



Priyanka Yadavendu
— Listen to Your Enchanted Silence —



The Magic of Listening to Your Enchanted Silence

Earlier this year, I was sitting on the dining table, forcing myself to send out emails. My body was tired and my mind swirled with many thoughts. I kept thinking of the many tasks I needed to complete for the week. It was clear I was forcing myself to do these things because they were a part of my plan. Why did I have a plan? Well, because I've always been a control freak and having an action plan had usually helped me be successful in my goals. But instead, I was feeling scattered, scared, and anxious. Until something inside me whispered to *just stop*. So I rose from the table, glided to the sofa, gently lied down, and closed my eyes. I breathed slowly and deeply.

I stopped fighting my energy and mind, and instead let go. My body immediately started relaxing and I started to fill with a beautiful energy. I let this radiant energy flow throughout my body. My enchanted silence then whispered to me:

My life at this moment is my perfect creation.

My eyes suddenly fluttered open in shock! A wave of calmness and bliss then overcame me. With this new peaceful understanding, I lifted myself from the sofa and headed to the kitchen to make a nourishing snack. And then out of nowhere, the desire to complete what I was doing earlier returned to me. But this time, I let my energy flow easily and guide me. I sent out the important emails and smiled. I felt happy and serene.

I couldn't help, but notice how I was more aligned with my energy, when just moments before, I was restless and fearful. This change gently came about because I listened to my enchanted silence. You may be asking: What is enchanted silence?

It is the peaceful energy that fills you when you surrender to your stillness and pure presence so you can open your heart and listen to the inner guidance to live an inspired life.

Instead of forcing myself or trying to become motivated, I trusted my inner love-driven voice and embraced this present moment.

That present moment was my life at that time and it was my own beautiful creation.

Since then, I've learned to tap into my enchanted silence in my life. I've seen firsthand how tapping into it has helped transform my life and live authentically. I now pay close attention to my energy and let it guide me.

So how do you learn to listen to your enchanted silence so you can embrace your present moment and live your best life possible?

✓ ***Letting Go***

This one has never been easy for me. I like to hold on to things and people tightly because I am afraid to lose control. I feel I will lose things and people close to me and so I cling with all my might. But by letting go, you are actually allowing the right things and relationships to drop into your life.

You are letting go of the lesser and allowing the greater to enter your life so you can live your true greatest potential and miracles can happen.

✓ ***Falling in Love With the Present Moment***

Instead of constantly pushing to get somewhere or dwelling in the past, why not just fall in love with the present moment? After all, this present moment is your perfect creation. You are exactly where you need to be. And by tuning into it, you are opening your heart and letting your life fill with love. When you feel love and happiness inside, you attract and draw the enriching situations and relationships into your life. You prosper.

✓ ***Connect to Your Inspiration and Let It Move You***

Connect to your serene energy and let it inspire you. It takes courage to follow your own path. Make decisions and do things because you want to do them. Withdraw from action mode and allow yourself to be pulled silently by your inner love-driven voice and feelings instead. Trust yourself and the process. Allow things and relationships in your life to blossom naturally.

When you learn to let your inspiration move you, you are opening up to receive all the miracles and beauty life has to offer you.

Like Shivani in the novel *Enchanted Silence*, I realized life was actually quite simple. When I listened to my *enchanted silence*, I tuned into my inner guidance to lead me to what made me happy and who made me happy. Isn't that what we each ultimately want in our lives?

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