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When silence descends into your world, are you a person who thinks .... 'Oh dear, the silence is deafening' and immediately tries to create something to fill that moment, or are you a person who says, 'Ahh, silence is golden' and is comfortable to be in that space?

Noise consumes our world. From the alarms that alert us to wake up, the daily news delivered at breakfast from the TV, the music we have in our cars and I phones, to the constant chatter and conversations with others that fill our heads as we go through our days. We work so hard at 'avoiding and evading' the silence, treating it like an unwelcome guest, a disease that we have to shun.

To be silent can be a foreign and very uncomfortable place to be, as we are conditioned to be in noise and all its distractions.

As a population we have become quite disconnected from our souls. What our soul, or our true essence needs to grow, to change, to evolve, is to tap into the silence within. This is a place of unlimited potential, with all the answers we need for our lives and an infinite supply of wisdom.

Sometimes when we attempt to sit in silence or when our external world is silent, we hear the noise that we carry internally. No wonder we want noise in our daily lives, it keeps us from hearing the screams and the chaos we carry inside.

Meditation, contemplation, creating space where we can just be in some silence, allows us to connect with our precious soul and to hear the wisdom it wants to share with us.

Having just returned from facilitating a retreat in the Red Rock country of Sedona in Arizona, I found silence to be the most precious and rewarding way to grow on a spiritual level. Once the processes were done and completed, each person was able to sit in a place of silence, to write, to contemplate, to just be. Here is where the wisdom reveals itself. The inner world is able to connect to the active mind. The messages are received and the 'AHA' moments come flooding in.

Nature has its own sounds and they are the sounds of healing. The sound of the wind, the laughter in the water running over rocks, the constantly present hum of the pulse of the earth....these are the sounds of growth in silence.

In the silence is the opportunity to feel stillness, to hear the infinite wisdom that our soul carries. It has been trying to tell us the answers to all our questions and is the place of perpetual growth. Just as nature grows and goes through its cycles, we too are always in the potential for that, we just have to allow ourselves to be silent.

Being in your own world of silence can be confronting and challenging however it is also liberating as you tap into your own truth. The knowledge that our soul carries from life to life.

And I don't mean you never engage in conversations, I mean to consciously take time to honour your own inner world through moments of silence.

When you sit in a place of beauty and you are truly 'seeing', the silence that pervades is filled with change and growth. Everything is growing and going about its purpose....

Recently looking into a canyon of wilderness, the quiet natural world, was still actively growing, changing and honouring its purpose by doing what it has to do. The animals gathering their food, the plants moving with their life cycle, the air moving with it's own wisdom, the water flowing and following its path and the whole picture even though silent, was so active in its growth and change.

In our hectic world, we still have choices. As we are awakening across this planet, we can choose to allow the wisdom of our soul to direct our growth just by being silent. Sit in nature, listen to the silence and let that take you into your own inner world to hear the whispers of your incredible knowledge and then grow with that.

Be a person who welcomes silence into their life and grows with its revelations.

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