

The Outspokenness of Silence

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ABSTRACT

Silence is a great practice. In all the sadhanas, silence is said to be the basis of accomplishment, without silence no spiritual practice can be fruitful. Silence is a very good medium to pave the way to salvation. Unless we do not become completely silent, in the true sense we cannot achieve our Self. Silence is glorified in every field because silence is a kind of retirement. When we are engrossed in conversation, our mind is divided outwards, that is a tendency. When we become silent, all our tendencies become under control. Without silence it is not possible to know the soul. The most silent, the most isolated. So long as we have a connection with the outside and the contact with the outside, there cannot be any centering with the soul. Centralization with the soul belongs to those who, free from all contact, interact directly with the soul.

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Benefits of Silence

Conversation may make our intellect valuable, but silence is the school of our talent. This is true, it enhances our talent. When we speak, a lot of our energy is wasted in it. Therefore, the inspiration to practice silence is constantly given to the sage. It has big benefits -

- By keeping silence, half of our tendencies are automatically controlled, when we are engrossed in conversation, our mind is divided.
- Concentration increases by being silent; we can draw conclusions about anything.
- Silence also develops our memory power.
- Keeping silence also increases our work efficiency.
- One of the benefits of silence that it enhances our positivity and activity. When we are outspoken, we are only in contact with others and when we become silent we are in contact with ourselves. The potential within us cannot be revealed unless we are with ourselves.
- When there is a dilemma in our mind, then at that time, don't get confused, and become silent.

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The Outspokenness of Silence

- When there is silence, the abilities within us, which we people, call the sixth sense; it becomes active and gives solution.

Therefore, a continuous practice of keeping silence should be kept. Not to be silent, but to remain silent. Keeping silence can still be on a superficial level, silence is to the end. To keep silent means not to speak. To remain silent means to rise above the urge to speak. Not speaking is not a big deal, but to speak, silence is needed. We always need silence for meditation.

Learn to speak before silence

It is very easy to speak but it is very difficult to meditate silently. There are many people who giggle, gets angry and become silent. This is reactive silence. We must learn to speak properly, got out of the habit of talking nonsense. Silence is a great practice. Silence is also spoken by speech. The message that is spoken from the mouth, the deeper message is of our silence, which is manifested by our posture, manifests itself and for that we don't have to say or do anything. A very big message can be conveyed by the body without even uttering a word from the mouth. Let us look at the whole nature. All nature is silent. The sun is silent. The moon is silent. The stars are silent. The sky is silent. The trees are silent. Plants are silent. The mountains are silent. The rivers are silent. The waterfalls are silent. Is anyone saying anything? Everyone is silent, but their message is very loud. May we be able to hear and understand the message of this silence! If such power is developed within us, surely our life will be happy.

Four levels of Silence

First of all what is silence? And secondly, where to keep silence? What are four levels of silence? What does silence mean? Is Silence means not speaking? No, not speaking is only superficial silence. The real silence is to stop the tendency to speak.

There are four types of silence –

1. Silence at the level of the body
2. Silence at the level of speech
3. Silence at the level of the senses and
4. Silence at the level of the mind

What is meant by body level silence? Control physical movements. We speak with our expressions more than we speak with our mouth. If someone is not speaking with his mouth, but he is moving his hands and feet, Is it silence or conversation? In fact, that is conversation, that is language. Even dumb people understand their language. Silence means to stop all communication. If I am doing something from the level of the body, I am still speaking in body language.

If we want to enjoy silence to the fullest, keep silence at the level of the body. No expression, no reaction, no reflex. To sit like an idol is the silence of the body. The work of the soul is to know, to see. This is a great practice.

Silence of speech

Silence does not mean to remain mum. Mouth is closed, as soon as we take silence. When we inflate the mouth, then it does not remain silent, just not speaking. Some people just stop talking. Not speaking is just speech level silence, which happens even in anger, in despair, also in frustration. But what is the real silence of speech? Do not wish to speak with our

The Outspokenness of Silence

mouth. Not to react, not to show any emotion, to sit quietly, this is the silence of words, the silence of speech.

Silence of the senses

The third is the silence of the senses, that is, the senses should not run towards their objects, remain neutral. We speak with our eyes, we speak with your ears, we speak with our nose and we speak with our touch, we speak with our tongue. There is a hint in the eyes itself. The words of the eyes are very deep and sharp, isn't? If I am silent then my eyes should also be silent. Look at God, there is an idol of silence, there is silence of all four levels. If the desire to hear something is growing strong in my mind, then the ears are still loud, not silent. If the smell comes, take it with ease and leave it, it doesn't matter, but the desire to smell something is awakening in the mind, so where is the silence of the smell? If the desire for someone's touch is awakening from within, then where is the silence of touch? Unless our senses are neutral, there is no silence of the senses. There should be neutrality in the senses; this is the silence of the senses.

