

We therefore realize that silence is hard to find, if you are searching or looking in the wrong places, especially with all the electronic devices and machines we have, roaring and making all forms of sounds. Have you ever heard a song that keeps ringing in your mind over and over again. Such noise occupies our minds and make silence hard to reach, But the silence is inherently always there. We have to search for silence in the right places and make time to enjoy it every day. Everyone instinctively knows that deep inside each one of us there is a beautiful realm that relaxes, revitalizes, and welcomes us with open arms to dwell in the peace within, untouchable. That is the place to search for the silence we so much long for.

As Mahatma Gandhi has rightly said, "In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness. Our life is a long and arduous quest after Truth."

It is good to be silent. When we are at the feet of the master, we are advised to keep silent, we should have no desire to speak. And if we must speak, to speak little. It is best to say nothing, unless what is to be said is true, kind, and helpful. The qualifications for chelaship are said to be — to know, to dare, to will, and to be silent. To be silent is the hardest of them all. We should always think well before speaking. It is difficult to keep quiet, especially when we learn something new, or with great enthusiasm. Then words will vex us and will seem to want to leave our mouths. But practice and time give us strength to overcome that feeling. Silence will help to prevent us from displaying our stupidity in public. Others may even think we are wise, even though silence may not be a mark of wisdom. Silence is a giver, and noise is a taker. So always opt for silence. An old adage says, "Empty vessels make the most noise."

The universal symbol for silence is placing the index finger in front of closed lips. This gesture can be used to demand silence without raising one's voice. The rose, sometimes depicted clasped by or on top of closed lips, is another well-recognized symbol of silence.

We should strive for silence. No one will hand us silence on a silver platter. We must find our own silence and hold on to it, because silence is golden, and like all good things, it does not come easy. The sweetest and most