

"Silence is the language God speaks and everything else is a bad translation."

Everything in the universe has its opposite that keeps things in balance, as sound is to silence. As male is to female, the in and out breath, negative as to positive, darkness and light, heartbeat and space, all couldn't exist without the other. Therefore it is fairly safe to assume that before the primordial sound "om" there was a silence. My belief is that after the round of "om" what we currently experience ends, followed by silence again for the same amount time.

Wherever there is sound there is silence; it doesn't matter how fast the frequency is vibrating, it contains equal amounts of silence and sound. For example, if you were to sing A# in the 5th octave, then your vocal chords would be moving in and out 915.38 times per second, while coming to rest afterwards. Meaning that sound is comprised of parts that we can hear and equal parts of silence and stillness. Music is organized of sound and silence. Just like vibrations of sound, which are comprised of compressed air and space, so is the same as sound to silence.

In our modern society we have lost the value of silence and stillness. Stillness is often a pre requirement for silence and it seems that there are very few or not enough moments left in our daily lives to experience silence or stillness. Generally we spend our lives running around frantically, overscheduling ourselves, and running away from silence and being with ourselves. In our over stimulating and sound polluted world, even when we are in "silence" there are still many sounds filling our world. We constantly still hear the hum of refrigerators, water heaters, electricity running through the walls, water in pipes, traffic on land and air, and all other technology filling our waking life. There are very few places left on earth that are untouched from air, traffic, and noise pollution.

After observing the laws of the universe and ways that nature exists in perfect harmony with absolutely everything, I am proposing the hypothesis that many of the solutions for everyday problems and illnesses might lie in exposing ourselves to more stillness and silence. Everything in nature has equal parts of its opposites so I propose, as unreal and challenging as it sounds to us modern humans, that we should experience equal parts of sound and silence in your everyday life.

Some might say that if every sound already contains equal parts of silence and sound that we should be good, but we rarely ever hear only one sound at a time. Even if the sound is the best and purest quality there are always some sounds around or inside us. We might listen to one crystal bowl at a time but there are still so many things going on around us that we might not even notice what some consider to be "noise pollution". The easiest way to figure out how much noise pollution affects your life is to use a decibel meter to check the environment around where you spend most of your time for its noise level. (There's an app for that). How often do you get something even close to the zero? 0 decibels would be 0 in our hearing levels but there are subsonic sounds that we can feel. According to

experiments in an “anechoic chamber,” where 99,99% of sound gets absorbed and volume is measured about negative 9db, it is unnatural for our mind and body and our brain quickly gets confused in that silence.

A very common expression heard in many different cultures is, “silence is golden.” From my own personal experience and observation it seems that people who come out of long retreats from silent places and/or being silent, that they have more wise things to say than people returning from a rock concert. In the world of sound healing there also seems to be much disagreement and differing opinions about which sounds are good versus which are not and which sounds or frequencies are specifically good for what. I propose that when you get the exposure of sound and silence in your life balanced, that it opens the opportunity for your body, mind, and soul to realign to their natural sounds and rhythms, which will help restore your primordial intuition and help you figure out what sounds are right for you. This balance will be different for each person and it will probably be hard for people to get close to 50/50 in the beginning. Like most things, doing this takes practice.

My hope and assumption is that in this silence you will finally hear the sounds you are really made of and really need at the current moment in this time and space in order to heal, grow, and to thrive. Scientists have estimated that the total number of people who have ever lived on our earth is about 108 billion and they are very sure that no same DNA combinations have ever appeared twice. Even conjoined twins who spend their lives together, their individual perception of life is still very different because they look at and pay attention to different things. So no sound in the universe is exactly the same sound that you might need or enjoy in that exact moment while the person next to you in the same exact situation might feel differently from you. “One mans treasure sound is other mans garbage sound.” Therefore, restoring your intuition might be they key to figure out your preferences and silence and stillness might be the key ingredient in doing so.