The silence of the mind

The silence of the mind is above all. What does silence of mind mean? To be above all kinds of desires, there is no communication from any side. The concentration of the mind with the consciousness is the silence of the mind. 'It's the silence of the mind which is the ultimate meditation. Silence the mind and everything will be silent. Then there is silence of the senses, silence of speech and silence of the body because the switch itself has been turned off. All the rest of the mind becomes silent, it can be done, but it is very difficult to cultivate the mind. The silence of the mind is the death of the mind, so become calm. Quieting the agitation of the mind in the first stage is also the silence of the mind. There should be no disturbance in the mind, no excitement, no impulse, no attraction. The highest form of spiritual practice is the silence of the mind. When the mind becomes silent, we win. In fact, when the mind is silent, the mind dies. Then the mind does not exist, we will go beyond the mind.

These four levels of silence are the biggest support or base of spiritual practice. Silence is a restraint. In the first step, we should adopt speech silence, practice that we stop communication with the body, with words, with the senses. Then gradually with practice, the communication of the mind will become calm.

Instead of silence, be silent at four places-

Where there is a possibility of sin - be silent. When we speak, we will be trapped. A monk was in meditation. A bull ran fast from there. A butcher came behind him. He asked the monk, 'did any bull come out from here?' Monk understood that if I speak now, it will chase him, catch him and kill him. He remained silent. After a while he asked again, Monk remained silent again. He asked many times but the monk remained silent every time. Butcher felt that he did not know whether he would say something or not, he went here and there on another path. The bull was completely safe. If at that time Monk had spoken the truth, it was the death of the bull, and if he had lied, his vows would have been killed. He took care of both of them in silence. So, where there is a possibility of sin, there we neither agree nor disagree, Just silence. Far from silence in sinful acts, people without meaning start giving sinful advice. In our scriptures, it is called as the punishment of sin. It is a great sorrow for our life, it is a curse. Why should we make it a practice? Where there is a possibility of sin, there is silence. Say nothing, walk away.

The Outspokenness of Silence

Where there is a possibility of conflict - be silent. Not to get into a fight. In most of the situations, speaking is the only way to fight. The front is furious, let us be silent. If one becomes silent, the proverb says that the quarrel ends with silence. Where there is a possibility of a quarrel, be silent.

The effect of the mantra

A father married his daughter. She was the only daughter. He got married his daughter in a well-to-do, respectable family. Being the only daughter of a wealthy father, she had become somewhat withdrawn and some proud due to getting more pampered. She went to her in-laws house. There she could not become dear to anyone because of her bad nature, became an object of neglect of all. Everyone was upset by his speech. Being upset, she wrote a letter to her father and said that I am not feeling well here, please call me. The father sent his brother to pick her up. As soon as the brother came to take her, everyone in the house was looking at the opportunity that when this problem would be over, she became a curse. Everyone sent her off happily. Throughout the way, she kept doing evil to her in-laws. She came home and father hugged her, made her sit nearby and asked about in-laws' house. The conversation that took place between the father and the daughter was something like this - The father asked daughter, 'How is your in-laws' house?' She replied, 'A real hell.' Father-well, how is your father-in-law? She quoted - solid monster. Father- How is your mother-in-law? She bid - Number one witch. Father- Okay, how is your elder brother-in-law? She said- Number one fool.

Father- How is your elder sister-in-law? She answered- It seems that she must have been a witch of previous birth. Father- How is your younger sister-in-law? She bid - Number one chubby. Father - how is your younger brother-in-law? She replied – Ruffian. Father asked about his son-in-law? She said, 'A rolling stone'

Father listened to everything and realized that there is definitely a problem in my daughter somewhere, not everyone can be like this. Father was experienced and understanding. He said to the daughter- Look daughter! I am very sad to hear the condition of your in-laws, but I have a mantra. I give you that mantra, if you use this mantra, then the whole family will be in your grasp. It will happen as you wish. Just for six months you will have to do an experiment that no matter what someone says to you, but you have to remain silent. Even abuse you, shout at you, accuse you, you have nothing to say. She also thought that it is only a matter of six months, if father is speaking then he is speaking right. He accepted the father's words and the father gave her that mantra. The girl came back to her in-laws' house. Seeing this daughter-in-law, who came uninvited, for a few moments, there was some discomfort in the people. But this time, they see that her behavior seems to be completely opposite. The habit of rumbling, the tendency to talk inverted, all that is not visible, she is very easy and calm. After a few days, it is felt that now a miracle is visible in the house, this daughter-in-law has completely changed. She became such a calm idol who always spews fire. The daughter-in-law also thought - the mantra is working and it should be practiced well. She got on more quickly. Gradually, the perception of the people started to reverse towards her that she has become quiet, has become very intelligent, has become very efficient, and has started understanding responsibility. Till yesterday, people used to criticize her, now she is being praised. Till yesterday, no one wanted to talk to her, now everyone does not live without talking to her. Six months passed and in six months the condition of his house had become such that now no decision can be taken without asking her.

