

Midweek Pause—Silence

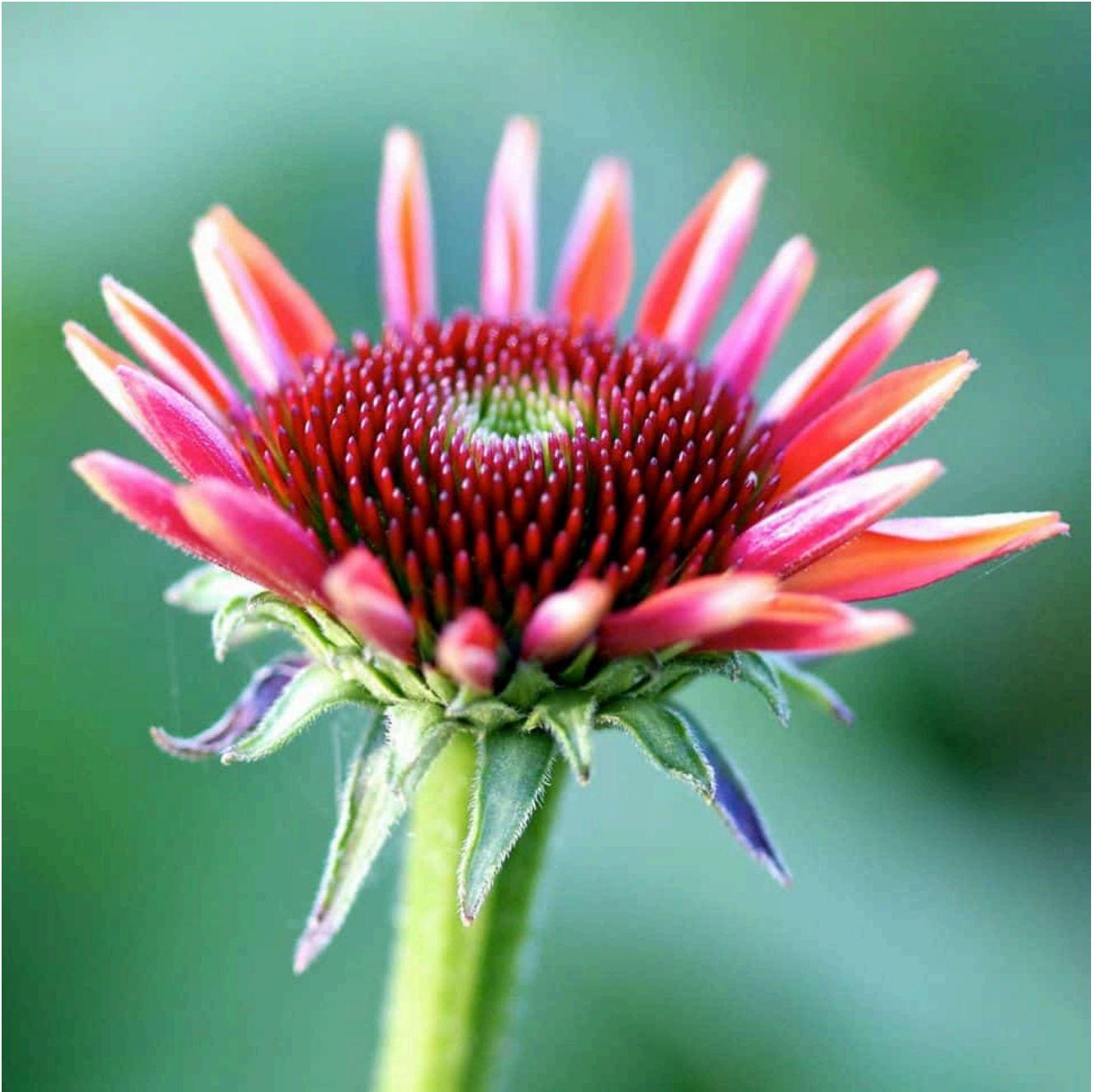


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“Silence is something that comes from your heart, not from outside. Silence doesn’t mean not talking and not doing things; it means that you are not disturbed inside... There are moments when you think you’re silent and all around is silent, but talking is going on all

the time inside your head. That's not silence. We have to realize that silence comes from our heart."

–Thich Nhat Hanh

Consider: The value in turning off the talk and noise around you and listening to what your heart has to say. We often believe this is not possible without physically escaping the current circumstances. While this solitude would be beneficial it is not always practical. It is important to know our daily practice is to create these periods of silence even when surrounded by chatter. We can connect with our inner silence and place our attention there rather than on the external noise. This week let's discover how to do this without abandoning our work stations or family responsibilities

Prepare: Realizing and finding the quiet place within our heart can be incredibly freeing. We are so accustomed to the noises in our mind that we often mature without the knowledge of this peaceful place. Accessing it can be life changing. Simply try now by closing your eyes and taking a few cleansing breaths. At the end of each exhale tap into the space, right in your heart center if only for a few seconds, and again on the next exhale. With each repetition as the breath moves more slowly and deliberately you may begin to catch a glimpse of the silence that lives right inside yourself.

Do: As deadlines approach or your to do list expands exponentially the noise around and within you tends rise. Use these real life opportunities to access this space you just discovered. Reap the benefits of this silence and the rejuvenation it can bring.