

In a meditative conversation there are at any point four things which you might want to do:

(1) to take in the overall feeling and the detailed content of what the other person is saying; or

(2) to say something back which will enable you to be sure that you understood what was said in just the way it was meant; or

(3) to turn inwards, noticing a sense of meaning forming in your own body; or even

(4) to say something from your inward sense of meaning.

I've very little more to say than this but I would love to invite you to explore the practice of meditative conversation with me.

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#### A SUMMARY

Gene Gendlin once said to me that when you feel heard, there has then to be a silence, because that bit is now done and the next bit isn't here yet. So in the meantime there can only be a silence. I wrote a little 4-line poem:

When you feel heard a silence falls.  
In that silence more may come.  
Often it is something deeper: you can feel it  
Just now forming at the edge of being.

— Rob Foxcroft 'Meditative Conversation' February 17, 2025 Help for Helpers