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## Silence: Its modes and practice in Indian English communication

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### Abstract

This paper maintains that silence as a mode of communication may be academically practiced in the life in the same way that language can, simply because talk and silence are both necessary components of everyday interaction. These two constructs are interdependent in the sense that one would not exist without the other. Silence can be practiced in two ways: the first is as a mental processing process in which. The second step is to notice and discuss how silence is employed in life and real life. The article begins with providing a literature analysis on how quiet works in education and why it should be included in SLS theorization, and how it relates to communication skills second, it emphasizes daily duties. That cause silent processing and explain why this is the case. The gap between silence and actual verbal communication, however, is not always clear-cut due to the existence of private speech and internalization. Private speech can happen in silence, through whispering to one self or others, or in spoken and written form.

**Keywords:** Silence, talk, mental processing, inner speech, private speech, verbal communication and non-verbal communication

### Introduction

#### Modes of Silence

Silence has become a rare commodity in our daily lives. From the moment we wake up, to the moment we fall asleep, there are countless distractions looking to take up a fraction of our attention. It's little wonder that a counter-movement has emerged from the cacophony. Mindfulness, the act of tuning into ourselves, is the simple antidote for our over stimulated brains. While grabbing for our phones may feel like second nature, humans have been living in a distracted culture for a relatively short period of time. In the remote Himalayan Mountains, Buddhist monks live the highest example of mindfulness. By practicing silent meditation, these monks remove the psychological barriers between themselves and the outside world, achieving a state of "oneness." So, how can we experience some of these benefits at home? The good news is that you don't need. To devote your life to spiritual practice to reap the powerful benefits of mindfulness. Mental health and meditation experts recommend performing a mental "cleanse" periodically to calm racing thoughts and to improve focus-related task performance. Even ten minutes per day of silent meditation can bring marked improvement to your mental and physical wellness.

Why is *silent* meditation so important? Scientists have been surprised to find that silence is a key factor in creating a healing environment for your brain. Here are some of the ways that silence boosts your brain's superpowers:

- **Give your brain a break:** Most of the brain's energy is put towards automatic functions, such as maintaining awareness of our surroundings and developing cognitive associations. Comparatively little brain energy is put towards complex tasks, such as advanced arithmetic. Much like the way our body metabolizes calories, most energy is burned through our body's natural functions, not by working out hard at the gym. Meditating in a still, silent place allows the brain to optimally conserve its energy. In this period of mental relaxation, the brain can allocate energy towards "house cleaning activities," which is essential for the preservation of existing neurons.
- **Tap into your brain's default mode:** Scientific studies have revealed distinct modes of the brain: the Default Mode Network and the Task-Positive Network (other brain networks have also been observed, such as the Resting State Network).

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The default mode is activated when we are at silent rest, ideally with eyes closed. During this state, the body supplies more blood to the frontal lobes, which is generally interpreted as increased brain activity in that region. The default mode is also associated with increased introspection, a notable benefit in the practice of mindfulness. In this mode, the brain does the work of amalgamating the conscious and subconscious minds, helping us set new skills into muscle memory, digest new academic concepts, or absorb therapeutic work.

- **Support Neuroplasticity:** Neuroplasticity is newly making its way into popular jargon. There have been stunning case studies in which patients who experience chronic neural pain or degenerative diseases like Parkinson's, tap into the power of their own neural networks to develop compensatory mechanisms to relieve their symptoms. Research shows that mindfulness facilitates the brain's reorganization, giving it space to effectively heal itself. Studies involving mice have shown that silence, rather than music or white noise, promoted new cell development in the hippocampus. This area of the brain is associated with memory formation and sensory perception.
- **Truly self-reflect:** Being silent with us gives way to noticing subtle signs within our bodies: breathing patterns, digestive noises, and any musculoskeletal imbalances. Silent meditation is a valuable time to take internal inventory. In the practice of mindfulness, greater self-insight can be found by embracing silence and simplicity.
- **Process suppressed thoughts and emotion:** One of the intimidating factors of silence is it takes away coping mechanisms for suppressing painful thoughts and emotions. By filling our lives with distractions, we're able to evade processing deep trauma. Suppressing thoughts and emotions long-term keeps the brain in an elevated level of stress and prevents its systems from working properly. When we don't consciously process trauma or negative thoughts, they tend to emerge in self-destructive habits. Doing the hard work of sitting in silence and allowing latent thoughts and emotions to come to the surface is temporary pain in service of long-term wellness.
- **Boost creativity:** The brain in a silent environment can be likened to a blank slate. In a distraction-free space we are able to notice every idea that appears in our mind's eye. Silence, even boredom, puts us into a seeking state, forcing us to choose what is most fulfilling for us to work on. Instead of being burdened by unproductive distractions, silent meditation peels back non-necessities. The phenomenon of writer's block is most aggravating when the writer wracks his or her brain for a shred of creativity. The medicine is to simply stop trying; let your brain subconsciously do its work, and it will gift you an idea in due time.

