

# Silence MUST be heard!

It's Saturday nite and I'm home alone and have just finished wrapping up all the Christmas presents for my family, loved ones and friends.

I knew that a journal was on the way I just didn't know exactly what the topic would be. It seems that I could write 100 of them at the moment. I am listening to Enigma and their song – "Silence must be heard" when I had to stop and write this journal.

I've been on such an emotional cleansing journey the past 12 months, I've not needed to go to a theme park for the roller coaster ride!



I've moved house, completed a relationship, entered a new relationship, received my dream car and achieved goals that thought were out of reach.

Yet in all of this I sit here and realise my toughest journey is yet to begin. It's the journey of self understanding and loving myself unconditionally.

*It's the ability to forgive myself when I make mistakes.*

*It's trusting myself, god, the universe and all that is.*

*It's making the decision to live my life for my highest good and not 2 forgo my needs 4 others.*

*It's releasing control and taking 100% responsibility for everything in my life.*

*It's becoming whole without needing anyone or anything.*

*It's acceptance of everything, exactly as it is.*

*It's allowing free will and not interfering with universal laws.*

And most of all I think it's important for the silence to be heard.

Now many of you may be thinking – what does she mean, how do we hear the silence?

Here's a concept I'd like you to explore if you will.....

I honestly believe that we as humans do our best to keep people happy and in order to do this, there are a lot of words that we simply do not say for **several reasons**;

1. Fear – we don't want to hurt other peoples feelings
2. Loss – we don't want to lose our friendship
3. Insecurity – if I tell the truth that person may treat me different
4. Need to be liked – if I speak my silence, they might not like me
5. Control – I may not be able to control their reaction or future behaviour
6. Inability – don't know how to speak your silence
7. Acceptance – what if they don't accept me?

### **The thing with silence is this;**

If you are an internal person and you don't speak your silence – you will think it! When you think it – you create it!

If you have concerns and you don't share them, you don't get other peoples opinions or experiences.

If you think silence is safe, think about people who committ suicide – most of them do this because they have trapped themselves in silence and can't find a way out!

I'm not saying there aren't times when silence is appropriate, what I am saying is this;

If you don't speak it out – you act it out! meaning your behaviours, body language and feelings will project what you are thinking!

Silence can be used as a coping mechanism from previous hurts, quite often we think we can handle things on our own, yet I've not found this system to help me. I've found that when I'm confused, unclear, upset and hurting – the one thing that helps the most, is the voice of wisdom. Hearing another persons experiences, views and knowledge.

Today I had 3 people I hardly know (gods silent messengers) ask me about a relationship with someone I know and both of them gave me advice and options to think about. It was after those 3 moments, I realised that I'm keeping many things silent and this is causing hurt, imbalance and uncerntantity within me.

I feel like I'm on a roller coaster with this particular person and it's because I'm holding back my truths for fear of losing the friendship with this person. Now the crazy thing about this is; the one thing I can't handle more than anything is when people don't tell me the truth and then one day they snap at me. Yet today I figured out that I do this too.

I really try to look at myself each day and become a better person. I do my best to focus on the positive and be in the light of god. Yet lately I'm struggling with it.

I've been sad, hurt, unstable and unwell. I've not liked it at all. Emotionally I feel like I'm being tossed all over the place.

Yet I'm also aware that I am personally 100% responsible for everything in my life. I create my own destiny and I create each moment in each day.

So the other person is not really making me unstable, they are only "playing a role" for me to learn the lesson.

Now whilst I know all of this, I guess this is where I need to;

1. Listen and acknowledge my own silence
2. Ask what is underneath the silence – is it fear, loss, insecurity, the need to be liked, control or the inability to deliver my message
3. Then I need to acknowledge what the fear is
4. Heal that fear within me
5. Speak the truth with compassion
6. Accept the outcome
7. Have faith in myself and the other person
8. Allow the process to unfold

After writing this journal I'm going to write this person a letter and let them know my silence. I'm going to take on this challenge and release my silence.

I know it's making me unwell, unstable and sad and it's from this point on. I no longer choose to feel this way because of silence.

I'm going to be brave and speak my silence and then I will deal with the outcome later.

Most of the time in life, we assume what the others persons response will be, yet we are not them and we should not predict or assume. What we should do is be brave, share our silence and allow the healing to occur.

No doubt there will be a journal about the result, so I will keep you informed.

Meanwhile please take a few moments and think about "your silences" and how you can be "brave"!

**For silence has the right to be heard!**

You are most welcome to forward this journal to anyone you feel may benefit from this. The journals are universal knowledge which is shared for all those souls who are ready for the wisdom, guidance and understanding.

Please refer people to become members of Solaz az this will allow them to receive the journals direct. Thanks for your time.

Solaz grows as you grow.....

Love & Light

Anjie