As we know, one of the laws of resonance is that a stronger vibration can entrain and overcome a weaker one. I’m curious about whether noise, (especially in western “technologically advanced” cultures ad countries after about 300 years of industrialism) has entrained people to be and feel uncomfortable in silence? Thus having made most of us to believe that we constantly *need to be* immersed in some kind of sound or noise to thrive. Like fish need water around it to survive, we’ve been programmed to believe we need noise—we have to turn on the radio, tv, music, air conditioner or talk to someone. Most of us feel just plain weird when everything gets suddenly dead quiet. Why is this? I believe it is because it is quite a challenge to just be in silence and stillness. I’m not even talking about meditating; to literally just be. As humans in this society we constantly have to do something and to make or take in sounds seems most easily attainable. Silence has become almost unnatural to our species and for an evolution it takes about 50,000 years to adjust a species to a change on something. What has happened in the last few hundred years in our civilization?

It is highly possible that this constant noise pollution's main culprit has blunted our hearing and tuned down our intuition. Although we feel okay with hearing what we hear and it becomes normal, facts show that manmade sounds have actually damaged our hearing greatly compared to many of indigenous people who live in the jungle, desert or savannas. In the jungle, there seems to be always be constant noise, yet sound and silence are in balance and the whole range of frequencies are presented. Maybe this is what we need more of in our Western world—to be silent in nature? Not listening to nature sounds on a cd but actually sitting still and silent in nature doing nothing.

There is a story about a scientist who lived among indigenous people in the Amazon and once a month a plane came with supplies. Only the scientist knew what day the plane was scheduled to come, yet always 2-3 minutes before he could hear the plane, the tribesmen got really excited since they could hear the plane much sooner. Two to three minutes is a significant difference if you consider an airplane travelling at even the lowest speed. The scientist's ears were already damaged and he was only in his mid twenties! It is fairly common that 21st century people of age of 25 can't hear above 15,000hz. That's 25% of your total hearing range! (We probably don't need this 5,000 hz that much anyway because producers and musicians are also humans and they lose this range in their hearing even before listeners and they can put any sounds in the ranges that they don't hear.)

This makes me wonder, how much do you lose in nuances and details in music and nature sounds? Imagine you have a piano and somebody takes off a few keys every year. You would say: who's messing with my piano??? Also the number and how we listen to sounds we experience in our daily lives affects our hearing.

**We listen more to experience but it backfires us quickly actually hearing less. less in details and nuances and dynamics. then we turn it louder. it degrades much faster when we think (I don't understand this, maybe re-word or delete).**

Losing our hearing is a gradual process and usually the brain makes other senses work harder to compensate so you won't notice it that dramatically. So there might lie a caveat that even if you are able to figure out best healing sounds for you, that you may not be able to hear them. You might be getting an incomplete picture. Would you give up 25% of colors on your computer? If this suddenly happened overnight you would be pissed and would notice. If you listened to the "We Are the World" song that has hundreds of performers versus hearing it with only one male voice, you would have some questions to the guys who run YouTube. Modern medicine says that hearing loss is related to aging, maybe this is true, but why is this happening so dramatically? Maybe if we spent more time in silence we could hear things much clearer and later into our lives? Fish, birds and frogs can recover their hearing completely after some accident or damage but somehow god decided about 300 million years ago that mammals are not worth this advantage anymore. Knowing the future it would be a waste of resources.

Additionally there is plethora of things that media and advertisement lead us to believe how much, how loud and how often we should consume sounds. Every moment we are bombarded with commands in thousands of clever and subconscious ways to consume more, really whatever our receptors and sensors are able to take in. The same is true with sound—probably because it's easier to sell

