

## LISTENING ATTENTIVELY

This card is a reminder of one of the most important tools – attentive listening. Listening opens a space for meeting — with nature, with another person, with yourself. True listening is letting go of “I know” in favour of “I am here, I hear you, I hear your needs...”

### ACTIVE LISTENING — WHAT DOES IT MEAN?

Active listening is the choice to be consciously present. It means being fully “here and now” — listening not only to words, but also to tone of voice, pauses, breathing, gestures, atmosphere...

**On a walk, active listening can mean:**

- listening to the forest — the wind, birdsong, the rustle of leaves...
- listening to participants — their feelings, needs, silences, words;
- listening to yourself — signals from your body, your own emotions, tension.

### HOW TO LISTEN ATTENTIVELY

- Listen with all your senses — to sounds, movement, scents, and touch.
- Be fully present — with your body, your gaze, your posture.
- Listen to different needs — your own, the group’s, the place itself.
- Put aside your plans — guide the walk not with expectation but with openness to what the moment brings.
- Let silence speak — don’t rush, don’t interrupt.
- Practise “gentle” presence — sometimes your silent presence is more valuable than the finest words.
- Take your time — with answers..., with moving on..., with action.



### KEY AREAS:

- Empathy – recognising that others see the world differently, and that’s OK.
- Safety – participants feel free to be themselves.
- Trust – grows when someone feels truly heard.
- Mindfulness – listening deepens awareness of the present moment.
- Connection with nature – listening to the forest as you listen to people, becoming sensitive to subtleties.

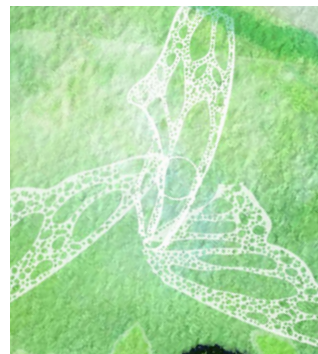
### EXAMPLE INVITATIONS

- What would happen if you listened to nature today with your whole self — not just your ears?
- I wonder what nature was trying to tell you today?
- What might happen if you simply stayed in silence?

## QUESTIONS — HOW DO THEY SPEAK TO YOU?

- What does it mean for you to listen to someone with your whole self — not just with your ears, but with your heart, your presence, your silence?
- How often do you listen without needing to reply, judge or compare — simply staying with what is being said?
- Can you also listen to yourself — your body, your emotions, the voice of your intuition?
- What could you do to make listening more of a daily practice — not only on walks?

Write your reflection.



## REFLECTION:

Listening is a quiet yet powerful practice. It creates safety, closeness, genuine connection. Listening doesn't demand effort — it calls for presence. Perhaps it is through listening that you become the most beautiful bridge between people and the forest.