

An account of a woman's journey through her
subconscious to rediscover silence.

The Returning Silence

The background of the cover is a monochromatic blue-toned illustration. It depicts a woman in a long, flowing dress standing on a curved wooden bridge that spans across a body of water. The water is dark blue with subtle ripples. In the distance, there are silhouettes of mountains and a forest of evergreen trees. Numerous white butterflies are scattered across the scene, some appearing to fly towards the woman. The overall mood is serene and contemplative.

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Part A - Chapter 1

Introducing Myself

In my mid-thirties, I noticed a faint noise in my left ear. Initially, it was barely audible, but it became increasingly louder over the following months. I visited my doctor, who examined my ear and informed me that a wax buildup was the likely cause. The noise was still there when the wax was removed. My doctor referred me to an ear, nose, and throat specialist at a London hospital. Several hearing tests and examinations proved inconclusive, and in 2008, I was diagnosed with tinnitus.

“Tinnitus” is derived from Latin and means “to ring”. It is very challenging to deal with, and several things could cause the condition. Towards the end of 2009, the sound gradually grew louder, and insomnia set in. I could not sleep for three or four days, after which the exhaustion meant that I slept for around fourteen hours, losing whole days. And then, another cycle of insomnia followed. By this time, the noise in my ear was unbearably loud, like a jet engine. The doctors said I would have tinnitus all my life, which would get worse with time and could not be treated. It was one of my worst times, and I contemplated suicide.

When I looked online, the only information I found was about coping

strategies and how to live with tinnitus, but it seemed like I would die of this condition if it became any worse. On one December evening in 2009, I noticed David Corr's website at the top of the search engine. He was a hypnotherapist and happened to be an expert in how the subconscious works. I had never thought of hypnotherapy before and knew nothing about it or how it worked. Having seen the media's portrayal of hypnosis, I was sceptical, but I had nothing to lose, so I agreed to meet him in January 2010. I did not know it then, but David turned out to be an incredible teacher whose knowledge of applied hypnosis and tinnitus from a psychological perspective became the first small but crucial step on my long journey to permanent silence.

David taught me that when we experience emotional trauma, the resulting unacknowledged emotions are suppressed back into the subconscious or expressed consciously in a highly diluted form, resulting in emotions that are not entirely felt. It is essential to simultaneously be aware of more than one emotion to have a balanced view or emotional reaction to a situation we are experiencing. With tinnitus, the conscious became a strict gatekeeper, confining emotions and associated painful memories to my subconscious. This is one reason my conscious stopped experiencing emotional pain in the moment. Gilligan suggests that we must completely immerse in every experience it brings so that we can let it go.¹³ Buddhists call this practising mindfulness or being mindful. Out of the multitude of possibilities as to why one's tinnitus could be loud, there is no way of correctly guessing. Hypnosis provided me with a way to find so many needles in so many haystacks, and when I found all of them, I experienced silence. For beneath the trauma of life is the real you fighting to break free, but life has pulled us in many directions; this is why we forget to listen to ourselves because trauma drowns out that inner voice. This book is about how to connect with that voice, to understand what it is saying to us so that the past does not come

knocking at the door, and this is how we can be silent again.

I attended a special needs school from the age of five to just before my seventeenth birthday, which was a harrowing experience, as I outline in chapter three. It is easy to recollect memories of my time at the special needs school; some are highly vivid. However, from the time just before I developed tinnitus, it was impossible to bring up the emotions and feelings associated with these memories. Essentially, the bridge between the subconscious and the conscious was broken; this meant that memories, thoughts, and emotions were isolated in the subconscious. Through hypnosis, I learned that we have to move beyond all that we see to all that we feel to understand ourselves better and not be frightened of this process. This book retells how I rebuilt this bridge, brick by brick, which returned me to better mental health.

The Returning Silence

We carry our emotional experiences throughout our lives and sometimes these become too much for us, while we remain unaware of what they consist of. Hypnosis provides a solution to this, a way of recognising the whole of us and how we have come to be the people we are today.

You may be suffering from tinnitus and being given no hope of recovery, interested in hypnosis and subconscious, or keen to know my personal story. This book is not the ultimate guide to recovering from tinnitus, but it will take you through my personal journey to better mental health and permanent silence.

I share many years of personal research and experimentation into the subconscious trauma, which gave me control over tinnitus and its effects. The Returning Silence demonstrates, my journey was personally significant. I have completed it, and maybe this book will help some others who have also suffered from tinnitus. In sharing the words in this book, I hope others in similar situations will take their own journeys and experience silence that comes from emotional tranquillity.

www.thereturningsilence.com

