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Unspoken: The Value Of Keeping Quiet

by Rebbie Straubing

Why do we speak? To communicate. Yes. Sometimes. To organize our thoughts. Yes. That happens too.

But there is another raging river of intention that pours out as our language that we might not be as aware of. In fact, if you tune into this awareness and begin tapping into its power, your whole life might transform right before your eyes.

I'm going to share a simple method of speaking (and not speaking) with you. This method can tweak your life into greater joy and fulfillment. It's so simple that you may already do it naturally. The difference that I'd like to introduce is that you do it consciously, frequently and joyfully.

Hot Potato

Imagine a long line of people. Perhaps it includes all of humanity. And they are passing hot potatoes down the line. Quickly. As fast as they can. They cannot bear to hold these hot potatoes that are coming fast and furiously from the person next to them. They can't hold them for more than a split second and so they pass them along with great urgency.

These potatoes are our words. They are hot with feeling and we cannot bear them. We hear things and we repeat them. We react to things and we speak them. We simply cannot stay with the heat of our own experience.

This fast and furious flow of language from our mouths has nothing to do with communication or clarification of thoughts. It is a river of feeling unconsciously gushing as our words because we cannot contain the pain of our conflicting emotions.

Speaking is one way we have found to get rid of the hot potato.

And so we talk. About everything. A lot.

And while this is of value in the sense that it offers us relief from the heat, it does not solve the problem of the long line of potatoes coming our way. In fact, it keeps us profoundly enmeshed with all the rest of the potato passers.

Sweet Potato

The name of the Heart Chakra, Anahta, translates as "unstricken." In terms of language, it means "unspoken." When you find the true tone that is humming in your spiritual heart, it has no words. It is unspoken. And when you do bring it forward as language, your words are always sweet. They come from within and they soothe those who are fortunate enough to hear them. This form of language is softer, slower and deeper than the hot potato style. And because it is comfortable and soothing rather than hot and painful, you stay there long enough to taste its delicious message.

Try this: This gets you out of the hot potato lineup and brings your language into the sweet smelling garden of the heart.

You can do this for one hour or one day or one week. It is an exercise that rearranges your mind and upgrades your vibration.

Make a list of the words that are the most important, sacred or personally meaningful to you. Words like God, love, peace, law of attraction, inner guidance, spirit, soul, gratitude, appreciation, kindness etc. Your list will be personal to you. I'm just giving you examples here.

For the next hour or day or week, we are going to play a game. Anytime you find yourself about to say one of the words on your list, stop.

Don't say it.

Instead, look to your heart and find the feeling instead. Take a moment of connecting with that sacred intention, that deep inner knowing that that word wants to reflect. By doing this, by not speaking, by not passing that potato, a funny thing happens. Because you are tuning in to your unspoken knowing of that reality, you communicate it more clearly – even by being quiet. And the pain of the hot potato transforms into the sweet taste of inner awareness.

After you play with this for little while, you will be trained to touch into your heart whenever you speak those words. The gushing river of unconscious chatter becomes quiet so that you can sense who you truly are. Your inner awareness deepens from this training and your ability to communicate about things that matter to you soars.

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