

VOICE MIRROR

Tool: Voice Mirror

The Key to Focused Listening and a Quiet, Attentive Mind

The “Voice Mirror” is a key element in helping you stay attentive when listening to others, especially with the numerous distractions and demands in your environment – not to mention the distractions inside your head. The “Voice Mirror” provides a method for tuning out your expectations, assumptions and past history, which interrupts your listening.

Here is how you can learn the technique:

STEP 1: Turn on a radio talk show or the television. Select one voice and begin whispering the words of the speaker at the same time the speaker says them, matching them word for word. (This is mirroring, not mimicking, repeating or echoing.)

STEP 2: As you become more comfortable practicing this, drop the sound and continue to move your mouth, matching/mirroring the words.

STEP 3: Eventually, move the mirror into your mind, so that your thoughts match word-for-word (without external sound or movement) what the speaker is saying. Practice both with eyes open and eyes closed.

Don't rush through these steps – this type of focused listening is not an easy habit to acquire and will take effort and practice. Until you learn how to do it “silently” (in your head), you may want to continue your practice privately with the radio or television.

After you are comfortable with this new tool, you can use it any time you feel your mind start to chatter or wander. Most people find they only need to “Voice Mirror” for 15 or 30 seconds to tune right back in to the speaker.