

SILENCE OF THE MIND

This month I'm introducing you to something that has had a really big impact on me...

Attempting to silence my mind.

And I say attempting for a reason! This isn't easy for me. I'm not the world's best meditator (yet!) but I know the immense value of getting quiet. Not just verbally, as in stopping talking, but quiet in our mind.

What I share with you in this very short video is a strategy that I was taught to experience the sensation of silence of the mind. It's really helping form a practice around it (because it literally takes a second or two!)

Watch the video, experiment for yourself and let me know what you think.

Lisa x

VIDEO TRANSCRIPT

It's a mindset week. And here's the thing that I really need to be honest with you about. I'm not very good at meditation, but what I have realised is that it's really important to find some silence in our lives, obviously to quiet our mind. There's a reason why everyone is talking about this stuff. And there's lots of little things that I do but I wanted to share with you one particular thing that I do that has helped me see what I'm aiming for here.

And I wonder if you can give it a try. The way it was described to me was that it's like something you need to just keep practising , practising , practising and then you can end up doing it for longer periods of time. So stay with me here.

When we want to find the silence, we obviously stop talking. We get literally verbally silent and then we listen for the things we can't hear. Just have a practise now of, I'll go silent, so don't listen ... You won't be listening to me and don't start talking. And just try to listen for the sounds you can't hear. Okay? So go.

And I don't know about you, but just then some sort of weird ... I think it was my fridge started to make a bit of noise that was audible like I could hear it but then, I was like, "What can I hear behind the fridge? Like what else am I hearing?"

And that slight second, microsecond that you might have just gotten in where you're literally kind of suspended because you're not thinking. You're just listening for the things you can't hear. That's silence of the mind. And that is a beautiful thing.

For me, the easiest way for me to practise this is through that exercise and when I do, I try to do it a few times a day. And when I do, I know that I'm kind of flexing my brain in a new way. I'm literally kind of allowing it to shut down and I can feel myself in that space. And it sometimes just lasts literally half a second. But I know that with time, it will start building up. And the reason why this is important is, well, for me, I don't know about you but like all that mind chatter, it doesn't really help things like really, when have you ever thought, "Wow, I've massively overthought that and I feel in a better place."

VIDEO TRANSCRIPT

And I think humans like all of the content we have coming at us, all of the ... You just think about the billboards, the literal noise of the modern world and if you live on a farm or in a rural destination, amazing. But it's either going on up here or out there or both and it's visual and it's all the things. And our brains need to rest too sometimes. And answers can be found in the silence. When we get really quiet with ourselves, we can hear ourselves again, but like the real us. And not just that constant chatter.

So, there's a little exercise for you. I would love you to test it, to see if it works for you. Can you like when you try to hear the sounds that you can't hear, what does that feel like for you? I'd love to know. Share in our Facebook group. And if it doesn't work for you, just keep trying. It's a goodie.