

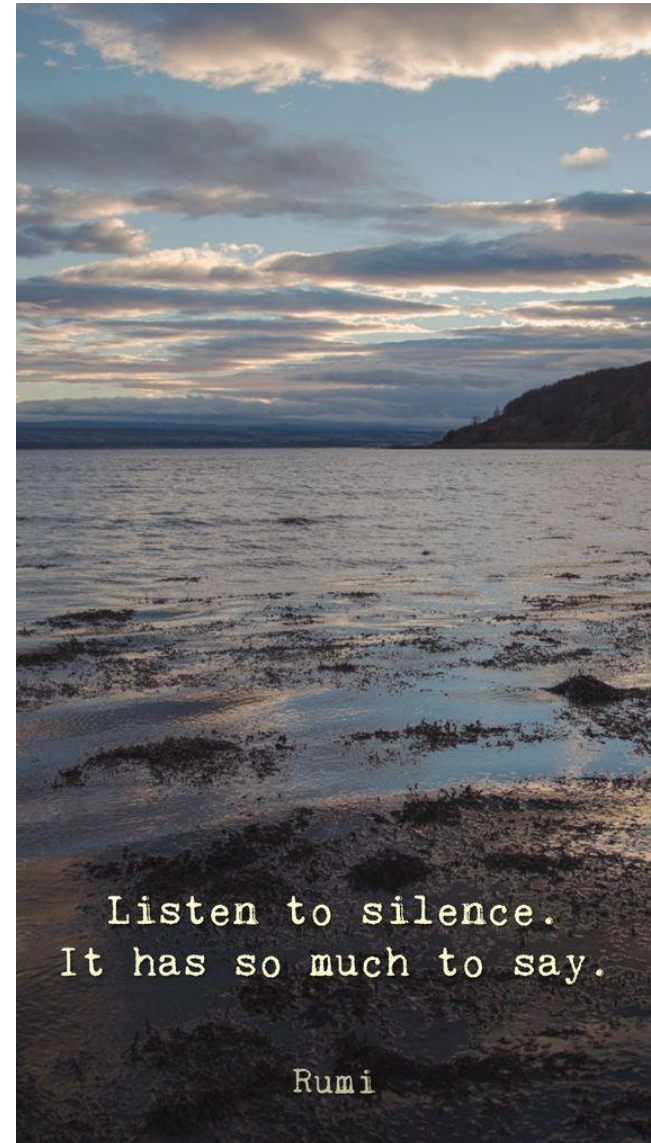


The Magic of Silence

Master Class



Points of You® Master
Marta Monteiro





Please have with you:



Flow
Cards – Facing Down



Paper / Journal, Pen

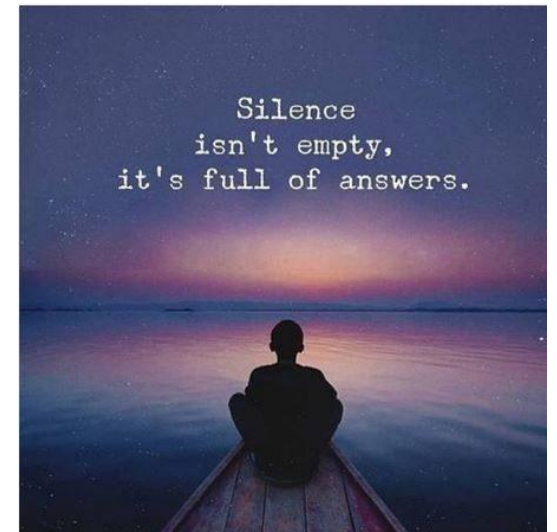


Silence is more than the absence of noise.

Silence is a space for emotional experience.

Silence is an introspective space.

(Olga Lehmann, Silence as a Superpower)



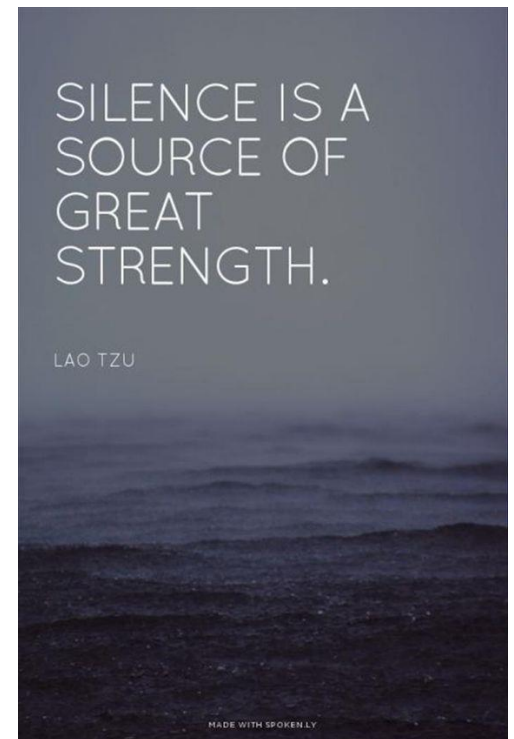


The Power of Silence

Silence, like any power, can be used to **hurt** or to **heal** and, perhaps, this is why people respond so variably to it.

In our language the word **Silence** is often used with negative connotations...

- A conspiracy of silence, being given the silent treatment, lifting the veil of silence...
- **In our busy, noisy world many people seem to fear silence, because it can be too confronting:**
 - For some people silence means loneliness, isolation or awkwardness.
 - It can lead to Confusion, frustration, anger, feeling that we are wasting time, or being ignored.





