

The Healing Power of Silence & Solitude

By Susan Smith Jones, PhD

Part 1 of 2

“Learn to get in touch with the silence within yourself and know that everything in this life has a purpose.”

“I love to be alone. I never found a companion so companionable as solitude.” —Henry David Thoreau

No one disputes that regular exercise and a wholesome diet are essential ingredients for being radiantly healthy and living a balanced, stressless life. But I believe there are other equally important elements that are often overlooked. In the pursuit of our physical goals such as a strong, fit, well-toned, healthy body, we often neglect the importance of nurturing the emotional and spiritual sides of our being from which true happiness, peace and fulfillment emanate. To rejuvenate your body/life, embrace silence and solitude. They are the *best* stress-busters.

As I write about in detail in my new book, *Be Healthy—Stay Balanced: 21 Simple Choices to Create More Joy & Less Stress*, noise certainly seems to be part of our everyday lives—from the alarm clock in the morning to the traffic outside and the never-ending sounds of voices, radio, and television. Our bodies and minds appear to acclimate to these outside intrusions. Or do they? The Committee on Environmental Quality of the Federal Council for Science and Technology found that “growing numbers of researchers fear the dangerous and hazardous effects of intense noise on human health are seriously underestimated.” When people are fully aware of the damage that noise can inflict on humankind, peace and quiet will surely rank along



with clean skies and pure waters as top priorities for our generation.

We pay a price for adapting to noise: higher blood pressure, heart rate, and adrenaline secretion; heightened aggression; impaired resistance to disease; and a sense of helplessness.

Studies indicate that when we can control noise, its effects are much less damaging. While I haven't been able to find any studies on the effects of quiet in repairing the stress of noise, I know intuitively that most of us love quiet and need it desperately. We are so used to noise in our lives that silence can sometimes feel awkward and unsettling. On vacation, for instance, when quiet prevails, we may have trouble sleeping. But choosing times of silence can enrich the quality of our lives tremendously. If you find yourself overworked, stressed-out, irritated, or tense, rather than heading for a coffee or snack break, maybe all you need is a silence break.

For more than three decades, Susan Smith Jones, PhD has been one of the world's most recognizable names and faces in the fields of holistic health, anti-aging, and balanced living. In addition to being the author of 17 books and a worldwide motivational speaker, Susan taught students, staff, and faculty at UCLA how to be healthy and fit for 30 years! To receive a special gift from Susan, to attend her “live” telephone seminars, or to purchase any of her new books (HEALTH BLISS, THE HEALING POWER OF NATUREFOODS, and BE HEALTHY~STAY BALANCED), please visit: www.SusanSmithJones.com.



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