

The quiet mourning at a loved one's funeral.

The serene bliss when gazing at nature's wonders.

The spaces between chords that leave you craving more music.

The silence shared between two people laying peacefully in bed.

In silence, we can discover. The world constantly bombards us with noise. Be it, the buzzing of our cell phones, the sound of cars going by, the endless droning of a teacher's lecture. The constant stream of stimuli that pass us by leave us blind to the details. One of my favorite sayings has been, "the beauty is in the details". How can we see all that the world has to offer if we mindlessly carry out the mundane tasks of each day?

Silence gives us power. Words can be twisted and shaped and manipulated, leaving incongruences between the intended meaning and what is actually heard. People will judge you by the things you say, the way you say them. A man who is silent allows no such judgment. Only by their actions can they be judged. And even further, the one who says little will have that much more power when finally heard, that is if we are all silent enough to listen. What bewilders me is the lack of truth and clarity in our world, the lack of sincerity and honesty in our words. Take time to sit and observe yourself; are you true in your words and actions? Because if not, I think you could learn a lot from being quiet. Mean what you say and say what you mean.

Regardless of how noisy and busy your lives may be, the time for reflection and silence is always of extreme essence. Silence is necessary and impossible to avoid, and I challenge all of you to embrace it instead of filling the gaps with mindless and purposeless noise.

My name is Lucas Hamilton.

I believe in silence.