The Outspokenness of Silence

Reversal of the dialogue-

Six months later his brother came to pick her up. No one wants to send her this time but it was necessary to send. She kept praising her in-laws all along the way. She came home and met her father.

This time also the dialogue between father and daughter was as follows –

Father asked daughter, 'How was the in-laws' house this time?'

She said, 'Dad! Real heaven.'

Father- Well, how is your father-in-law?

She quoted - Absolutely God. For me, he is a father figure.

Father- How is your mother-in-law?

She told that she gave more love than my mother.

Father- What about your elders?

She bid- A glimpse of elder brother started appearing in him.

Father- and what about your elder sister-in-law?

She replied- She is like my elder sister.

Father- How is your younger sister-in-law?

She answered - Very good friend.

Father- and your brother-in-law?

She bid- He values me a lot.

Father asked, 'and son-in-law?'

She said that my husband is my God.

What a big change! What was hell has become heaven. One, who is a demon, can see the form of her father. A witch can have the form of a mother. A fool can see you as a brother and a back bitter can be seen as a sister. A rolling husband can become God. This is the approach of silence. There should be awareness in the heart. Wherever it is, be silent. Your positivity will increase and an atmosphere of positivity will be created in the family. Don't argue, avoid fights. Speaking in such a situation only leads to rhetoric and the rhetoric is always in vain. You should escape from there.

Understand the foolish

First thing - Where there is a possibility of sin, be silent, where there is a possibility of quarrel, remain silent there too. Where there is a dispute or a conflict of ideas, be silent. Ideological conflict, accept silence. It is seen that the ideology of the front seems to be different from mine. What I'm thinking is thinking something else, so don't try to impose ideas. Get out of neutrality. Well, I neither agree nor disagree. Try to make understand only those who want to understand. To explain to ignorant is to reveal one's own ignorance. Where there is no harmony of thoughts, there is peace in being silent. If we keep silence from thoughts, then we will be able to make our life happy. There won't be any problem. It is better to go out in silence than to argue. Who will argue? The interest of the front is different; the ideology of the front is different. If I impose my ideology, there will be a fight, be silent there.

Fourth thing- Whenever you see yourself stuck in a dilemma, be silent. Being in dilemma, a doubt is visible in our mind, be silent because at that time we can reveal anything.

Silence saves life

One day a person reached the shore of a pond and saw thousands of fish swimming in the water of the pond. Seeing the big fish swimming in the pond, it came to his mind - so many

The Outspokenness of Silence

fish, no one is going to catch them? If I start catching them and catch them every day, I will have a lot of money. He brought a ball from the market, put a thorn in it, put flour in it and sat in the morning after putting the ball that today I will catch a lot of fish and will earn a lot of money by selling fish. From morning to evening, fishes were coming a lot but not a single fish got stuck in his bucket. When the day came to pass, he thought that if the last one fish would get trapped, then today's day would not go in vain. But not a single fish got trapped. Then an old man passed by, he asked - What is the matter? He said - it has been evening since morning, what is the reason why not a single fish has been trapped yet? The old man said- It seems that you have come new to this village? He said, 'A few days before, a saint came here, he preached silence and after preaching silence the saint left. These fish also listened to that sermon and since then took a silent edge. Fish come, remain silent, swim, enjoy. When you open your mouth, you will be trapped in dough. They all remain silent and swim in the pond throughout the day. Even if they come to the shore, they do not have anything to eat, only to listen to the discourse. When it is night, they go in the middle and take rest in deep water. They are silent, that's why they are alive, if they had broken the silence, then would have been trapped today.

How should be silence?

If all the fish, keep silence, they can never get trapped and if they break the silence, they will definitely get caught in the net. Keep silence to avoid getting trapped. If we all practice for it like One hour silence, twenty minutes silence. At least at that time we have neither mobile nor anything else. Sit in a neutral position and watch our coming and going breaths. And we will find that it will increase our efficiency too. Silence does not mean that you have done silence but kept reading the newspaper. Took silence from the mouth but keep listening to TV, silence means silence. Disengage the most and sit neutral. Look at the thoughts coming inside us, know, and don't get carried away. Practice it.

Keep silence at 7 places

In our scriptures, the householders have been told to keep silence regularly at seven places.

1. Practice silence while eating. Keep one thing in mind, those who eat in silence, they are fed with grace.
2. Silence during vomiting
3. Silence during sex
4. Silence when there is a possibility of sin.
5. Silence during bathing
6. Silence while following the requirements of one's religion
7. And silence while passing urine and excreta.

While doing these seven tasks, there is little duration, practice keeping silence there. We can do it in other way too if we give self-suggestion to ourselves to remain calm and quiet.

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