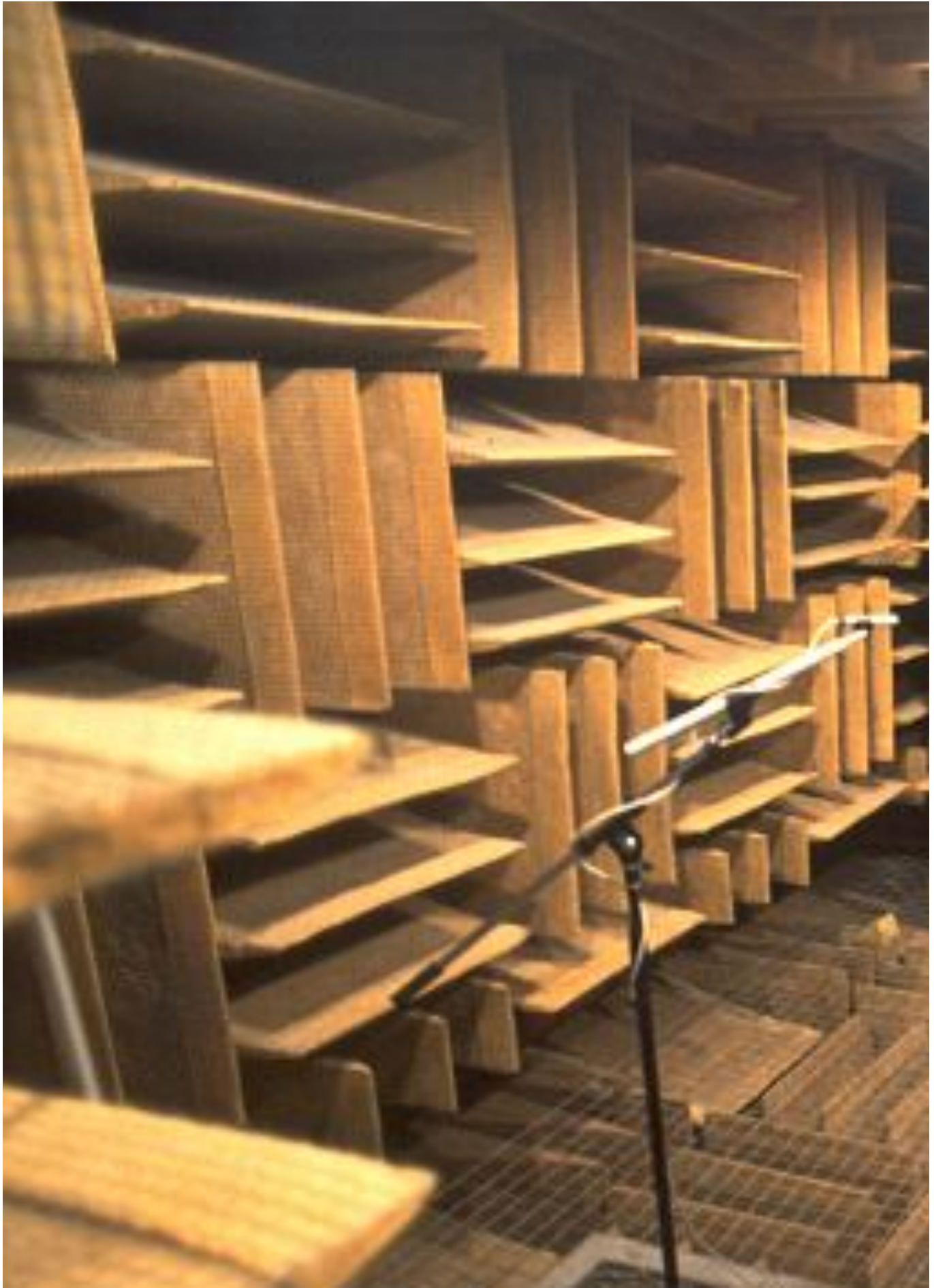
than silence as it comes in more varieties and we are also made to believe that we **need** a variety of sounds. Like we **need** such a large variety of thousands of foods and we **need** new clothes every season. One hundred and twenty years ago a person in this country ate about 10 different kind of foods throughout their whole lives and only wore a handful of clothes. Were they unhappy? Although its certain we need sound, most of the indigenous cultures have a fairly narrow spectrum of variety that they use for making sounds, mainly relying on instruments and voices. No big orchestras have been spotted in tribes musical events. Most of them have only one to a few rhythmic and melodic instruments and if the modern person had to listen to their songs or vocables for a week, he would probably go just crazy from monotony and repetition. A good example of this are my ancestors the Sami people in Lapland, from Norway and north Finland who would just beat their drum and "joik" - which is supposed to be song but for modern people its just one line repeated almost in the same key over and over stretching vowels here and there a bit. Example: thee wind is bloooowing, the wiiiiind is blowing". About 500 years ago when missionaries arrived they described this "music" as something with no relation to music. Despite this criticism, the Sami people themselves took a great pride in their "singing". Here is an example of a modern day joik:

