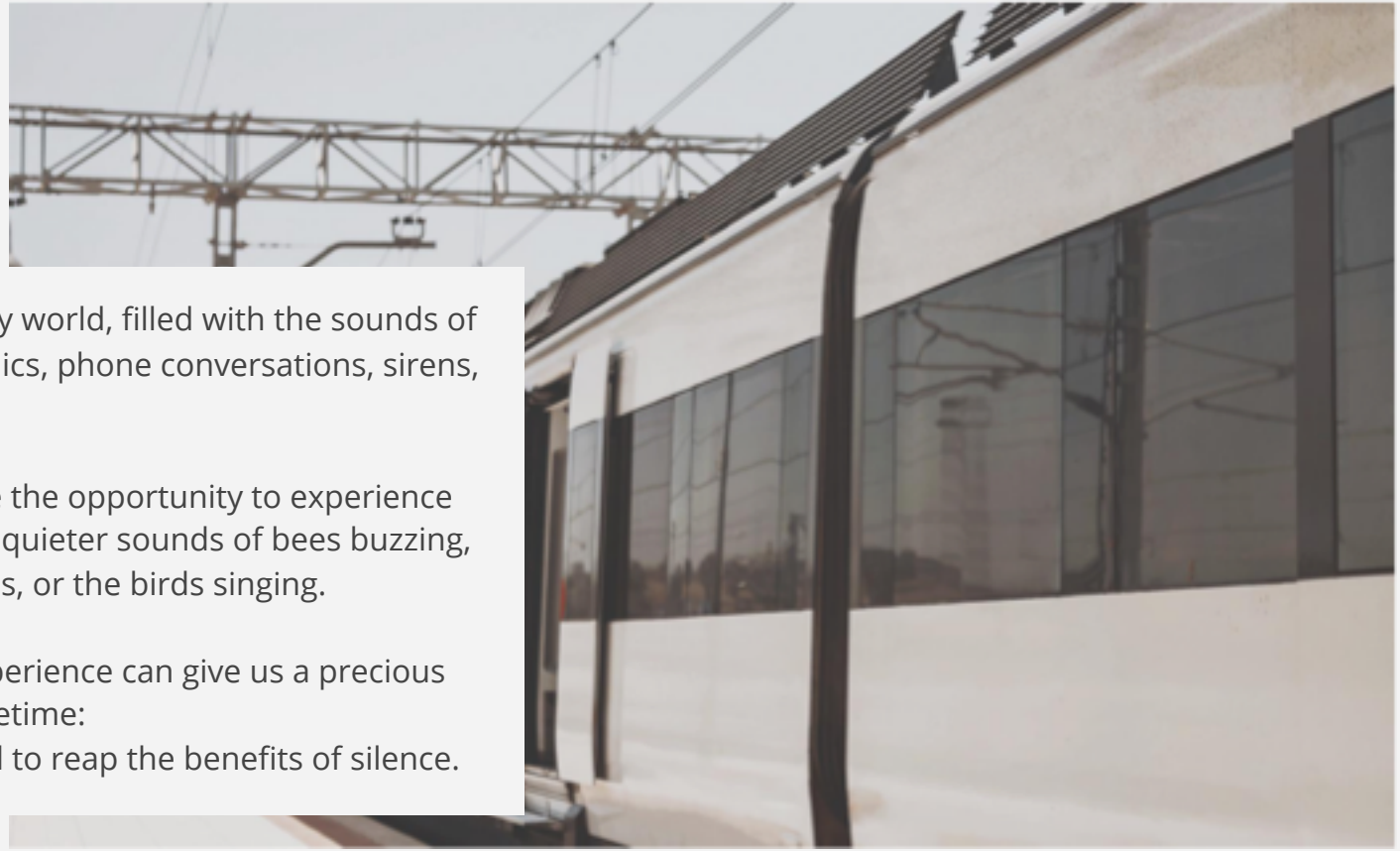
RIVERSIDE
ONLINE

# WE FEEL



Today we live in a noisy world, filled with the sounds of the television, electronics, phone conversations, sirens, and traffic.

Many of us rarely have the opportunity to experience silence or to savor the quieter sounds of bees buzzing, wind rustling the leaves, or the birds singing.

The **Silence Game** experience can give us a precious gift that could last a lifetime:
the ability to enjoy and to reap the benefits of silence.

# Lets EXPERIENCE and EMBRACE it before the NOISE returns!

And there cannot be a better time than today when the world has become unimaginably quiet.

