



a monthly newsletter from Carol McKay, Life Coach  
Helping people create happier, more passionate lives!

## Beware the Endless Noise!

Every now and then, the world can get very loud. News, politics, media, entertainment— it seems everything is really loud right now. Have you noticed? Sometimes it feels like I am being bombarded by words . spoken, written and screamed.

In addition to the word barrage, there are also Facebook messages yelling at me by phone and email. %You HAVE to see this video+, %you must read this article+and %like my page or post+at every turn. %PAY ATTENTION TO ME+, shouts my world.

Politics are the worst right now. We all have our own political leanings— but the bombardment doesn't really pick sides, does it? Relentless nonsensical talking followed by shouting, shouting, more shouting, louder shouting to drown out the previous shouting. Yuk. %News+channels divide into Brady Bunch style tic-tac-toe boards, each square filled with someone more determined to scream their opinion than the last.

Add to all that the phone's incessant ringing, dinging and alerting, neighbors yelling, dogs barking, traffic screeching and— well— you know. No wonder my head hurts.

The external noise in the world is often equally matched by our internal noise. I know it's true for me. Outside chatter and inside chatter often compete equally for my attention. It often seems I have no control over either.

But, is that really true?

I have almost immediate control over the external noise. The TV actually turns off. I can set my phone to silent and store it in the kitchen towel drawer. Radio off, computer asleep— and guess what? The external noise is nearly gone. There's the occasional un-muffled car or happy dog, but mostly the external noise is gone.

If only the internal noise was as easy to silence.

I have more trouble quieting the mind than I have quieting the outside world. How about you? Here's what tends to work for me:

## PLAYTIME

### **Quieting the Inside**

Begin with the external noise. As best you can, make your external world quiet. Remember to include things that aren't creating noise right now, but have the potential to be noisy . turn off any ringers, dingers or alerts that have noise potential.

Sit comfortably in your newfound external quiet and just breathe. Direct your attention to the breath. In/Out. In/Out.

You'll notice your mind shouting. The mind loves to chatter, especially when it thinks it has your attention. Without worrying about anything the mind is saying, just notice the chatter, and then gently bring your attention back to the breath. In/Out.

The mind will scream louder. Again, just notice the yelling. Don't try to change it or control it. Don't resist it any way. Again, just gently bring the attention to the breathing.

Interestingly, the more you let go of fighting the internal noise, the more spaces you'll begin to notice between the screaming. Just attend to the breathing, and let the internal drama go play.

*Better? Quieter? Good.*