**Silence**

**Silence is the ability to hear clearly what sounds are there. It is what you have when the sounds inside your head are equal to the sounds outside. (Peter Steinhart, in Reader's Digest)  
It’s amazing how much you can hear when no one is saying anything. *(Elaine St. James, in Inner Simplicity)***

**Silence is argument carried on by other means. *(Che Guevara)***

**There are two times when a closed mouth can be of help to you -- when you're about to say something against a person, and when you're offered dessert. (O. A. Battista, in Quotoons)**

**Honesty is the best policy, although sometimes keeping your mouth shut is even better. (United Feature Syndicate)**

**Silence is one of the hardest arguments to refute. (Josh Billings, humorist)**

**I thank Mother for all her virtues, but mostly for never once having said, “I told you so.” (Erma Bombeck)**

**We are born with two eyes, but only one tongue, in order that we should see twice as much as we say. (Country Extra magazine)**

**A THOUGHT TO REMEMBER: Silence is the only thing you can break by merely naming it. (Reminisce magazine)**

**It is not the beautiful words that we say to God that bring results, but what we hear God say to us in the silence of the soul. (Cornelia Addington)**

**A THOUGHT TO REMEMBER: Silence should never be broken unless it can be improved on. (Reminisce magazine)**

**Speech is of time, silence is of eternity. *(Thomas Carlyle)***

**Silence is the unbearable repartee. (G. K. Chesterton)**

**I have never been hurt by anything I didn't say. (Calvin Coolidge)**

**No one has a finer command of language than the person who keeps his mouth shut. (Former Rep. Sam Rayburn)**

**One nice thing about silence is that it can't be repeated. (Gary Cooper)**

**Silence is sometimes the severest criticism. (Buxton)**

**The deepest feeling always shows itself in silence. (Marianne Moore, poet)**

**Silence is of different kinds, and breathes different meanings. (Charlotte Bronte)**

**The most difficult thing in the world is to know how to do something and to watch somebody else doing it wrong, without comment. (T. H. White)  
One reason the dog has so many friends: he wags his tail instead of his tongue. (Paul Lee Tan, in Encyclopedia of 7700 Illustrations)**

**Preach not to others what they should eat, but eat as becomes you, and be silent. *(Epictetus) Hunter Davies’ Book of Lists, p. 38)***

**You will have many opportunities in life to keep your mouth shut: You should take advantage of every one of them. *(Thomas Edison)***

**Professor Albert Einstein gave what he considered the best formula for success in life. “If a is success in life, I should say the formula is a equals x plus y plus z, x being work and y being play.” “And what is z?” inquired the interviewer. “That,” he answered, “is keeping your mouth shut.” (Christian Register)**

**The best morale exists when you never hear the word mentioned. When you hear a lot of talk about it, it’s usually lousy. (Dwight Eisenhower)**

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**Blessed is the man who, having nothing to say, abstains from giving in words evidence of the fact. (George Eliot, in Impressions of Theophrastus Such)**

**If we had a keen vision of all that is ordinary in human life, it would be like hearing the grass grow or the squirrels heart beat, and we should die of that roar which is the other side of silence. (George Eliot)**

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**Just because you find fault doesn't mean you have to report it.  
(Varallo's Restaurant, in Thoughts from the Bottom of a Chili Bowl, p. 44)  
A closed mouth gathers no feet. (Bits & Pieces)**

**Under a mounted fish on an office wall appears this sign: “If I’d kept my mouth shut, I wouldn’t be here.” (L. M. Boyd)**

**At times, it is better to keep your mouth shut and let people wonder if you're a fool than to open it and remove all doubt. (James C. Sinclair)**

**Remember not only to say the right thing** **in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment. (Benjamin Franklin)**

**There’s one thing that keeps surprising you about stormy old friends after they die – their silence. (Ben Hecht)**

**Silences make the real conversations between friends. Not the saying but the never needing to say is what counts. (Margaret Lee Runbeck)**

**In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness. Our life is a long and arduous quest after Truth. *(Mahatma Gandhi)***

**Silence is never more golden than when you hold it long enough to get all the facts before you speak. (Bits & Pieces)**

**Great joys, like griefs, are silent. (Shackerley Marmion)**

**Lord, please keep one hand on my shoulder and the other over my mouth. (Sign in front of a church in Dubuque, Iowa, in Guideposts magazine)**