## LET'S DO IT TOGETHER!

# BUT CERTAINLY NOT LIKE THESE MONKS!

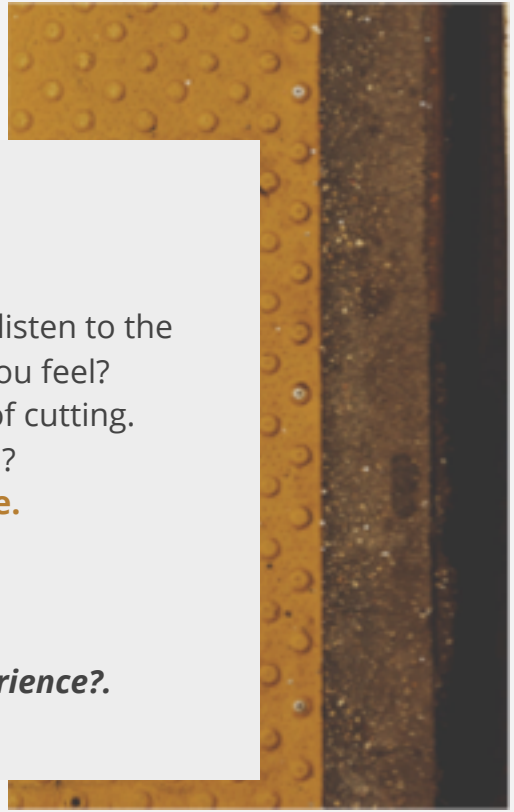
Four monks decided to meditate silently without speaking for two weeks. By nightfall on the first day, the candle began to flicker and then went out.

The first monk said, "Oh, no! The candle is out."
The second monk said, "Aren't we not suppose to talk?"
The third monk said, "Why must you two break the silence?"
The fourth monk laughed and said, "Ha! I'm the only one who didn't speak."

# SOME PREPARATORY WORK

1. Collect different kinds of paper from around the house for collage work.
2. Get scissors.
3. Now a small exercise:
4. Sit down quietly with no sounds around. Take a piece of paper and tear it and listen to the sound of tearing as you tear it. Touch its edges. Feels soft? What emotion do you feel?
5. Take a piece of the same paper and cut it with scissors listening to the sound of cutting. Touch the edge of the scissor cut paper. Sharp, is it? What emotion do you feel?
6. **Please remember some papers can not be torn for the way they are made.**

- ***Submission :***
- ***1. Write down the emotions you felt while tearing and cutting the paper.***
- ***2. Could you maintain complete silence? What did silence allow you to experience?.***
- ***3. What did silence taste like? Smell like? looked like? Sound like?***



## LEVEL 01

# DAY 01.

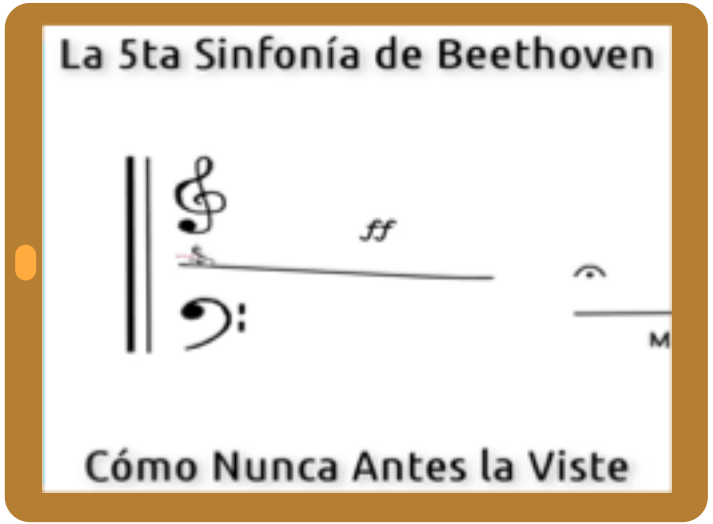
- Go out into your verandah/balcony/garden or sit near the window half an hour before your bedtime.
- Set the timer **for 5 minutes**.
- Every member settles down on chairs quietly.
  - Look out at the night sky and the surroundings.
- Gently close your eyes and listen to whatever reaches your ears.
- Have a look at your thoughts and go back to listening.
- If feeling restless take your attention to your feet, then to your arms and to your back.
- Go back to listening. No sound? How does it feel?
- Quietly get up and go to bed.

