

# **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



## ***To My Family***

***To Katie, my co-creator and daughter, whose inspiration has been a guiding light, and to my beloved family—your love, faith, and encouragement have been a steady flame that helped ignite the creation of this book.***



# 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 “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 peace.

And that’s just the beginning.

To claim your gift, scan the  
QR code

~ Michele & Katie







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## The Chamber of Silence



**The Chamber of Silence is Not an  
Escape From the World, But a  
Sacred Place of Power.**

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 in on you, weighing on your mind, muting the voice of your true self.

For years, I mistook the silence for strength. I thought keeping my distress hidden meant I was “handling it.” But silence can be deceiving; what looks calm on the outside can be torment on the inside.

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 try to  
decorate the chamber, convincing  
themselves it's a safe place:

"This is just who I am."

But deep down something knows the  
truth: this is not where you were  
created to live. I remember a season  
when a fog of heaviness settled around  
me. I appeared steady on the outside,  
but inside, quiet conflicts and  
diminishing thoughts pressed in.

It was not until one night—when I was alone—that the chamber revealed itself for what it was. It was suppression.

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 — just  
enough for hope to slip in. Enough for  
the torment to finally ease.

This is the secret of the Chamber of  
Silence: it can't withstand the light of  
awareness. Once you recognize it,  
you've already begun your escape.

### **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 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.

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

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.*