

SILENCE, THE ULTIMATE GIFT

This document was born out of the inspiration from an e-mail discussion with some of the Coaches from the SUN Coaching Community, following a SUN Global Skills Practice on the topic of “In The Moment Coaching”. There, in the Silence & Sound of Presence with all these amazing Coaches from around the world, we eventually ended up pondering upon the wisdoms and gifts of Silence as an integral part of any conversation that is “In The Moment Coaching”.

Right after the call, TEri-E Belf, MCC (also my Mentor Coach), invited us to play with the different types of silence, drawing from our own experience and expertise on the different types of silence and with it, on what qualities a Coach needs to be comfortable with this type of silence.

The Coaches who took part of the discussion:

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John Patrick Flood, Oman, Middle East
Dalia Nakar, PCC, Israel, Asia
Cristina Campofredda, ACC, Italy, Europe and South Africa, Africa
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THE SILENCE OF NOT KNOWING & THE SILENCE OF KNOWING

The Silence of Not Knowing refers to the **content** that is being generated by the Client and co-created together with the Coach. The Coach **does not know** what's coming next and s/he **is comfortable with not knowing**. The Coach thus trusts the process and thoroughly surrenders into whatever is unfolding, with all his/her senses and his whole Being open to the natural flow of events. The Coach hold the belief that *the Client is naturally creative, resourceful and whole*. And goes wherever the flow from the Client goes, while holding the focus and frame of this flow in a gentle “embrace”.

The Silence of Not Knowing in its wholeness and completeness is like a momentum in the vibration of the space-time continuum. Where everything stops. It's as if all movement stops. And you find yourself as if floating on air. It's like the baby surrendering into its mother's arms. The baby doesn't know anything else, BUT to surrender. And thus the baby 'knows', without actually (consciously) knowing, that the mother will hold them. Just like the Coach knows that **the Client knows** and thus the Coach doesn't need anything more, BUT to “hold” the space and time for the Client and the Client him/herself as they are *Being* in the now and as they are unfolding and transforming along the way.



THE SILENCE OF NOT KNOWING & THE SILENCE OF KNOWING

That there is a Silence of Not Knowing contains in itself the concept of the Silence of Knowing. And they are both defined by each other, not only in existence, but also in manifestation.

While **The Silence of Not Knowing** refers to the **contents** of the coaching conversation – the words, the questions, the answers, the quest of the Client on his way to fulfilling his vision – **The Silence of Knowing** refers to **the form and the frame** of the coaching conversation. It is through the *Silence of Knowing* that the Coach **holds the time and space** for the Client. It is about the **'know-how'** to **guide** the process.

The Silence of Knowing is 'tentative' in its manifestation. Mild and yet focused in its energy. Very structural as well. Hence **structural, structured and focused energy** is to be manifested by the Coach. This Silence is there and yet it's not there. It's very elegant in manifestation even though it's a **Yang type of Silence**. It very much contains and integrates the energy of the *Not Knowing Silence*. Because even though in this silence the Coach *knows (the frame and form)* – the way this 'knowing' is being manifested is through the Yin domain. Since the *frame* is not forced by the Coach – *it is being offered and handed out* to the Client, through gently guiding him/her through, in the Client's own quest for answers.

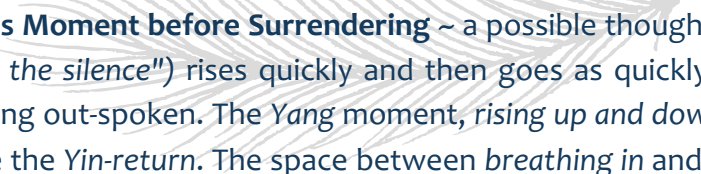
“ANATOMY” OF THE SILENCE OF NOT KNOWING

The Silence of Not Knowing seems to first come with some **TENSION**, generated by the “*thinking field*” (the ‘*knowing*’ field, the ‘*matter*’ field) that the Coach has been into by the moment they choose to retrieve to the Silence Field. Then moves into the spectrum of **EXTENSION**, coming from the **nothingness and emptiness** that bears the fruit of the emergence of answers and/or sound. And then moves to **INTENTION** with the forming of thought or insight, or question, or just anything coming either from the Coach, or the Client or from both.

