

SUPPRESSED SILENCE

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Praise for
Suppressed Silence

“A timeless guide to
freedom from mental
clutter and inner chaos.”

Robert G. Allen
#1 New York Times
Bestselling Author

A GIFT FOR YOU

Before you dive in, I want to give you something I wish I had when I was battling the thoughts that nearly silenced me. The kind of gift that turns “Will I ever be free?” into “Oh wow—freedom really is possible.”

That’s why I put together a powerful resource for you:

- **The Freedom Prelude Collection** – Transformative downloads to reshape your mindscape, dismantle harmful narratives, and fortify your peace. And that’s just the beginning.

To claim your gift, scan the QR code
~ Michele & Katie



CHAPTER ONE

The Chamber of Silence



There are moments in life when we suddenly realize we are not living freely. It is not always a loud crash or a public breakdown that awakens us. More often, it is subtle. A heaviness. A sense of being trapped inside invisible walls.

I call this place the Chamber of Silence.
In this chamber, the air feels stale. The walls
are thick, though they cannot be seen. The
silence is not peace, but suppression. You
feel it pressing down on your chest,
weighing on your mind, muting the voice of
your true self.

For years, I did not even know I was in it. I
mistook the silence for strength. I thought
keeping my pain hidden meant I was
“handling it.” But silence can be deceiving.
What looks calm on the outside can be
torment on the inside.

The Trap of Suppressed Silence

When you enter the Chamber of Silence, it
doesn't announce itself with a sign on the
door. It sneaks in quietly:

A thought you never challenge.

A lie you start to believe.
A fear you feed in the dark.

And little by little, your inner voice is
hushed. Your courage is restrained. Your joy
becomes faint.

Some people try to decorate the chamber,
convincing themselves it's a safe place:
"This is just who I am. This is just life." But
deep down something knows the truth: this
is not where you were created to live.

My Own Encounter with the Chamber

I remember a season when despair clung to
me like fog. Outwardly, I smiled and
pressed on. Inwardly, I was suffocating.
Thoughts of failure and fear circled
relentlessly.

It was not until one night—when I was utterly alone—that the chamber revealed itself for what it was. The silence wasn't strength. It was suppression. And it was killing me.

In that moment, something unexpected stirred. I cannot fully explain it except to say: awareness broke through. Like a sliver of light in a pitch-black room.

It didn't come with thunder or lightning. It was quieter than that. But it was undeniable. A whisper that said: You don't belong here. You were made for more.

Divine Awareness: The First Crack of Light

That whisper was not from me. It was divine awareness, the Spirit of God breaking the silence with truth.

It didn't instantly destroy the walls. But it created the first crack. Enough for hope to slip in. Enough for me to breathe again.

This is the secret of the Chamber of Silence: it cannot withstand the light of awareness. Once you recognize where you are, you already begin your escape.

Reflection: Identifying Your Chamber

Your chamber may look different than mine. For some, it's the silence of shame, hiding a past mistake. For others, it's the silence of fear, too terrified to speak their dream aloud. Some live in the silence of resentment, never voicing the hurt that hardened their hearts.

Take a moment now. Ask yourself:

Where have I grown silent in my own life?

*What thoughts or lies have I allowed to
suppress my voice?*

*Where does hope feel distant, but silence
feels safe?*

Write them down. Awareness begins when
we are willing to look honestly.

Breaking the Silence

The first step is not to shout. It is not even to
run. The first step is to listen. To become
aware. To let that divine whisper reach you.

Once you hear it, silence is no longer your
master.

And here is the truth that must be declared:

Your silence does not protect you. It imprisons you. But awareness sets you free.

Practical Application

At the end of each day this week, sit in a quiet space and ask:

1. What thought silenced me today?
2. Did I hold back something that should have been expressed?
3. Where did I sense the whisper of hope, even faintly?

Write your answers in a journal. Don't edit. Don't judge. Just notice. This is the practice

of breaking suppressed silence with awareness.



As you walk forward, remember silence can be holy when it is chosen. But silence can be deadly when it is forced. You were not created to live trapped in a chamber of lies.

Listen to the whisper. It will guide you out.