessing are not as important as being there and listening and showing compassion and community caring.