<http://youtu.be/aPqKAuzo0tk> Not bad right, but now imagine that your semi tone deaf uncle without any vocal education, who has never heard his voice from recordings will joik for a few hours next to you while you go sledding home from a hunt. That would be pleasing and similar to just tuning and everything. Example is closer to something like this:

<http://youtu.be/WuWT9ksGvkE>. Would you be ok listening to this type of music for the rest of your life? Probably if this is everything you ever heard maybe that would be everything you need.

Do our bodies and brains and minds really need "variety"? Where can you go to experience silence? If you have money you can build a chamber for yourself, like

this:



<http://www.dailymail.co.uk/sciencetech/article-2124581/The-worlds-quietest-place-chamber-Orfield-Laboratories.html>

This room absorbs 99,99% of sound and is considered to be the quietest place on the earth. (If you will do build it, please let me know – I would be a happy guinea pig to test it on myself and on my theories). Other good places to experience silence might be caves and underground tunnels, but they are not the most habitable places. Underwater sounds are out because sound travels in water much faster and longer distances and you need some gear for oxygen and this usually makes noise. How about vast emptiness of the nature? This would make sense but actually there's almost no places left on earth where there's no air travel. The only place where there are no commercial flights is over Antarctica. As research shows unfortunately there is no place on earth left that is completely free from man made sounds all of the time.

One researcher spent 30 years finding quiet places on earth, quiet by his definition that meant an area of 1200 square miles around a point and 15 minutes of minimum without manmade sounds. He says there are only 12 such places left in US. Also, sensory deprivation tank a.k.a. flotation tank a.k.a. isolation tank is a great option to experience silence. In addition to being silent it also helps to free brain power from processing other senses like feel, smell, temperature, balance etc. Most of our brain resources, estimated up to 80%, goes toward navigating and adjusting body movements to deal with gravity. If you free all those resources and use them for problem solving or integrating something you just learned or just rest, it could have tremendous value to the addition of silence. They say one hour in a sensory deprivation tank equals 4 hours of deep sleep.

Probably the easiest, cheapest and most profound options would be to be silent yourself and to consciously look for silence. Make a habit to be in silence, appreciate silence, enjoy it in everything and everywhere. Create a tomb for sleeping, turn off all the electronics and appliances you don't use or need, wear earplugs or get yourself a pair of high quality noise cancelling headphones, and consciously pay attention about silent places around you, or seek with the help of a decibel meter. Search for silence as you would seek for good new music and food. Follow the nature's flow—if it's silent, be also silent and don't listen to any music or sounds. Seasonally take it easier in the winter and fall. Limit your sound exposure and ask the same from your loved ones. Pick appliances and cars according to their loudness rating. Have an hour every day that you don't listen anything. Most importantly have some silence or stillness time everyday. Start with 5-10 minutes in total silence and stillness and find the time and place which is most quiet, just be as still as possible without itching, clearing your throat, adjusting your pose, breathe as quietly as possible, don't force any meditation or thoughts, don't do any mantras or toning silently. Sit with your spine straight but if you can't, lean against the wall or just lay down in comfortable pose. Then clear your mind and have only one intention, to be as silent and still as possible. If it helps, imagine your thoughts are clouds that silently glide by as you observe them through a keyhole. They come and go, just notice them. What's even better is when you can do this silence-stillness

sitting with the group - somehow it enhances the experience. It seems like it creates some energy or echoes and it gets so powerful that you want to soak in it as long as you can. Sitting with a group also teaches you mutual respect and compassion. I have been in a group of 30,000 people all in silence for an hour. It was one of the most profound experiences of my life. Deepak Chopra has story about a woman who was told that she didn't have much time left to live. She went home, cancelled all her commitments and orders and lied down in the bed to die and that complete silence and stillness was actually what she needed - her illness reversed. The way to really sync with nature is by just being still and silent.