# MY EXPERIENCE
# WITH THE OUTSIDE

| Day 1 | What did I see outside | What did I hear outside | What emotions did I feel | Any other thoughts |
|---|---|---|---|---|
| Sitting 1<br>Night time | | | | |

# MY EXPERIENCE
# WITHIN

| Day 1 | What did I see about myself? Was I able to concentrate on my silence or was I getting distracted with the others? | What did I hear from myself with my eyes closed. Was I able to hear any thoughts of mine ? | What different feelings were there? | Any other thoughts in relation to this experience? |
|---|---|---|---|---|
| Sitting 1<br>Night time | | | | |




# MUSIC IS NOT IN THE NOTES BUT IN THE SILENCE BETWEEN

**-MOZART**

Watch this video and see if you could feel what he means?

*Submission : Write, illustrate your thoughts down and submit*

## LEVEL 02

# DAY 02.

- It is similar to Day 1, the only difference being:

- Along with the night time you can choose one more slot of the day, maybe early evening, before six or early morning before six.
- Put the timer for **5 minutes each** time.
- Remember not to be like the monks☺.
  When there is an urge, watch the urge and keep listening.

# MY EXPERIENCE
# WITH THE OUTSIDE

| Day 2 | Was I as attentive as the previous day/sittings? | Was I curious as I began to find something new, visually as I looked around at the surroundings? | What did I hear today? | Any thing else that you experienced or came across |
|---|---|---|---|---|
| First sitting | | | | |
| Second sitting | | | | |

# MY EXPERIENCE
# WITHIN

| Day 2 | How was I feeling (reluctant/ eager/none of these) as I sat down today? 1st and 2nd sittings? | Was I expecting to have the same experience or was just doing it without expectation? | Did I face an urge to leave ? What did I do? | Did you find yourself any different under the circumstances? Share other thoughts,if any. |
|---|---|---|---|---|
| First sitting | | | | |
| Second sitting | | | | |

RIVERSIDE ONLINE

"LISTEN TO THE SILENCE.
IT HAS MUCH TO SAY."

-RUMI

# THE SCIENCE OF SILENCE & SOUND

## SOUND

Sound is made up of vibrations, or sound waves, that we can hear. These sound waves are formed by objects vibrating (shaking back and forth).
Sound waves travel through air, water and solid objects as vibrations.
When the reach our ears, these waves make the delicate skin of the eardrums vibrate.
The brain recognizes these vibrations as sounds made by different things.
The size and shape of sound waves determines the kind of sound heard.

## SILENCE

Silence is the absence of audible sound, the emission of sounds of such low intensity that they do not draw attention to themselves, or the state of having ceased to produce sounds; this latter sense can be extended to apply to the absence of any form of communication whether through speech or other medium.

## LEVEL 03

# DAY 03.

Today you have to sit three times.

- Choose your 3 slots. You need not be told what to do. You are a veteran now!

In addition:

- Observe two people in your house who speak the most and the least according to you . What makes them do what they do ?

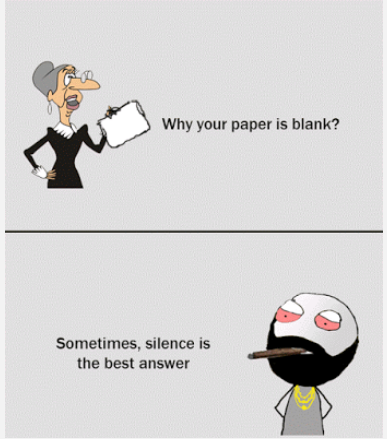
- Which part of the day are you the most silent ? Why ? Is that part the best part of the day for you or the worst ?

## A COLLAGE OF

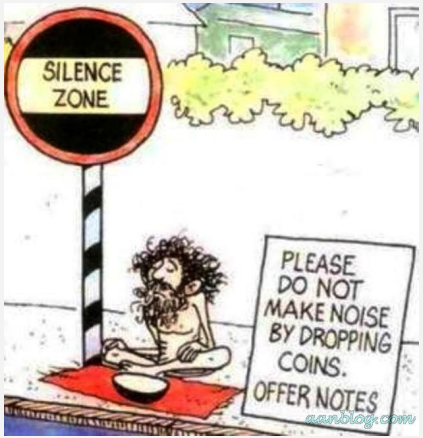
# AN EXPERIENCE

- Get any plain base to create it, you may use small pieces of paper to make collage on for each day.
- Get your stock of papers and newspaper.
- Intuitively choose papers, colour, length, size, let it come from within without reason. Paste it in any formation you please.
- It could be that every member uses the same paper.
- The sample is my representation of three sittings. I have used old sketchbook paper and torn it into strips.
- All the colour paper has come from two sides of a newspaper.

# HOW WOULD YOU RATE THIS EXPERIENCE?




Don’t play this on us!




Your space

1.

2.

3.