

# How to always hear the Silence

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NO MATTER WHAT NOISE MIND IS MAKING!

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What I am going to share here is such a simple technique that absolutely works and has been used by every awakened being whether they realise it or not.

It is SO simple that you may immediately feel the urge to dismiss it as not being possible that it could work. The truth is simple and if we cannot accept that the answer may have been right under our noses all the time then we will miss again the chance to live as that truth.

So PLEASE do not listen to your mind that says this will not work. If you do let your mind convince you not to try this you will continue to look for an answer that is available right here and now. Mind will tell you that thoughts are too loud to hear the silence but you must not agree with it or you will continue to experience as you are right now. Try this and see.

The reason we seem to lose the silence when mind begins to talk is because we are used to thinking in terms of opposites. Mind can only compare opposites. It thinks about hot vs cold, rich vs poor, high vs low, left vs right, forward vs back, past vs future etc. Mind tries to apply the same to the Silence that you are. It thinks it must be Silence OR mind (thoughts and noise). We believe that we can only listen to the silence OR the thoughts/emotions.

If you are willing to challenge that thought continue reading....

We must begin to act like the Silence here and not the mind. We must refuse to choose mind OR silence. Silence can hear silence and thoughts at the same time. Because we have deeply believed we must listen to one or the other we have experienced that over and over.

How do we do that in practice? We play the game of "And what else can I hear?"

So when mind begins to talk and/or we feel strong emotions we seem to lose the sense of stillness or silence. If you do not buy that thought and instead ask "And what else can I hear?" without rejecting in any way at all the noisy mind and emotions you will begin to experience something different.

If you can act as if you were ticking off a check list and say "noisy thoughts- check and what else is here?" you will begin to hear the silence ALSO at the SAME TIME. Because we think we have to stop thoughts to hear the silence we fail every time. Instead I found when I completely accepted I heard thoughts going on and also asked what else could I hear I heard other background noises of the house I was in. Then I kept asking until I could notice the noise of the fridge motor running, then the rain outside, then my own heartbeat, then cars driving by and on and on it went.

I kept asking "what else can I hear?" and never assumed an end to the answers would come. Suddenly I realised I could also hear some kind of silence too. It was not as strong at first as when my mind was quiet but it WAS also there alongside the thoughts.

I noticed that if I focused on that silence I seemed to lose it again. I also noticed that if instead I just noticed, accepted and checked "silence-check" and KEPT asking "what else can I hear?" that the sense of silence began to move to the forefront of my attention. The more I asked the question the more the silence grew louder. I had to at first resist the temptation to "zoom in" on the silence but learned to remain in a stance of "listening to everything and anything" stance.

Try it and see. It does work. It is simple. Keep asking the question and be willing to ask as many times as it takes. It took me about 30 or 40 times of asking the first time to go right through the thoughts and into silence. Each time it was faster. Gradually I lost my ability to "only" focus on thoughts or to choose what to focus on hearing.

Note the silence may present itself to you at first as just "emptiness" or stillness or nothingness. Allow whichever way it wants to come and it will come. And never again will thoughts be able to get in the way of the silence. Thoughts will become the gateway to the silence because they will trigger the question within you of "What else can I hear?"

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