

How to Use the Power of Silence for Your Benefit!



The experience of living in a lockdown and social isolation has forced many of us to spend more time experiencing a time of inner reflection and silence like never before.

I have witnessed many filling the silent void with social media, webinars & zoom meetings whilst others are appreciating a break from the constant noise and craziness of modern life.

“Silence can be seen as a place of stark emptiness or as a garden where new ideas, creativity and a sense of rejuvenation arises.”

Often when I am confronted with fear and anxiety of the unknown, the practice of silent contemplation stabilises my emotions, clears my thinking and clarifies my direction.

Silence is not natural for many of us and therefore we often develop the habit of avoiding long quiet pauses with mind chatter, small talk or other meaningless actions.

3 simple ways to incorporate silence into your daily life.

Our lives are filled with noise from everywhere and the loudest noises are often the thoughts and emotions that live within our minds. The continual chatter of a restless mind combined with external turbulence leaves little room for silence. Try these 3 simple techniques to experience the benefits of silence in your life.

Stop and Focus:

Take a few minutes before the start of each day to pause, clear your mind and focus on your breathing.

Disconnect and Engage:

Disconnect from electronic devices and take time to engage with the surrounds of mother nature.

Be Aware and Detach:

Look within and be aware of your thoughts, detach from their influence and experience true peace.

Quote; “Successful people always have two things on their lips. Silence and a smile”



ABOUT THE AUTHOR: Anthony Chiminello is the Director of Bridgeworld International – trusted property and investment advisors for over 25 years. He is also the Founder of **Cultural Harmony Now**, an organization that creates cross - cultural projects between Australia and Asia for social and economic benefit. He is an author, mentor & consultant. **Web:** www.bwi.com.au **Copyright@ 2020 Anthony Chiminello**