

## The Power of Silence

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### Short Communication

Silence is immensely powerful. The power of silence, at least for me, relies in its ability to allow us to connect with ourselves and others in meaningful ways. Silence provides a space for reflection, creativity, and healing. While we immerse in silence, we cultivate self-awareness, we nurture our inner calmness and mental clarity, essential tools to deal with the daily stressors.

Silence can be more powerful than talking. Sometimes we might find ourselves over talking, spending time and words trying to understand, or make others understand, things that they might not be even willing to comprehend. My suggestion do not do it. Use silence because silence, is communication.

Silence can even speak louder than words. Not silence as “the silence treatment” used often by narcissists to manipulate others. That would be a different issue to address in another blog. When silence is used effectively, silence dials down the noise that comes from those nonsense conversations. Unwraps your mind, gives you space, ability to reflect, and not spend value time in situations nor people, who do not deserve it.

We live in a noise filled world that helps us avoid unwanted feelings. When we are in silence, these unpleasant thoughts are harder to evade. Obviously, avoidance does not last forever, eventually whatever we are

ducking emerges and usually, it comes out stronger and worse.

Silence allows others to speak. When you consciously talk less you create space for others to talk. Thoughtful silence allows you to listen and that opens your mind and gives you access to perspectives you might have overlooked.

Silence might also avoid harm from impulsive speech.

In silence, we avoid mistakenly airing unwise thoughts aloud. Silence gives us time to rethink what we are willing to say. After a provocation, stepping back in silence is a sign of our emotional intelligence. Silence prevents divulging sensitive thought or information that can never be fully retreated.

Silence talks about our confidence. When you decide to speak, choose your words carefully to maximize the impact. Be precise with your words and use silence as a communication tool. Well timed silence grabs more attention and makes your words sound stronger.

Wrapping up here. Silence is a powerful tool that we do not appreciate nor use as much as we should. Try favoring quality listening over quantity of speaking. and allow silence to work its magic.

**Citation:** Ines Estrada Vigil, (2024), “The Power of Silence”, Arch Health Sci; 8(1): 1-1.

**DOI:** 10.31829/2641-7456/ahs2024-8(1)-005

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