

## Day 14 - The Balance in Silence

**21-Day Meditation Challenge** <meditationchallenge@chopra.com>

Sun, Mar 24, 2013 at 1:11 AM

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*"The music is not in the notes, but in the silence between."*  
—Wolfgang Amadeus Mozart

### Quick Links

[Access today's meditation](#)

[Go within - Real change from the inside out](#)

[The Quest for Quiet in a Noisy World](#)



### Welcome to Day 14—The Balance in Silence

Congratulations on completing two weeks of our Challenge and on all your achievements thus far!

Over these past two weeks, we've enjoyed wonderful meditations together. It is in this stillness that we connect with the Highest Self, the field of pure potentiality, and plant the seeds of our dearest intentions for ourselves and others so that they flourish in our lives. In this stillness, we come to understand that we are indeed intrinsically part of the universe and connected with everyone and everything around us.

Our centering thought for today is:

**I intend to take steps each day toward perfect health.**

We look forward to connecting with you in Spirit.

Blessings,

A handwritten signature in black ink, appearing to read "Paul & Ingrid". The signature is written in a cursive, flowing style.

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### **MINDFUL MOMENT**

Commit to writing down your intentions. Before each meditation, review your list, and then release your intentions into the womb of creation. Then, watch how what you desire manifests in your life.

[Need help? Click here.](#)

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