The Gift of Silence

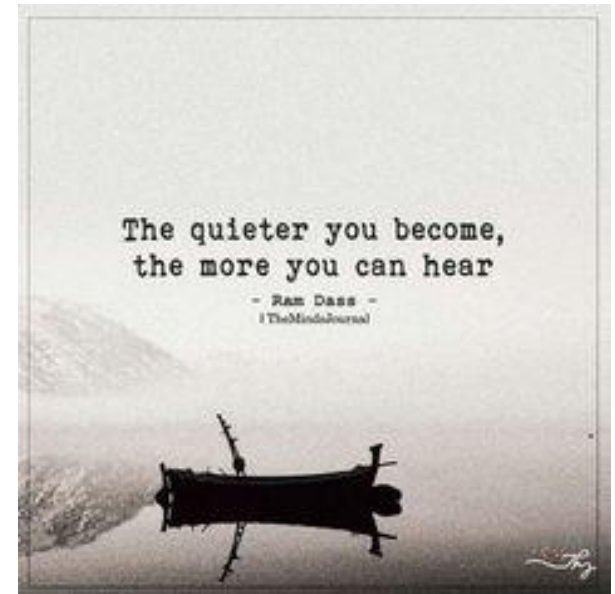
If we can learn to cooperate openly with silence in our lives the **Potential Benefits to Health and Well-being** are huge

Positive Effects on the body :

- Reducing blood pressure and Stress
- Boosting the immune system
- Promoting hormone regulation

Psychological Benefits:

- Enhanced creativity
- Self control
- Focus
- Self awareness
- Perspective and spirituality.



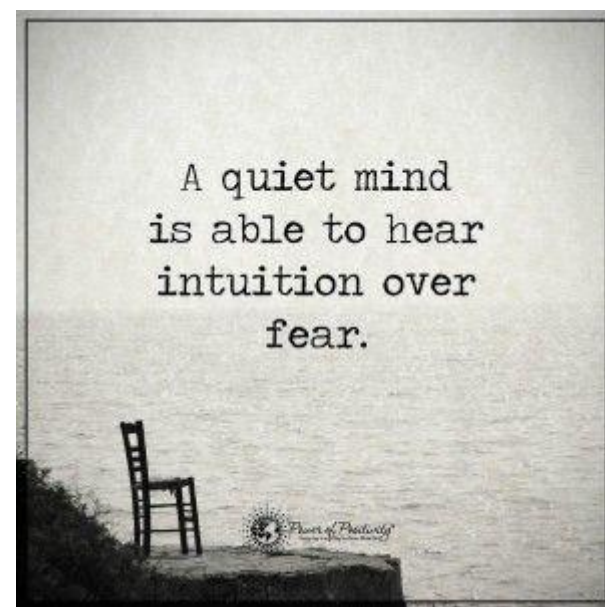


The Magic of Silence

Silence as a doorway to connect with our Intuition

An opportunity to:

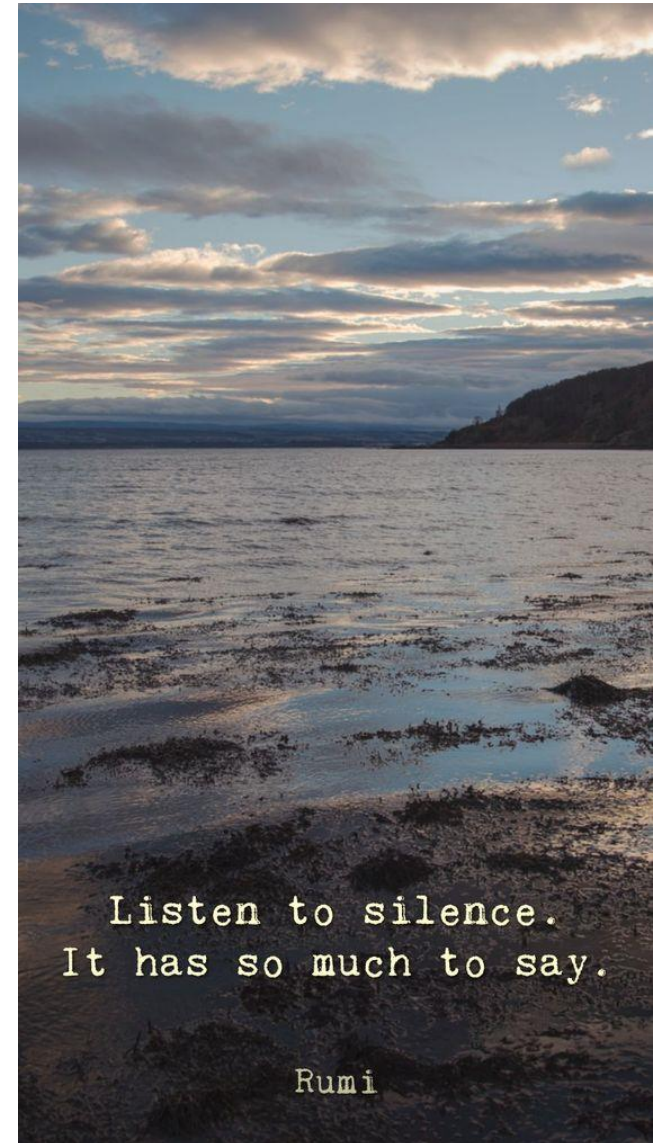
- Listen to your heart
- Connect with something bigger
- Feel the energy of the group, or the person you are working with
- See with your senses and open your perception
- Connecting with your Soul





Power • Gift • Magic •

What is
Silence
telling you?






Pause





YOUNG PILGRIM MUSIC



Thank you !