

SENSITIVITY TO NOISE

EXCERPT FROM PSYCHIC LIVE PODCAST

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SENSITIVITY TO NOISE



Embracing Sensitivity to Noise

In this heartfelt and relatable discussion from *Psychic Live with Riz & Lady O*, Lady O and Riz share their insights on managing sensitivity to noise, which often stems from an overloaded nervous system. They explain how noise sensitivity is a signal from your body and higher consciousness to pause, recalibrate, and create a quieter, more harmonious environment. Through humor, personal experiences, and practical suggestions, they offer guidance on how to honor this sensitivity and support your well-being.



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REFLECTION QUESTIONS

1. Personal Experience with Noise Sensitivity:

- When do you feel most overwhelmed by noise? Are there specific environments, sounds, or times of day that trigger this sensitivity?
- What emotions arise when you experience noise sensitivity? How do you typically respond?

2. Listening to Your Nervous System:

- How often do you notice your body or mind signaling the need for quiet or calm?
- What steps can you take to honor these signals without judgment?

3. Creating Quiet Spaces:

- Where can you go to find moments of silence in your daily life?
- What would your ideal silent retreat or quiet sanctuary look like?

TRANSCRIPTION FROM LIVE PODCAST: PSYCHIC
SUNDAY

Lady O

Pauline, any suggestions for noise sensitivity?

Riz

That's a you question.

Lady O

You don't want to hear my answer.

Riz

Tell everyone to shut up

.

Lady O

You want to know my answer? How do you deal with noise sensitivity? Tell everyone to shut up. Remove yourself, dear. Lower the volume. Get away from it. You are recalibrating, so you have to give yourself permission to be silent. Too much media noise, outside noise, drilling of your own thoughts into your noise, you're tired of it all, and you are just wanting a break, a reset. This is a good time to do silent retreats. Good time to do long walks. Good time to do this. Talk about what a silent retreat is. Or what about the...

Riz

It's called Vipashana. Vipassana. Or Vipasana. But you can go away for three days. They usually have an option of three days or 10 days. Vipashana is spelled V-I-P-P-A-S-A-N-A. Vipashana. Because Indians are good at spelling, apparently.

Lady O

Okay, you get 10 points for that.

Riz

All right, thank you. Look it up. Sorry, go ahead.

Lady O

So, yes, you have to honor that. When your body is saying too much noise, it's your nervous system actually saying that. And then that's connected to your higher consciousness, and your higher consciousness, I was actually saying, enough. I need a break. I've actually gone through a time period where I had to wear earplugs, those little soft, little noise cancelation earplugs. That's true. Yes. I wore them constantly, even during the day. For years. For years, off and on, because there was too much noise everywhere. People were talking too loud. Everything was too loud. I couldn't take it. And that's because I was resetting my entire nervous system. I was recalibrating. And so I needed to give myself time and permission for that. And so I would go to the beach and sit there on the sand and stare at the ocean.

Riz

I noticed that even in the time period when you were wearing those earplugs, every time I said that you looked beautiful, you heard that, though.

Lady O

Selective hearing through the noise cancelation.

Riz

(Laughs out loud)

PRACTICES TO SUPPORT NOISE SENSITIVITY

SILENT RETREATS AND DAILY SILENCE

- **Vipassana Meditation Retreats:** Consider attending a Vipassana retreat, ranging from 3 to 10 days, to immerse yourself in complete silence. These retreats are designed to help you reset and connect with your inner stillness.
- **Daily Quiet Time:** Dedicate 30 minutes each day to silence. Turn off devices, dim the lights, and allow yourself to simply be.

PHYSICAL AND ENVIRONMENTAL ADJUSTMENTS

- **Earplugs and Noise-Canceling Devices:** Use soft earplugs or noise-canceling headphones to reduce environmental noise, especially during overstimulating times.
- **Nature Immersion:** Spend time near calming natural elements like oceans, rivers, or forests. Let the soothing sounds of nature replace the clutter of everyday noise.

NERVOUS SYSTEM RESET

- **Deep Breathing:** Practice slow, deep breathing exercises to calm your nervous system. Inhale for 4 counts, hold for 4 counts, and exhale for 6 counts.
- **Gentle Movement:** Try yoga or tai chi, focusing on slow, intentional movements to help ground your energy.
- **Selective Hearing and Joyful Moments**
- **Focus on Positivity:** Even in noisy environments, train yourself to notice the uplifting sounds—like a loved one’s kind words or laughter.
- **Humor and Lightness:** Embrace humor as a tool to navigate the challenges of sensitivity, just as Lady O and Riz demonstrated in their playful exchange.

AFFIRMATIONS FOR QUIET AND CALM

- “I honor my need for silence and give myself permission to reset.”
- “My nervous system is a sacred guide, leading me to peace and balance.”
- “I create harmonious spaces that support my well-being.”

Exercises for Integration

1. Design Your Quiet Sanctuary:

- Envision or create a physical space where you can retreat when overwhelmed. Add soothing elements like soft lighting, calming colors, and natural sounds or scents.

2. Silent Walk in Nature:

- Go on a walk without distractions. Notice the subtle sounds around you—the rustle of leaves, the chirping of birds, or the rhythm of your footsteps. Let these natural sounds soothe your mind.

3. Daily Earplug Practice:

- For 10 minutes each day, wear earplugs to block out external noise. Use this time to center yourself, focus on your breath, or engage in quiet reflection.

Dear Seeker,

Your sensitivity to noise is not a weakness—it's a powerful signal from your body and soul, asking you to honor your need for peace. In a world filled with constant stimulation, embracing silence is a radical act of self-love and care.

Give yourself the grace to recalibrate, to create spaces of stillness, and to listen to the whispers of your higher self. Know that this phase of heightened sensitivity is an opportunity for profound healing and growth. As you navigate this journey, remember that quieting the external noise allows the beauty of your inner harmony to shine. With love and understanding,

Oriah & Riz Mirza

