



Aprendiendo a escuchar (Spanish Edition)

Paul Tournier

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El hombre moderno desconoce el silencio. Ya no dirige su propia vida; se ve arrastrado por los acontecimientos. Es una carrera contra el reloj. Creo que la razón por la que tanta gente viene a verme es para encontrar a una persona serena, pacífica, que sabe cómo escuchar y que no está siempre pensando en qué es lo siguiente que tiene que hacer. Si tu vida ya está hasta los topes, no habrá sitio para nada más. Ni siquiera Dios mismo podrá introducir cosa alguna. Así que, resulta imprescindible dejar algo fuera. Lo expreso con toda sencillez como puedo. Aprendí a escuchar de verdad a mi esposa. Éramos como confesores el uno para el otro, y desde entonces llegamos a conocer, tanto como se pueda en el mundo, las preocupaciones más íntimas del otro. Nos contamos tantas cosas en aquellas horas, que hubiera sido imposible hacerlo en medio de las prisas de la vida diaria. Incluso las parejas que tienen una relación muy estrecha entre sí filtran de forma inconsciente lo que dicen o no dicen al otro: montones de parejas felices tienen cosas sobre las que nunca hablan, muchas veces en pro de la paz y por evitar conflictos. En esos casos estas cosas se reprimen, y el conflicto no se llega a resolver. El niño se resiste a aceptar esta intromisión de su madre en su vida privada, que está empezando a nacer. Se rebela contra la necesidad instintiva que tenía antes, la de contarle todo a su madre. De ahora en adelante intentará escapar de este control todopoderoso que su madre ejerce sobre él. Así que, tener secretos, saber cómo guardarlos en nuestro interior, compartirlos sólo cuando queremos, constituye la primera etapa en la formación del individuo. Paul Tournier, un eminente psicólogo suizo, comenzó ejerciendo como médico en Ginebra en 1928. Fue su interés en el hombre global lo que le condujo a la práctica de la psicoterapia.

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