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Silence

The exercise in the course with the silence meditations is a great start to what I recommend: giving yourself a short period of silence every single day. Aim for a minimum of three minutes, though five or ten is even better. If you can't get complete silence, peace and quiet will do – and gentle nature sound is most definitely not an issue!

When you do this is entirely up to you. You might find it easiest and more beneficial first thing on awakening, or in the middle of a busy day, or as a reflective exercise before retiring. There is also a potential challenge – lock yourself in a bathroom if need be, but please don't take your phone in there with you. The objective here is to listen to the silence, not read your email!

This practice will recalibrate your ears.

You could also watch the lovely Patrick Shen film 'In Pursuit Of Silence' (in which I contribute a few thoughts), or read the book of the same title by George Prochnik, or 'A Book Of Silence' by Sara Maitland.