

## Point-to-Path Coaching Bi-weekly Ezine!

Provided by Milista Anderson, Business and Life Coach  
Point-to-Path Coaching  
6206 Wigton  
Houston, Texas 77096  
713.271.1171  
[www.pointtopath.com](http://www.pointtopath.com)

**This week's topic: How to Get Personal Power From Silence** (Vol 2-091503)

We, as humans, seem to always want to fill the silence with something - more talk, radio, TV or all of the above at the same time! When there's a break or lull in the conversation, we must speak even if it's to repeat something we already said.

Consider these aspects of silence to give you personal power from:

### 1. Answers from the Higher Being

Regardless of the Higher Being you believe in, you probably still ask for things. We can pray and pray to ask for help, guidance and answers. But, do we allow the "space" to receive the answers? Find at least 5-10 minutes of silence in your day to just listen to nothing. You might have to get up a little early or lock yourself in a closet. You might even have to turn off that radio in the car. Find the silent space. As Dr. Wayne Dyer says, "Open your mind to everything and attach it to nothing". (Dyer, 10 Secrets for Success and Inner Peace).

### 2. Explanations

Especially in a confrontational situation. When you want to know a reason or explanation for why something went wrong or didn't meet your expectations, try a little silence. Ask your question in an open-ended way (one that will require more than a yes/no answer), let it "land" and then be silent. You'll be surprised at how much the other person will dig. They're digging for explanations to fill the silence hole! The more they dig, the closer to the truth they get. Try it some time.

### 3. Insight and Information

Have you ever wanted to know about a subject or current event but felt too stupid to ask? Often, when we ask someone in authority or an expert on the matter, we back up the question with a great big explanation about why we don't know the answer in the first place. By the time that's finished, the other person has probably forgotten the question! Ask the question, cut the justification for asking and just be silent and listen!