



Foundation Principles

- God is present
- Caring not curing
- Nonjudgmental presence
- Active listening

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For My Listening Pleasure

by Karen Casey, Ph.D.

The greatest gift we can offer one another, whether as a BeFriender, a family member, a neighbor or even a stranger is our willingness to attentively listen to whomever is speaking. However, compassionately listening also requires conscious intention and far few of us offer this gift on a consistent basis.

Perhaps self-centeredness gets in the way of listening intently. Are our own thoughts about what we might say next claiming too much of our attention? Perhaps. But we can change. If we decide to believe that every person who is crossing our path is a “Godsend,” we might also decide they deserve our devoted attention to every word uttered.

We all know how comforting it is to be genuinely listened to. And we can be that kind of listener right now. In this next moment. And both parties will feel the comfort that is always present when kind and loving attention is offered by someone who cares. Being the person who cares is really all that the God of our understanding ever expects of us. As a BeFriender, that’s exactly who we are called to be.

Never forget, that which we give comes back to us. Tenfold. And within each gift of compassionate listening, the world we share with 8 billion others becomes just a little bit better.

How can we turn away?

Karen Casey PH.D. is the best-selling author of *Each Day a New Beginning*, which has sold over 4 million copies since its release in 1982.

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