

The Importance of Silence

- Each audio practice has deliberate spaces of silence built in.
- These are not very long. They are there because silence is an absolutely vital and essential part of the practice of Mindfulness. Silence gives us 'seeing time'.
- Silence affects us in different ways.
- Sometimes it seems to still the mind and create a sense of peace.
- Sometimes it can create agitation and restlessness in the mind.
- The practice of Mindfulness is about being **AWARE** of whatever is there for you at any one moment. Just to observe and witness whatever shows up.
- So, if in silence, your mind becomes peaceful and still for a while, then you can use the stillness for calm reflection.
- If your mind becomes agitated, wandering or troubled and turbulent – which it often will – then there won't be the stillness on which to reflect. Nevertheless, even if there is no stillness, you can still look deeply and calmly at the agitation, wandering and trouble, just as it is.

For many people, silence is hard – we're always trying to fill silences to cover unrest, embarrassment and uneasiness. Willingness in the practice, to go towards and embrace silence, to notice and acknowledge the way your mind is working, is all we're trying to do.