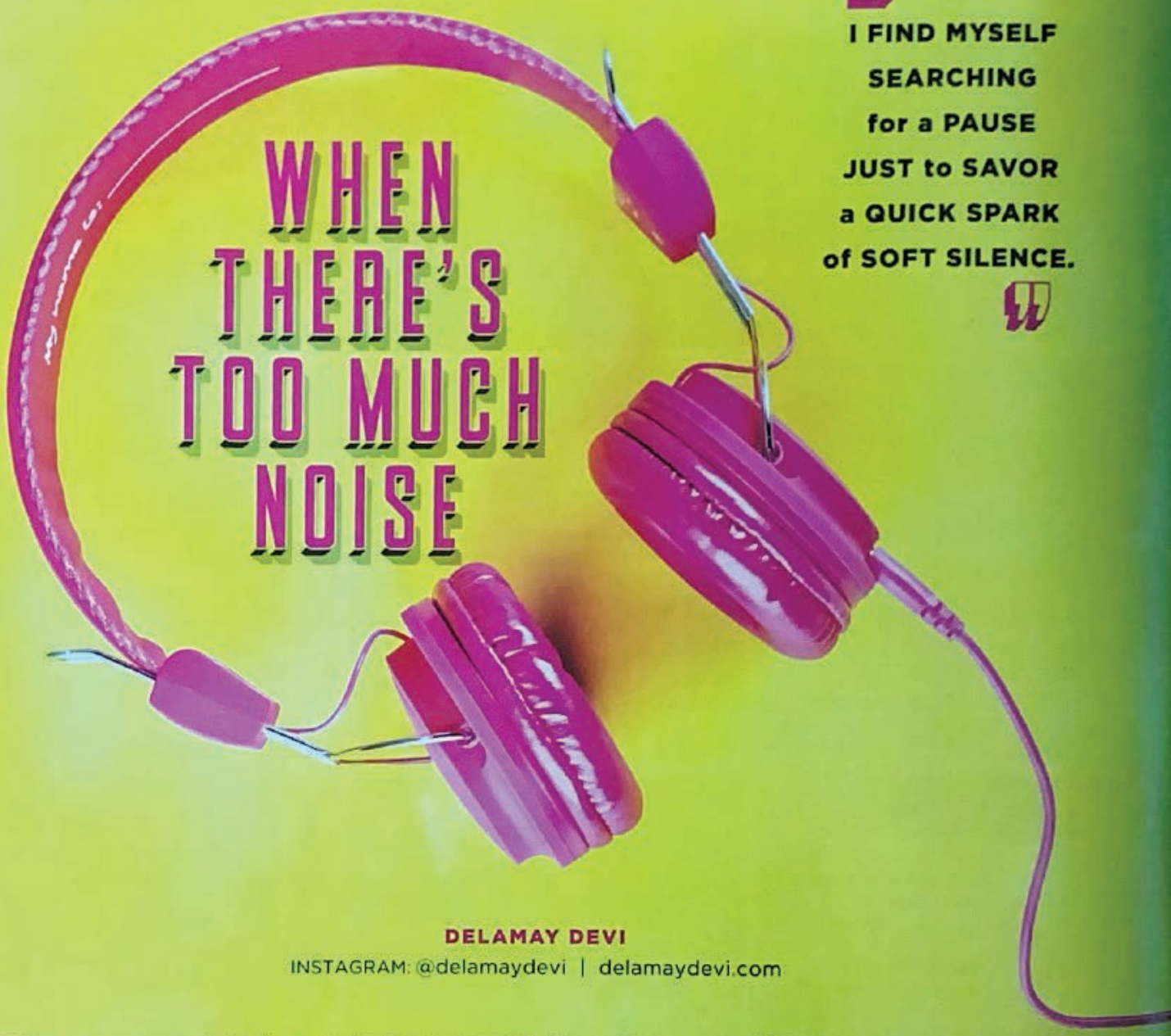
WHEN THERE'S TOO MUCH NOISE



> "I FIND MYSELF SEARCHING for a PAUSE JUST to SAVOR a QUICK SPARK of SOFT SILENCE."

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Waking up to a sensory overload is always challenging.

The noise from the construction next door. The farmer plowing the fields a few meters away with an engine sounding like a jackhammer. The roar of trucks on the road. The loud chatter of people passing by. Dogs barking in the distance and, of course, the mind babble caused by the distractions sparked by scrolling through social media as the pinging sound of emails and notifications fill the air while my computer whirls to life.

The mechanic soundscape seems to be getting louder as I settle on my mat and try connecting to my breath. I am not trying to still my mind but trying to connect with a still point amongst the audio atmosphere of life on a Monday morning.

The influx of noise we're faced with and surrounded by daily is enormous. As a society living in the digital age, we are so accustomed to this humdrum, we ignore it, block it out with other noise and charge on through it without giving it a second thought.

I am someone who savors quietude, bathing in the sounds of nature and washing my nervous system with long, deep breaths. Don't get me wrong; I am also a lover of music playing on a kick-ass sound system, but I feel there is a time and a place for this.

My kinesthetic nature is highly sensitive to erratic noise, abrupt sounds and deep reverberating, low vibration frequencies. Just like a drop of water as it lands in the ocean, the ripples carry this impact far and wide through the ocean of my inner awareness. Similar to a jet engine, this roaring sound sends my energetic body into a state of numbness, which is why I make a point of listening to music when I travel to help keep my energetic state high, clear and balanced.

I find myself searching for a pause in all the cacophony just to savor a quick spark of soft silence. All this noise seems to merge into other noises, creating a constant eruption of a never-ending stream of clatter. I find myself getting lost in the chaos of it all, losing time, forgetting my plans and getting carried away with the constant drum of engines, the pounding of hammers and cranking of machinery.

Somewhere between this mess, above, through, around and behind this noise is my breath. Quietly waiting for my peaceful return. For me to unplug, disconnect and rise above to meet this expansive space of peace and tranquillity while the chaos of the day floats on by, brushing past like a cool breeze unable to penetrate my sense of Santosha.

Already one hour has passed since I rolled out my mat, and I am still trying to untangle from all this noise. Timeout to unplug is vital for us sensitive souls. We MUST give this to ourselves to release our nervous system from mental slavery and come back to a state of balance and equilibrium.