

In Silence

St. Isaac of Syria quotes one of the desert fathers as saying that silence will be the mystery of the future age. Yet, I am certain that this age is now our own. Few and far between are the places where a man can seek and find silence, solitude, and true peace. It would almost seem to some people that the world has been successful in its ambitious goal in alienating our soul from the silence that it so much desires, bombarded with television, radio, cell phones, the internet, advertisements, and even simply the superfluous conversations of the many around us where ever we may find ourselves.

For those unaccustomed to it, the stillness of absolute silence is unbearable. Without the white noise of the world to occupy their head-space, one may feel immediately disconnected, no longer able to validate their existence against the substance of this world. It is a symptom of a spiritual illness, an indication of total dependence on the world and all the things found therein. Yet, unless one can go deeper into silence, it is possible that one may never hear the small stirring voice of God that speaks within each one of us. Like the worldly things are a veil for the soul, as St. Antioch once said, so does the blind noise of this world become a baffle for the ears of our spirit.

It is in silence alone that we truly separate ourselves from the world. In the stillness of silence we find the voice of God, and the true sound of our spirit reflected therein. It is only in silence that we find out who we really are.

Silence is honest.