

# Holy Listening

“Listen with the Ear of the Heart”  
— St. Benedict

“Just by listening, you have already  
helped.”  
— Methodist Bishop

Rev. Cindy McCalmont’s  
FaithNet Maxim:

NO Fixing  
NO Advising  
NO Setting each other straight  
NO Saving

The phrase “Listen with the Ear of the Heart” is a central theme in the Rule of St. Benedict, a spiritual guide for monks and nuns in the 6th century. This phrase is often interpreted as **a call to listen not just with one’s ears, but with the deepest part of one’s being, the heart.**

According to St. Benedict, listening with the ear of the heart is a disposition of **humility, silence, and attention.** This kind of listening is not just about hearing words, but about being present to the Divine presence within oneself.

**SR. PAM** TEACHES HOW TO LISTEN WITH THE EAR OF THE HEART

**S**ILENCE    **R**EFLECT

**P**raise    **A**sk    **M**e Too