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Importance of Silence

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True silence is the silence between thoughts and represents the true self, consciousness or the soul. It is a web of energized information ready to take all provided there is a right intent. Meditation is the process of achieving this silence.

Observing silence is another way of getting benefits of meditation. Many yogis in the past have recommended and observed silence now and then. Mahatma Gandhi used to spend one day of each week in silence. He believed that abstaining from speech brought him inner peace and happiness. On these days, he communicated with others only by writing on paper.

Hindu principles also talk about a correlation between mauna (silence) and shanti (harmony). Mauna Ekadashi is a ritual followed traditionally in our country. On this day, the person is not supposed to speak at all and keep complete silence throughout day and night. It gives immense peace to the mind and strength to the body. In Jainism, this ritual has a lot of importance. Nimith was a great Jain saint, who long ago, asked all Jains to observe this vrata. Some people recommend that on every ekadashi one should observe silence for few hours in a day if not the whole day.

Deepak Chopra, in his book 7 Laws of Spiritual Success, talks in great detail about the importance of observing silence in day-to-day life. He recommends that everyone should observe silence for 20 minutes every day. Silence helps to redirect our imagination towards self from the outer atmosphere. Even Swami Sivananda, in his teachings has recommended daily observation of mauna for 2 hours, milk and fruits every day, studying one chapter of Bhagwad Gita daily, regular charity and donating one-tenth of the income in the welfare of the society. Ekadashi is the 11th day of Hindu lunar fortnight. Ekadashi is the day of celebration occurring twice a month, meant for meditation and increasing soul consciousness.

Vinoba Bhave was a great sage of our country who is known for the Bhoodaan movement. He was a great advocator and practical preacher of mauna vrata.

Mauna means silence and vrata means vow; hence, mauna vrata means vow of silence. Mauna was practiced by saints to end enmity. Prolonged silence as a form of silence is observed by rishi munis.

Silence is a source of all that exists. Silence is where conscious dwells. There is no religious tradition that does not talk about silence. It breaks outward communication and forces a dialogue towards inner communication. This is one reason why all prayers, meditation and worship or any other practice whether we attune our mind to the spiritual consciousness within are done in silence. After the death of a person, it is a practice to observe silence for 2 minutes. The immediate benefit is that it saves a tremendous amount of energy.

Silence is cessation of both sensory and mental activity. It is like having a still mind and listening to the inner mind. Behind this screen of our internal dialogue is the silence of spirit. Meditation is the combination of observing silence and the art of observation.

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