

# Concerning Silence

*By Metropolitan Saba (Isper)*

Silence is the language of eternal life. Blessed is he who has learned silence, which is not merely stopping speech but listening to the voice of God. Silence is not just the absence of the voice but a foreshadowing of eternal life and a perfection of its voice.

The most beautiful moments require silence. Humanity is utterly captivated by these moments, so that all signs of movement and noise that can disrupt the beauty of these moments ceases.

Silence and serenity are twins, and serenity is an internal calmness that indicates the quieting of the noisy passions that struggle inside the human being and the desires that lead to disputes. Silence is the offspring of deep peace stemming from the presence of God in the human soul.

Silence is hard for the common man, who is sinking in different concerns. Silence needs perfection and maturity fed by peace, so that the person inclines toward contemplation instead of being distracted by what is not useful and won't last.

Silence is the realization of human language's insufficiency and limitations. It is looking inward and going down deep. Pearls are found in the deep sea, while the lichens grow in shallow water, forming swamps.

Blessed is he who has experienced silence because he has found the "pearl of great price," leading him to sell everything to buy it. Blessed is he who has tasted positive silence and enjoyed it. He is someone who realized its meaning, so that it fascinated him and drew him to run after it. Blessed is he who has seen what cannot easily be seen, transfixing him so that he is captivated and holds fast to the beauties of the revelation, "Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him" (1 Cor. 2:9)

And we further ask: why does the contemporary person flee from silence? And preferably, we should ask: can he really be able to experience silence? Silence for him becomes synonymous with death because he lives in an environment filled with empty movement, which takes him captive because it makes him think he will die if he leaves it.

Man gets accustomed to his surroundings, so they distract him from confronting himself. Silence is the offspring of contemplation, and the many voices of our world obstruct contemplation, listening, insight, and settling into our depths.

Not only is the voice the foe of silence, but also the image and the mind busy with many passing and insignificant things, which are impoverished of the original meaning of life. Anything that distracts the mind and pulls apart the soul and disperses attention are enemies of silence.

Seek silence when the voices are loud. Seek it when words overflow with what is necessary and what is not. Seek it when the noise is increased and the tumult is multiplied and the faces are absent. For silence is a need that no one who is drowning in tumult—internally and externally—can accept.

Silence comes from listening to the voice of God in the inner calmness. Mary stayed at the feet of the Savior listening to His words, but Martha's busyness with offering hospitality made her complain about her sister, so that Christ blessed Mary by saying, "She has chosen the good part, which will not be taken from her" (Luke 10:42).

Dedicate a time to train yourself in silence. At the beginning of your worldly day, spend a few minutes with the Divine Word and reflect on your life. Then increase the time gradually, as much as your time allows.

When the passions calm within you, come under control, and go back to what they were created to be and you reach inner freedom and become the master of your life, then you will love silence, for sure, because you will have oxygen for your inner life. Whoever is used to fine jewelry can differentiate it from fake glare.

True silence translates to a constant service of others, an active service that is not rattling, a life-giving service that does not complain, a joyful service that conveys peace, and an animated service full of life.

In the midst of pain, you become aware of silence and understand its importance when you start to become free from the tyranny of self, so that you can see your Creator in His radiance and your brethren as they are.

You start real silence when you control your passions and recognize your Creator and discover the face of your Savior. Then you see existence in cleaving to His life-giving face and letting go of anything that obscures it. Your heart calls for the Savior constantly, "Abide with us, for it is toward evening" (Luke 24:29).