

The Courage of Silence

We live in a society that rewards noise and fears silence. We fill every free minute with podcasts, music, social media or conversations. Why? Because silence is uncomfortable. In silence we encounter ourselves. And that is often the last thing we want.

R. DU.

The Flight from Emptiness

When we are alone in a room and it becomes quiet, it usually takes only a few seconds before we reach for our smartphone. We call it boredom, but in truth it is fear. The fear of emptiness. The fear of the thoughts and feelings that arise when we stop numbing them.

We have forgotten how to simply be. We define our worth by what we do, what we achieve, what we produce. In silence we do nothing. We achieve nothing. We produce nothing. For our ego, this is a threat.

Silence Is Not an Absence

We often believe silence is the absence of sounds. But true silence is a presence. It is the space in which everything arises. In silence we don't find answers to our everyday problems, but we find something far more important: we find the questions that truly matter.

When we have the courage to endure the initial restlessness — when we don't immediately reach for the next stimulus — something remarkable happens: the noise in our heads grows quieter. Thoughts lose their urgency. We sink deeper into ourselves.

The Space Between Thoughts

In meditation we often speak of the space between two thoughts. This space is tiny, often only a fraction of a second. But in this space lies our true freedom. In this space we are not our past, not our future, not our fears and not our desires. In this space we are simply awareness.

The more often we seek out this space, the larger it becomes. We begin to act from this space rather than from our conditioned patterns. We no longer react blindly to stimuli, but respond consciously.

“Be the creator, not the spectator of your life.
Follow your inner compass.”

The Invitation

I invite you to do nothing for ten minutes today. Sit on a chair. Turn off all devices. Close your eyes. And then endure what happens. Observe the urge to get up, to do something, to distract yourself. Simply observe it — don't give in to it.

Be brave enough to meet yourself in silence. It is the most important encounter of your life.

R. DU.

"Freedom doesn't mean: being able to leave. Freedom means: being allowed to arrive."

"Be the creator, not the spectator of your life.
Follow your inner compass."