

7 Days Silence Challenge



Fall in love with silence
May silence be your best friend
May silence be your sanctuary

The world is a master of distraction
With constant distraction we shatter our awareness and weaken our conscious power

Align with the natural evolutionary process of enlightenment by introducing more silence in your life

I suggest these following habits to create a foundation of daily stillness for a more wholesome day and to support advanced silent practices.

Every day a challenge is added and it builds up from there...

May you sparkle in the brilliant light of your spirit.

Day 1

TURN OFF ALL SOUND NOTIFICATIONS ON YOUR DEVICES

Yes, that smart watch too.

No blinking, buzzing, or vibrating

You are the master of your time

You decide when it is a convenient time to attend messages

Keep your awareness field as intact as possible and create a calm field for focus and more creativity and productivity

Your brain, heart and soul deserve it !!!

Day 2

HAVE AT LEAST ONE SILENT MEAL PER DAY

When you eat....eat

No driving, talking, reading, listening or watching a screen

It's just you and the food

Practice PRASAD

Eat with the awareness that you are feeding the temple of your soul
therefore each bite is an offering to the soul

Your body will also digest the food much better

And yes notifications are still off or this week...

DAY 3

TALK LESS, SAY ONLY WHAT IS NECESSARY & MAKE EVERY WORD COUNT

Talking is a form of addiction many are not aware of.

The constant need to react, opinionate, advice, prove a point and comment is a habit to distract oneself from underlying restlessness.

Talking is also one of the main channels where energy exits the body.

We lose a lot of energy through talking.

Let's be like the wise ones and become more still.

Talk only when needed and make every word count.

DAY 4

CUT ON ENTERTAINMENT

Let go of tv shows, movies, games & news

No news, No gaming, No Netflix, no Gaia, no NatGeo, no inspiring documentaries, no fancy magazines & novels.

Even if it is positive entertainment.

Entertainment keep the senses, and therefore our energy, externally captivated.

Senses are easily seduced as they are receptors and naturally seek satisfaction.

Start purifying your senses by reducing incoming stimulants.
Allow the eyes and ears to detox and become internally oriented.

Sense withdrawal is an important step in experiencing silence.

Once the senses feast on the nectar of silence, the desire for external pleasure and amusement naturally subdue.

The only and ultimate true fulfillment is the silence of the soul

Day 5

SOCIAL MEDIA DETOX

How many people do you meet and personally interact with in a day?
Have you ever counted?
Maybe 10-15? Family members, co workers friends, neighbors.

Now consider every profile you visit on Insta, FB, tiktok, twitter etc to be the same as meeting someone personally. Because your brain does not know the difference.

You load tons of information of each person in your brain and energyfield, their faces, voices, stories and energy. It is like living in a constant crowd.

Cleanse your brain and energyfield

For the rest of the week do not follow anybody, only follow yourself!!

No stories, podcasts, newsletters

There is in this Now Moment absolutely nothing you need to know in order to grow and succeed. You have right now all the information inside you to thrive.

Do you have the power to choose for your Self?
Can you transcend the Fear Of Missing Out ?
Can you unplug?

If you can then you are ready for the actual silent practice on day 6 &

DAY 6
TREAT YOUR SOUL
2 HRS SILENCE

*this part is recommended only if you have a foundation in meditation or mindfulness training

Noble Silence or Observing Silence
Is the practice of not talking.

You also refrain from reading, writing , listening to music, looking in the mirror and you unplug phone and tv.

Practicing silence is like being with yourself in an empty room

All distractions have been stripped away. What is left?

You, and your thoughts and your emotions.

Set aside 2 hrs today to be in full silence.

I suggest 1 hr in the morning and 1 hour in the evening.

If this was smooth prepare for 4 hours
Silent Sunday

DAY 7
NOBLE SILENCE

Organize your day to unplug for 4 hrs.

Suggested outline

*morning meditation

Practice Heartbeat Breathing Meditation with Shanti (youtube link in bio)

* mindful shower

* breakfast

* mindfulness walk (Shanti Aruba Youtube)

* light household work

* yogic breathing exercise (Shanti Aruba Youtube)

* lunch

I would love to hear your feedback 

