

TRANSFORMATIONS

Thoughts, Words and Silence:
Your Three Most Influential Assets!

By Pamela Bell

The three most powerful tools that we all possess are our thoughts, our words and our silence. With these three assets alone we can change the way we operate in the world and hence change the world. Gandhi's quote: "We must be the change we wish to see in the world." This is a truism that many of us had rather not face. As we continue our endeavors to change what is outside of ourselves, i.e., other people, our image or status, or our beliefs to fit the current trend - the inside of ourselves slowly falls asleep, leaving us on a default path of continual dissatisfaction.

We have all heard many times over the truth that the only person who can make you "happy" (in the deeper more spiritual sense of the word) is you! Sure we can garnish brief moments of happiness in the company of others. We can also have glimpses of happiness by eat-

ing a fabulous meal or watching a great movie. But these are only glimpses and looking for your happiness in these places might leave you feeling disconnected from your source; frustrated as if you can never quite grasp the more meaningful essence of life. If this describes what you might be feeling (a lack of depth or meaning) don't worry! It is never too late to take notice of the sleeping giant inside of you and begin the journey toward his/her awakening.

Of the three assets I mention the best place to begin the process of awakening is with silence. This is also the most difficult. Our world is so full of noise that we are not conditioned to sit with silence. It is awkward and uncomfortable. It will make your skin crawl with frustration as you play battle with the swarming thought inside your head. "Shhhh" you say, "Be quiet! I am trying to practice silence."

You should know that this

is normal and you are simply going through a decompression process. How long this decompression lasts depends on how often you practice. If you practice silence every day you will find your still point much quicker than if you practice only once a week.

By now you might be

to address. It is not about the silence within you but rather the choice you have to exercise silence at appropriate and purposeful moments: like when a friend is spilling their heart and it is our job to really just listen; or in withholding judgment of others if it would diminish rather

Please note: The subject of our "Thoughts and Words" will be covered in the August edition of Petaluma Post as a continuation of this article. Please look for it at your local retailer or on line at www.petalumapost.com.

Pamela Bell is a professional Life Coach, Educator and Inspirational Speaker. She is founder of LifeSource Coaching and can be reached at: pamelabell@mindspring.com.

There is a fierceness in silence - an awe of sorts that makes people listen.

asking "Why?" If achieving silence is so difficult and it takes such effort to get good at it, then what could possibly be the benefit? Essentially, this is where your true self lives and it is in this silence that it speaks with you. Your spirit could be screaming out to you to leave a job you hate, to travel to a far away or exotic place, or to learn to play the musical instrument that you have always dreamed of playing but without the ability to listen the voice inside you will fall silent.....until one day you are ready to receive.

Connecting with your inner self (and the collective consciousness at large) is the biggest benefit of practicing silence but still there is so much more. Sitting in intentional silence for even five to ten minutes everyday is calming; it reduces stress and helps you to feel more grounded to this earth. Silence improves your concentration and focus and allows you to gain higher quality results from your efforts. Silence awakens your senses. It increases your awareness to the surplus of noise that surrounds you. I find after practicing silence for several years it has become like a massage for my brain; a necessary and welcomed respite from all the chatter in the world. It is in silence that we hear birds sing and in music it is the silence between the notes that create emphasis and meaning.

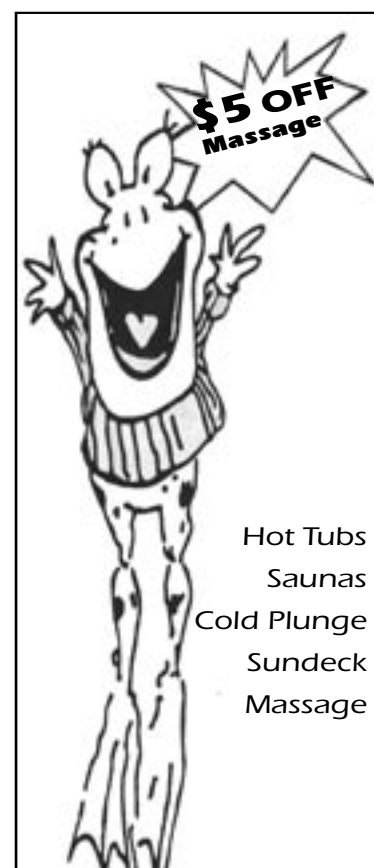
There is another aspect of silence that I would like

than enlighten their spirit. Another time to use silence with great impact is when giving a speech or presentation and you want people to pay attention to what it is you have to say.

There is a fierceness in silence - an awe of sorts that makes people listen. You can employ it between sentences or before you answer an important question but the underlying message is this: "I think carefully about what I want to say and what I have to say is important, I think you won't want to miss it." Silence creates a commanding presence that can not be denied. I urge you to practice silence in both forms and see for yourself what changes your efforts will bring. Once you get started I bet your day just won't be the same without it!

"Live loud enough in your heart and there is no need to speak."


---Mark Nepo



Hot Tubs
Saunas
Cold Plunge
Sundeck
Massage

FROGS

(415) 453-7647
School Street Plaza, Fairfax




FREE CONSULTATION
With a Chinese medicine expert & Qi Gong Master
Herb steam table treatment for pain & injury
Extensive Traditional Chinese herbal pharmacy on site

Chinese Medicine & Massage Therapy Center

WWW.MASSAGETHERAPYPETALUMA.COM


OVER 15 MASSAGE TECHNIQUES FOR PERFECT RELAXATION

Swedish, Deep Tissue, Acupressure, Reflexology

- Prices Start At Only \$20
- Weekday Specials
- Same Day Appointments
- Gift Certificates
- Couples Massage in the Same Room
- Walk-ins Welcome

Monday – Saturday 10 a.m. – 8 p.m.

(707) 762-9111
172 Keller St., Petaluma, CA

Mahakaruna Buddhist Center
316 Petaluma Blvd. South, Petaluma CA 94952
707 766-7720
e-mail: know@aol.com

Prayers for World Peace

Every Sunday Morning 10:30-11:30
Free!

Families, friends, community, and Buddhist practitioners gather each Sunday morning in our beautiful meditation room to make prayers for world peace. All are welcome! No prior experience is required. Just come with your good intentions and help us meditate for peace in our world.

Mahakaruna Buddhist Center
316 Petaluma Blvd. South, Petaluma CA 94952
707 766-7720
e-mail: know@aol.com