The power of silent meditation is truly compelling. Its effects on mental wellness and competitive performance have caught the attention of elite sports teams and major corporations. A simple practice, requiring nothing but time and space, can bring about measurable benefits for already high-performing individuals. Instead of a jumbo coffee in

the afternoon, a short meditation break is all that's required to reboot your innate capabilities.

So, embrace a bit of silence in your day. You'll be reinvigorating your brain, protecting against degenerative diseases, and taking another step closer to monk-like oneness. A bit of silence is a much-needed salve for the stressed, distracted brain.

### Practice of Silence

Importance of silence for our concentration and distressing our crazy busy life that we do create for ourselves. It is a great way to empower ourselves. "Silence is thinker's paradise; Silence exists when there is no external noise. The problem is trying to keep the noise out of our head". We live in the world where everyone is rushing somewhere and do not even know sometime where. Fast paced society that demands fast results. I love to know where I am going and what to expect. And I enjoy sound of silence. It allows me to write, to think and to connect with myself. It allows me to find answers to my blocks and make the right decisions. Silence is the best meditation method because it still allows expressing ourselves. "The most profound statements are said in silence"- Lynn Johnston.

#### 1. Silence Helps You Concentrate

One of the major reasons why silence has become an important part of everyday life is the ability to focus as the modern world and its various noises enter your brain all at once. The ability to focus on different tasks is often accompanied by a little background noise. Focus is almost always lost when a sound reaches around 80 decibels. A silent environment or one with just a little background noise will help you concentrate the best.

#### 2. Silence and Creativity

Without a doubt, creativity is an important part of life, and silence is an important part of the creative process. Some studies have shown how important silence is to the success of individuals as they move through the creative process. An article on Medium explains that visionary scientists like Albert Einstein and Sir Isaac Newton worked almost exclusively alone for the majority of their lives. Psychoanalyst Ester Buchholz has previously explained the best creative work is often completed in solitude or after a period of solitude. Brainstorming with others offers its own set of benefits, but some of the best creative work happens when the outside world is shut out and your craft gets all the focus

#### 3. Awareness is achieved Through Silence

Many distractions and noises flood our world. You may never discover how you can improve your life when your attention is always being drawn away. However, you can improve your awareness by practicing silence. Taking time to self-reflect will help you figure out if your life is working the way you'd like it to. Once you become aware of the changes you'd like to see, you'll be able to make a conscious improvement to the patterns of your life.

#### 4. Silence Provides You with a Sense of Calm

When struggling with the stresses and strains of life you may have difficulties with staying calm. Stress is one of the most difficult aspects of modern life. The American Institute of Stress reports around 77 percent of people in the U.S.

show some physical signs of stress in their everyday life. A period of silence each day allows the chance to relax and reduce stress levels.

### **5. Noise Has Been Linked to a Lower Level of Learning**

UPMC Health has reported a link between the levels of noise a child is exposed to with their abilities as a student. The more noise a child is exposed to, the worse they perform at school and the harder they find the concentration levels to work with. In the 21st-century, the exposure of children to tablets, cell phones, and video games has increased the level of hearing impairment which affects their ability to learn and develop correctly.

### **6. Productivity and Silence**

How do you measure productivity? If you are running on very little sleep and trying to complete as many tasks as possible in as short a time as possible, you may be missing out on the benefits of silence. In an article by, research suggests that doing nothing and remaining silent has been reported to increase the production of new brain cells which could make you more productive in the future simply by doing nothing. Taking time to daydream may actually improve your productivity tenfold.

### **7. Silence Gives You More Patience**

Constant noise from the media and our day-to-day lives causes many of us to miss out on the benefits of silence. In today's fast-paced world, almost everyone has a short fuse for frustration. Learning to enjoy silence cultivates calmness and peacefulness. When regularly practiced, your tolerance levels for becoming impatient will likely grow too. When you learn to savor silent moments, you'll have more patience in daily hassles like traffic jams and long lines at the store.

### **Conclusion**

This paper is justifying the concept of silence: Modes and impact, how silence has playing major roll in human's life and how it helps to live healthy life and peaceful life. Thus, future research would benefit from having closer measurements of neurophysiologic changes as they directly relate to first-person reports on phenomenology of experiences, such as clarity in the context of meditation and throughout daily life.

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