

# Inwardly Silent



by *Aldo Cauchi Savona*

Here are fragments of my journal on my terrible traffic accident & recovery.

Against all odds, and to everyone's surprise, after 4 months I came out of the coma and woke up!

One can thank God and my recovery from my accident, a lot of people say is a miracle.

At first, after the coma, I was not too happy that I was in hospital. I did not know why I was there or that I had crashed; I was very confused.

In fact a few days later I asked my father the reason I was in hospital.

Also, my friends told me that I said some things on some issues and recognised some people I have now forgotten.

It seems that the main damage to my brain has been to my memory.

At this point I began, physiotherapy, occupational therapy, and speech therapy.

My speech was not too good at that moment and I rarely used to speak, instead I used to communicate with my parents and friends with sign-language.

One of the main points I would like to make in my journal and is shown in this project is that our thoughts are very important to our health and recovery.

The writer Ralph Waldo Emerson (1803-1882) gave some good advice to help and I believe in.

He wrote the following:

***Sow a thought and you reap an action; sow an act and you reap a habit;  
sow a habit and you reap a character;  
sow a character and you reap a destiny.***

A Russian therapist, Dmitry Molodtsov,  
once also wrote in his the therapy of Mind of the Body as follows:

***What we think we are, we are***

In 1999 *Duke University* conducted an experiment which confirmed the idea of the **mind's effect on the body**.

I believe a lot in the power of thought and positive thinking and I didn't need to read books or have people tell me that it makes a big difference.

However, based on what I read in books what a therapist told me as well as a yoga therapist told me, our thinking and will makes a very big difference in what happens.

## **Alternative Therapy**

It's also good to mention the alternative therapy my father took me to after hospital.

At first I used to go to a masseur who did massage therapy .  
I mentioned what he did to a friend who knows more about these things  
and he told me that his therapy was like that of an osteopath.

I was then taken to another Gemstone healer, who had invented the Theragem.  
Now he has invented a new machine called ProGem.  
It uses light and sound passed through crystals, and gemstone minerals  
for healing purposes.

## **What is inner silence (or the project name Inwardly Silent)?**

Here is a small 'explanation' on what I meant in my journal and in this project's name,  
**Inwardly Silent.**

Inner Silence has certainly nothing to do with closed eyes and devoutly folded hands.

Being inwardly silent is achieved when the senses,  
and the consciousness linked with them, and the mind, no longer make themselves felt.  
The senses, the mind and the related Consciousness are instruments of the I (or personality).

If the I no longer puts itself in the forefront but is nourished by your longing,  
the I can completely withdraw, giving more space for the soul.

Now I had written inwardly silent more because in one such situation  
one should overcome his personality/ego and understand where one is and  
what one should do to get better and not believe or think one is something one is not.

One can also give your body the room it needs to help healing.

Our body can heal and perform healing well,

but we must let it do so and our mind/ego/personality can get in the way.

Rather than Positive thinking (which helps a lot), we can call this type of thinking

Negative thinking, which is a massive hindrance to our getting better.

On my personal website **[www.cauchisavona.com](http://www.cauchisavona.com)** in a month's time,  
updates on the Journal, it's publishing and maybe some reviews of it will be online.

One can also see my photography website

**[www.aldopics.com](http://www.aldopics.com)**

on which photography services I offer.

*The above text is taken from my journal which should be  
published around April / May and could be then bought.*