

## Quietness

Quietness is one of the beautiful qualities of the spiritual person; it includes quietness of the heart, nerves, thought, senses, behaviour and body. A quiet person's heart never gets troubled for any reason. He does not lose his quietness no matter how the problems are caused. As the prophet David says "Though an army should encamp against me, my heart shall not fear; though men should rise against me, in this I will be confident" (Ps 27: 3). It is the type of quietness that comes from faith.

If one loses his inner peace, everything will look disturbed in his eyes, and what is simple will seem complicated. This complication is not from the outside but from the inside. When the heart is quiet the nerves will also be quiet. In this case one would not lose his temper but, instead, quietly solve the problem.

If the mind fails to solve a problem, the nerves interfere to help. The agitated nerves might announce the lack of solution, and the more the nerves get troubled, the more it gets agitated.....

A person with a quiet heart and nerves would be able to obtain quietness in thinking and action. His thoughts will be balanced, void of any disturbances. Therefore, he will act in a quiet and sound way, far from anger or anxiety.

What helps a person to gain the inner peace is the outer peace, a peaceful environment that has no agitating effects. For this reason, monks live in the peace of the wilderness, far from noise, people's clamour, and any agitating news or incidents. They would have usually got used to quietness.....

Life of loneliness and isolation generally brings quietness, because all the senses are quiet. As our saints say, the senses are the access to thoughts. What you see, hear and touch gives you thoughts. If your senses are at rest from gathering news, you will be relieved from thoughts.

A quiet place helps the senses to be calm, and consequently leads to the quietness of the thoughts, heart and nerves. That is why many people avoid noisy places, seeking peace of mind.

Those who love quietness search for it with all their strength, but others, alas, love clamour and could not live without it. Quietness makes them bored!

H.H Pope Shenouda