

## **HEALTHY SOUNDS of SILENCE!**

In the 1960's the great American singing duo of Paul Simon and Art Garfunkel wrote and sang a now classic song called *The Sounds of Silence*. The words of this song even though composed well over 50 years ago are still haunting and prophetic. Some of these words include; *"Watching ten thousand maybe more people talking without speaking, hearing but not listening, writing songs for voices that will never be shared, no-one could disturb the sounds of silence.* "These words were written decades before the widespread use of silent electronic devices being the norm by which so many people now communicate.

Even apart from healthy religious practice good emotional behavior reveals that if people do not have regular times of silence in their lives it can then so easily breed feelings of inner emptiness and social isolation.

To embrace a healthy silence is so much more than anyone taking time to occasionally *to smell the roses around them*. It is a fair comment to make that a life that is filled with noise where there is no silence makes it very hard for people to find quality inner peace and then be effectively able to listen to others.

In the Book of Kings the Prophet Elijah writes; *"that God is not to be found in the strong wind, nor in the earthquake, nor in a fire, he to be found in the gentle breezes."* (1 Kings Chapter 19 verse 11-13) *Fr Martin R Maunsell*