

## Which is more powerful - power of communication or power of silence?

**VOICE OF LOVE** Power of communication will put you in touch with man. Power of silence will put you in touch with the wisdom that created man. What do you think is then more powerful?

It is true that behind every revolution is a revolutionary and the empowerment of the revolutionary was in the power of human voice. Even religions were dependent on the communicative abilities of the founders of the religion. There is one profession behind all professions - the profession of teaching. The lifeline of a teacher is the power of his communication. There is no denying that the power of communication is one of the greatest of human faculties.

However, when the power of communication is derived from the power of silence, it becomes a more potent force. I can vouch for this with personal authenticity - the power of my communication is born out of the power of my silence.

Psychologists have estimated that on an average we have as many as 60,000 thoughts per day. More importantly, 95-98% of those 60,000 thoughts we process are repeated daily. Each of those thoughts, at the physical brain level is releasing a shower of chemicals. Neuroscientists estimate that the human brain contains 100 billion neurons. Each neuron has about 1,000 connections. Each connection fires, on an average, 200 times per second resulting in 20,000 trillion calculations per second! And all this consumes loads of life energy. Even if we can reduce the number of thoughts by a small percentage, it can have a huge

bearing on our life. Practicing silence for a few minutes every day gives you the power of that conserved energy.

When we succeed in reducing the quantity of thoughts, we will start observing a remarkable improvement in the quality of thoughts. How? If we can reduce the number of thoughts, then the thought congestion can come down and we will be able to hold every thought a little longer. The longer we can hold on to a thought, the more potent the thought becomes. Every thought has creative power and the longer we hold a thought, the more powerful it becomes. With every thought, we send out the essence of ourselves which mingles with other essences and creates and re-creates our physical environment. In that sense, our life is not our master but our child. This is why it is so important to develop self-awareness to the depths of our ability, so that no creation can come about in our life without we making the choice. Practicing silence for a few minutes every day gives you the power to create your chosen environment.

Bible says, "Be still, and know that I am God." In meditation you listen to existence. In meditation you listen to the voice of the beyond. Meditation is a communion with existence.

The power of your communication comes from the power of your mind. The power of your mind will come from the power of your silence. Next time around, speak, only if you can improve upon your silence.

