



# Pause With Purpose

...to refresh

...to grow

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## Quiet The Noise

There is a place high in the mountains of Southern California that offers a unique perspective on the world. It's not unique because of its beauty, grandeur, or ruggedness, but because of its *...silence*. Above the tree line, beyond the bustle of civilization, beyond even the whisper of a breeze through the pines, exists a place of utter quietness.

What a difference from everyday life! Too often life becomes enveloped in cacophony. The television and radio blare, horns honk, traffic rumbles, children squeal, phones ring, friends talk. In one day we absorb more auditory information than we could ever hope to constructively process. And that's just the external noise!

Internally, we have the relentless "voices in our head" that scold us, warn us, encourage us, remind us, worry us, and speak in silent whispers what we choose to not say aloud. All of this adds yet another layer to the overall noise that occupies our life.

This life noise seems quite natural, perhaps even necessary, in the day to day strivings of life. We learn to tolerate and accommodate it, much like we do with other annoyances in our life. But at what cost?

Let's consider some of the impact life noise has on us.

1) It distracts us. - Besides being able to break our focus and draw us off task, life noise more importantly has the ability to distract us from our self. We become so occupied listening to or filtering out the noise that we fail to stay connected to our self. We lose touch with our own dreams, our values, our sense of truth, and the inspiration of our heart.

2) It numbs our senses. - In the process of "tuning out the noise", we numb our listening ear and sacrifice our ability to hear and attend to what is truly important and beneficial.

3) It builds stress. - Often, when the noise is pervasive, we become overwhelmed by all the stimuli. We try to organize and utilize all the noise around us, only to face our inability to do so. We try harder, and eventually burn out. Anxiety, doubt, and fear replace our sense of strength and confidence, and ultimately we "shut down".

4) It drowns out the spiritual. - Interestingly, Scripture refers to a Creator God who speaks in a "still, small voice", and who calls us into a quiet, inner room for prayer. Sadly, the voice of the spiritual is often drowned out by the persistent din of life's noise.

But what can we do? How can we

quiet the noise? Perhaps the following suggestions will be helpful.

1) Pay attention to and reduce the amount of noise we invite into our life.

For example, turn off the TV and radio unless there is something we what to watch or listen to. And limit the overall time they are allowed to access our senses.

2) Set aside "quiet times", specific times designed to quiet our environment, our heart, and our mind. These are not times to sleep, but rather to be fully alive in peace. Meditate ... reflect ... pray ... listen ... and refill the spirit.

3) Pause to refresh. "Mini" quiet times, as short as thirty seconds, used to release tension, refocus thoughts, and reclaim confidence, can be very useful while we remain right in the flow of our day.

4) Actively take charge of the inner voices that we carry with us throughout the day. Be aware of them. Stop short the ones that attack, and replace them with those that support and encourage. Practice affirmations based in truth, repeating them until their truth sets you free from the noise of attack.

Let's quiet the noise and get reacquainted with our self. Let's quiet the noise and become truly alive. Let's quiet the noise ... and find God.



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## CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to be your best, personally and relationally, at home and at work..

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## The Richness of Silence

It has been said that "nature abhors a vacuum", and it's true. Nature will try to fill a vacuum with whatever is around it. Maybe that's why so many of us are uncomfortable with silence and try to fill it. Or maybe not.

Silence, after all, is not a vacuum. It is, instead, opportunity. Once we empty our inner and outer environment of it's noise, we have the opportunity to invite in what we wish. What we invite, however, makes all the difference.

If we invite in fear, worry, hurt, resentment, or thoughts of isolation, silence becomes a harbor of pain.

Yet, silence wrapped in humble thankfulness is silence at it's best - a place of peace, a place of safety, a place free from intrusion. It is a place where creativity and imagination come to life; a place where clarity of thought returns. It is a place where hearts can commune and souls can touch. It is a place where words are spoken that defy verbal tones. It is a place where we see deeper into, and further beyond, our self than anywhere else.

So go ahead. Quiet the noise, wrap your self in a quilt of thankfulness, and indulge in a delightful slice of silence.



"Not merely an absense of noise, Real Silence begins when a reasonable person withdraws from the noise in order to find peace and order in his inner sanctuary."

-Peter Minard