

physical location. But you were powerful at that very moment. That is the silence we are looking for. We have just tasted what silence is.

There is a silence when you have been asked a question to which you have no answer. There is a silence when you are told something so honest that you need a few minutes to digest it. There is a silence after a door closes and you are all alone in a house. These are very small, temporary moments in which we are able to experience real silence. Sometimes we let the silence slip away, without noticing it, but we can capture such small exquisite moments if we pay a little more attention to their occurrences. Nature will give us a glimpse into the eternal by various hints. For example, when the last drop of water falls from a tap into a bucket, there is a silence. With practice we can pause and prolong that silence for a deep experience. Silence is not the absence of something; it is the presence of everything.

Now that we have a vague idea of the type of silence we are looking for, join me in a little exercise to try to experience the basic wholesome silence. (1) Sit comfortably in an upright position. (2) Gently close your eyes. (3) Observe the silence of your physical body. We are not talking and the body is not moving. (Spend 5 minutes doing this.) (4) As we observe the silence of the physical, we are not talking and the body is not moving; let us observe the silence of our emotions, feeling nothing. (Spend 5 minutes doing this.) (5) Let us observe the silence of the mind, placing our full attention on the breath, naturally going in and out. (Spend 5 minutes doing this.) Gradually return to your usual awareness of the world around you.

A few quotations on Being Silent

“Be silent or let thy words be worth more than silence.” — Pythagoras

“My friend, I am not what I seem. Seeming is but a garment I wear — a care-woven garment that protects me from thy questionings and thee from my negligence. The “I” in me, my friend, dwells in the house of silence, and therein it shall remain forever more, unperceived, unapproachable.” — Kahlil Gibran

“Make peace with silence, and remind yourself that it is in this space that you’ll come to remember your spirit. When you’re able to transcend an aversion to silence, you’ll also transcend many other miseries. And it is in this silence that the remembrance of God will be activated.” — Wayne W. Dyer