**Fortune is better than fame – you can be quietly fortunate, but it’s harder to be quietly famous. (Ashleigh Brilliant, in Pot-Shots)**

**If people are having trouble communicating, the least they could do is shut up about it. (Tom Lehrer)**

**My personal hobbies are reading, listening to music and silence. (Edith Sitwell)**

**Never tell your problems to anyone. Twenty percent don’t care and the other 80 percent are glad you have them. *(Lou Holtz, football coach)***

**Don't explain yourself, your friends don’t need it and your enemies won't believe it anyway. (Elbert Hubbard)  
In the silence we get the wonderful inward joy that is God. (Myrtle Fillmore)**

**One way to keep people from jumping down your throat is to keep your mouth shut. (Bits & Pieces)**

**When your work speaks for itself, don't interrupt. (Henry J. Kaiser, American industrialist)**

**The kindest word in all the world is the unkind word, unsaid.  
(Official Crossword Puzzles)**

**Our lives begin to end the day we become silent about the things that matter. (Martin Luther King, Jr.)**

**Here in the silence we shall know the presence of God, and seek clearly just how we should go about living the life that He is giving us, so that we may bring forth order and beauty and freedom that He has planned. We are now awaiting the understanding of this. (Myrtle Fillmore)**

**One learns in life to keep silent and draw one’s own confusions. (Cornelia Otis Skinner, American actress and author)  
  
That man’s silence is wonderful to listen to. (Thomas Hardy)**

**The silence of the mind is the true religious mind, and the silence of the gods is the silence of the earth. (Krishnamurti, in The Second Penguin Krishnamurti Reader)**

**I live in silence. It’s always a good place from which to speak. (Sister Wendy Beckett)**

**Blessed are they who have nothing to say and who cannot be persuaded to say it. (James Russell Lowell)**

**A man is known by the silence he keeps. (Oliver Herford, American author)**

**Speech is civilization itself. The word, even the most contradictory word, preserves contact – it is silence which isolates. (Thomas Mann)**

**Do not the most moving moments of our lives find us without words? (Marcel Marceau)**

**The first sign of maturity is the discovery that the volume knob also turns to the left. (Jerry M. Wright, in Catholic Digest)**

**A THOUGHT TO REMEMBER: Let each day be your masterpiece … even silence has a melody of its own. (Reminisce magazine)**

**We cannot find God in noise or agitation. God is the friend of silence. Trees, flowers, and grass grow in silence. The stars, the moon, and the sun move in silence. (Mother Teresa)**

**The best way to keep one’s word is not to give it. *(Napoleon Bonaparte)***

**He approaches nearest to the gods who knows how to be silent, even though he is in the right. (Cato)**

**Never miss a good chance to shut up. (Rocky Mountain News)**

**There is nothing wrong with having nothing to say -- unless you insist on saying it. (Bits & Pieces)  
As you go through life you are going to have many opportunities to keep your mouth shut. Take advantage of all of them. (Quoted by James Dent, in Charleston, W. Va. Gazette)**

**When it pays better to talk than listen, change your company. (Ladies' Home Journal)  
After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him. The moral: When you’re full of bull, keep your mouth shut. And last but not least: Never miss a good chance to shut up. (Will Rogers)**

**Sigh: An amplifier for people who suffer in silence. (Orben’s Current Comedy)  
  
Smart people speak from experience -- smarter people from experience, don't speak. (Paul Lee Tan, in Encyclopedia of 7700 Illustrations)**

**Silent gratitude isn’t very much use to anyone. (Gertrude Stein)**

**If a thing goes without saying – let it. (Jacob Braude, in Treasury of Wit & Humor For All Occasions)**

**The tongue weighs practically nothing, but few can hold it. (Sign seen in North Charleston, South Carolina)**

**Silence is not always golden; sometimes it’s just plain yellow. (Abigail Van Buren)  
  
A wise man is one who thinks twice before saying nothing. (Paul Lee Tan, in Encyclopedia of 7700 Illustrations)**

**If you wouldn’t write and sign it, don’t say it. *(Quoted by Earl Wilson, Publishers-Hall Syndicate)***

**Calmness is the living breath of God's immortality in you. Every person needs a retreat, a dynamo of silence where he may go for the exclusive purpose of being newly recharged by the Infinite. (Paramahansa Yogananda)**

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