

# Silence



*Silence* is a big word surrounded by miles of space. It can give you the feeling of standing in a sunflower field in Kansas or on a small boat in the ocean—windy, alone, and free. There is an expanse of life in this place.

All your emotions rise to the surface, complete with tears, dancing, laughter, peace, healing and fear beyond fear. Everything exists in silence, and nothing exists in silence. That is the magic of this place.

It is a home most people do not like and, quite honestly, are afraid of. But it is beautiful and loving if you allow it. For your spiritual evolution, it is desirable to spend time in silence as often as possible. Humanity is always trying to fill the void. But why?

The void is the place from which all things are created.

The reason I don't call this place *Quiet* is because it is most often *not* quiet. Especially at first, standing in silence can be deafeningly loud with thoughts, judgments, voices, wounds—your internal turmoil. It is particularly loud with fears, expectations, obligations and regrets. It can look and feel like making lists in your head, going over past conversations or replaying past events that will not change no matter how many times you rewrite the script.

Many try to drown out all internal noise with music, podcasts, talk radio, drugs, shopping, being busy—or any possible distraction. External sound and activities may squelch the internal chaos in the short term.

But eventually, and ultimately, the power of silence will overtake that mountain of mayhem.

And I don't call it *Peace*, because although Silence can and will include peace, it is not inherently a peaceful place. Silence is a place of coming to know yourself, your true heart, your fears, your desires. It is place where you go on adventures—let's call them tangents—previously unexplored or revisited.

Questions will arise. Some resolutions will come, and some can never have an answer. All of this can be very unsettling, which is why most people choose to avoid it. But as we know, the Spiritual path is not for the faint of heart. It takes courage, patience, perseverance and enough silence to receive the wisdom of the Universe and find your true self.

Eventually, as the pandemonium of thoughts fade, magic begins to appear. It arises in many forms of self love; creativity, intuition, joy, peace, and a sense of well being. Solutions to once thorny problems become apparent. Understanding and insight flow in waves. Excitement for life returns.

Still, one of the experiences of Silence can be loneliness. I have shed many a tear in Silence until I remembered a primary principle.

Loneliness is the absence of love—self love.

Self love allows us to more deeply and profoundly receive the love of Spirit, nature and souls. We find self love in silence. When we allow love to permeate us, heal us, comfort us and fill us, we have more love and energy for others and the world. We are less afraid and stronger. The love we share with the world is the overflow of our own self love.

But what about boredom? Some believe that Silence is a very boring place to be. It can look that way from the outside, but boredom is the letting go of the noise and the chaos that we call life. Some can even experience this as a form of depression. For those not on this path who have not sat in silence for an extended time, it is difficult to understand the process. We must sit in the silence until the insights, magic and wisdom come. It is not boring, but actually quite dynamic.

The rewards are great. If you stay the course, you can become more connected to Mother Nature and the magic of all that happens here. You can sit and listen to the trees, and they will speak when you are ready. When you can sit in silence self forgiveness and forgiveness of others comes more naturally. Understanding becomes obvious. You can experience peace in a bigger way than you ever knew possible.

Personally, through being in Silence, I have come to understand the workings of the Universe and humanity. My ability for compassion and forgiveness have grown exponentially. I am not as troubled by disappointment arising from expectation. I can speak more completely and easily of difficult issues. I can also place responsibility where it is due more easily and comfortably than before. My personal backpack of wounds is now but a coin purse, small and ever shrinking.

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Since I moved into this house four years ago, and particularly this last year, I have been in a cocoon of Silence. Yes, I come out for work, an occasional trip to the store and deeply appreciated conversations. Other than that—Silence. I admit to distraction from occasional TV, books, and social media, but it is mostly a life without sound or chaos. Sometimes I wonder if I have lost my social graces...

Fortunately, I have two furry roommates for love and entertainment. Truthfully, I am not complaining. It has been an incredibly educational and healing journey. And, because as a Gemini, I don't have a degree in patience, I have often attempted to leave this cocoon. Spirit has gently, but firmly, moved me back into silence by canceling my plans.

Now, apparently, I have learned enough to be given a day pass out of the cocoon, since I am able to write this. And I am thrilled beyond thrilled.

I am finding a new rhythm of life with balance between busy and silence. It is becoming a much more peaceful place to live. I have less stress and bounce back from stress more quickly. I laugh more and find pleasure in simpler things. My work is more fulfilling. I am more present with

everyone and everything because I have spaces of silence in which there is regeneration and rejuvenation. I sleep better. I have more energy.

My wish is that we take on this gift of Silence and teach it to the children. There will be less anxiety and dis-ease for all. There will be more self love, relationship to each other and Nature, and kindness in the world. We will not have less drive. Our drive will be in balance and healthier.

I'm not saying that you should be in Silence for four years or even a year. I am merely offering that you fearlessly set down your cell phone for an evening or a day. Say no to an invitation that doesn't suit you. Sit in silence instead—no music, no distraction—perhaps in nature and without expectation or a goal. Here are some ideas to help you.

- Sit in a place that is physically comfortable.
- Ask Spirit for love and support. We are never alone.
- Rest your busy brain by breathing deeply and slowly.
- Turn your internal noise, fears, schedules and obligations over to Spirit as many times as needed to quiet your head and your heart.
- Drop your shoulders and relax into your body. (Most of us are pulled up and a little forward in preparation for what comes next.)
- If there is remaining chatter, listen to it, acknowledge it and then release it to the Universe with love.
- Let new thoughts float through. Don't grab them. Be present with them and let them move on.
- Feel your heart and what it has to share with you.
- Feel the stress or pain in your wherever it resides in your body. Love it and release it.
- Allow there to be space in your whole self for something more – whatever that may be for you.

Note: A little secret I am paying forward. When you get restless and think you are done for that time, you are not! You are about to make a breakthrough so give it a few more minutes and breathe. Shifting, letting go of the old is the most uncomfortable part.

All this and so much more can emerge from Silence. And these moments of healing will create more Silence and healing. Eventually you will easily allow yourself to breathe in love and creativity, wisdom and wellness. You will take time for yourself without distraction. You will experience life in truly magical ways.

It all begins in Silence.