

## Silence

Silence is the science of the Soul. Soul speaks through silence. Silence does not mean the absence of Sound. It means shutting down the external experiences and hearing the whispering of the Soul. Silence can come in many forms.

Silence of the chatter of the mind, silence in our emotional body, silence in our physical bodies through the silence practiced and observed in the chakras. When you hold the intention to have silence and harmony in all aspects of your life, you will slowly still the outer noises of the exterior world.

Practice communicating to the body when you wake up in the morning.

Silence is a choice and it has an energy field. Invoke this energy and through intention send it into all the chakras. Bring the energy of silence in the first three chakras and be in that energy field for a minimum of three minutes in each chakra.

Then bring the energy of silence to your blood and bones. The bones contain the energy of the elements and elements are in constant motion within the bones. When there is silence in the bones, there will be silence in the interior of the body (organs)

Then bring the energy of silence to the belly button area, then to the sternum area, then to the eye area, then to the eye brows and ear and finally to the top of the head

Say this affirmation

I AM SILENCE  
SILENCE IS MY TRUTH  
SILENCE IS MY BEING

In the human energy system the two predominant energies of electrical and magnetic must come together in harmony and balance. When there is disharmony within that energy then there is a conflict outside - that is in mind and heart. These two predominant energies corresponds to the water and fire within us.

Fire came from the water, but when it is birthed from the water, it can take an independent streak and not be in alignment with what produced it which is water.

Silence energy will correct this imbalanced energy.

Each of the chakras have independent functions and personalities. There are spirit beings in the chakras. Silence energy will unite all the spirits of the chakras.

Practice this affirmation

Harmony in chakras  
Unity in chakras  
Oneness in chakras

When you start creating silence within, you will start to experience silence outside.

**My abode is in Silence**

Master Buddha ...  
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