PHASES (MOMENTS) OF THE SILENCE OF NOT KNOWING. OR HOW IT EVOLVES THROUGH THE PROCESS OF UNFOLDING FROM BEFORE COMING-INTO-PLAY UNTIL AFTER COMING-INTO-PLAY:

1. **“In the beginning was the Word”** ~ that is the moment that defines the not-knowing field (Silence) by the mere existence of the knowing-field / Non-Silence. Thus distinguishing the both. The moment before falling into Silence.



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2. **The Conscious Moment before Surrendering** ~ a possible thought (e.g. "I have to fill in the space / the silence") rises quickly and then goes as quickly, in the best case, without it being out-spoken. The *Yang* moment, rising up and down internally for the Coach, before the *Yin*-return. The space between *breathing in* and *breathing out*. The 'Word' in its potential manifestation dies out only to be born again in a different form.
 3. Then comes the **Let Go and Surrender Moment** ~ which comes with self-awareness and self-management on the Coach's end. **Attachment to the Silence of Now Knowing begins.**
 4. Then there's the **Floating and Trust Moment** ~ which gives **intimacy with Source and with Client on a transcendent level.**
 5. Then there's the **MOMENTUM of full and complete surrender** ~ one can cut through its intense energy, you can touch the silence (dense and thick in experience) – where the 'Word is conceived' to be born again.
 6. Then comes the **Moment of Detachment from Momentum** as if with taking a deep, deep breath. *The Yin moment before the Yang opening. The 'Word' is received.*
 7. Then the Moment of 'waking up' to and falling back into the **3-dimensional reality** – the 'Word' is shaped in reality. *In the Presence of both Client and Coach.*
 8. **'Word', through voice or mere awareness, is being manifested** ~ the Coach might pose a powerful question or make an observation, or even better – witnesses that which comes from the Client, a 'Word' or anything being manifested by the Client.

FURTHER QUESTIONS FOR REFLECTION

- 1) **On Silence: is it only the absence of sound (inner and/or outer)?** Or does it go beyond that in the coaching context? And how?
- 2) **The Yin & Yang manifestations of Silence** ~ Silence – as a container / womb, wherein sound is born? Or Silence – as retrieving from Sound? Or both? Is there a spectrum of *Yin Silences* & *Yang Silences*, just as there is a spectrum of different types of Presence?
- 3) **How is Silence connected to Presence?** When Presence **IS** Silence? How are the different types of Presence related to the different types of Silence?

I've always considered Presence to be the ultimate for all competencies and skills, but now I question whether it could be that Silence comes first and Presence is born out of it. Out of nothingness... "In the beginning was the Word", but before that "God created the heavens and the earth". Or maybe this depends on the place or the plain from where I'm asking this



question. Consider Yin and Yang – none comes first or second. They both ARE because the existence of the one is defined by the existence of the other. How does this refer to Silence and Presence?

4) **How is Presence defined by sound or vibration?**

5) **How is Silence connected with Awareness?** And with **the Conscious** and **the Unconscious?**

SOME FURTHER OBSERVATIONS

What I've realised now, having written these lines, is that the plain of Silence is totally different from the plain of Thought. And also, that it's through the plain of Silence that the Sound (of anything or anyone), or Thought for that matter, ever is. So I guess **Silence already is**, with its own vibrancy and vibration. As if there's some kind of SilenceLand :-). **So it's not that I am "creating silence", it's rather that I am experiencing Silence with all its gifts.** Its energy can be soothing and guiding, or caring, or even healing at times. So it's just about falling back into its hands and tuning into its energy and vibration – to make the most of the experience both for the Client and the Coach.

What else I've realised, while connecting with your responses, is that the plain of Silence is totally different from the plain of Thought, or the plain of Sound for that matter. I can even feel the difference – it's as if adjusting to different gears.

*It is through the plain of Silence
that the Sound (or Thought) ever is.
And it is through the plain of Sound
that we get to know that Silence is.*

So as Coaches, we can simply **offer the gifts of Silence** – with its energy that can be soothing or guiding, or caring, or even healing at times – or through its plain, just bringing the gift of emergence of answers. This has just given me a new read of the "Coach is comfortable not knowing as one of the best states to expand awareness in" (ref. coaching competency Trust and Intimacy). **And still another question comes into play, to ponder and to wonder: Isn't that we are experiencing Thoughts? Rather than generating or creating them? I'd better leave this one up to you...**

