

## Why Silence Frightens Most People

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Most people are frightened by silence and Silence. The capital version of the word is different from the lower case, but they each generate discomfort in the general population. This was reminded to me on a walk I took this afternoon. We have finally had good weather, and there is a trail near my house into the mountains that is nice to go on a slow leisurly stroll to simply be immersed in the natural world.

There are cabins along the way, and given this is holiday time in this part of the world, the cabins have people staying there over the weekend. You know, those who live in big cities, and have a cabin to "get away from it all" and spend some time in the less busy quiet world of nature. At least that is what they tell themselves and other people why they go to cabins.

As I got closer I noticed that there was a couple sitting in chairs out on the cabin deck, but I also noticed something else. Odd sound. Getting closer I could hear that it was very loud music being blared from some type of radio-CD player they had with them. I actually couldn't believe it. Here they are overlooking one of the most beautiful fjords in the world, the ocean but 5 minutes from where they sit, and spectacular mountains around them. In a natural world where silence is calling. but they couldn't handle that, they needed noise. And lots of it. I wondered what they were doing here, if they couldn't even leave the noise behind for a few days. They weren't even looking at the natural surroundings. Just looking at a drink glass (likely full of their favourite booze). They couldn't even take one moment of silence. I am sure you know people like this, if you go into their home the TV is always on, the radio is blaring...there is never a moment of quiet.

That is because the average person is afraid of silence.

What I mean by that is because if the average person just took some time to embrace silence, and be in a still point, they would start to "hear" what is going on inside of them. They probably did that a few times and got so afraid of what they heard (for example anxieties, insecurities, guilt, shame, anger, delusions, memories of past trauma), they looked for any method to shut off connection to anything honest about what they were experiencing. So by having constant external noise the hope is that it would shut off their inner world. Of course it only masks it. When they "try" to go to sleep, the first likely moment of attempt at stillness in the day, all the stuff they have been hiding from all day comes rushing up...no wonder the majority can not sleep.

I felt so sad for these two as I walked by. Of course from the depth of my own Silence I wished that they could somehow see through this and maybe re find a semblance of something called human life, but I rarely have much hope for any NPC out there. I mention all this so you can know what you are up against when you are looking for a few moments of space and silence within the modern world, and why the human world seems to be against that happening. Such silence means the inner world gets accessible.

But that is one type of silence. And that causes a different type of reaction. This is Silence with a capital S, what starts to come after one has at least had a taste of Emptiness. This is the Silent Awareness at one's core, that starts to become more and more present in every moment, while all that was previously inside starts to just dissolve. And it is replaced by Nothing. I say that

again for your focus, as one gets "emptied out" it gets replaced by Nothing. And then when such a person come in contact with average people, it sort of shocks the system. They are not expecting on meeting someone to some in contact with Nothing, they are expecting to come in contact with something (ie a false identity construct that is managing a falsified existence). Thus should a realization of Emptiness happen for you, you should get ready that just as many people are going to be instantly nervous around you, as those who might find you curious (in a good way). I don't mean this to mean that if you make other people nervous you must somehow be carrying Emptiness. You might well just be someone that people should be nervous around. This is about someone who has on some level seen through the veil of reality, and is no longer trying to manipulate it to their advantage, is no longer chasing success, is no longer looking to fulfil all their wishes. They see clearly in the moment, and that is really all they aspire too. That is also not easy for people to deal with.

But the first type of fear of silence, moments without noise, is the most common, and makes so many people uncomfortable.

Hey just for fun, invite all your friends and family over for a nice night gathering get together at your place. Then when everyone is there let them know there is going to be no music, no tv, no sounds of any kind. You have set up a space for everyone to just be in quiet and stillness. Watch how uncomfortable 90% of the people there will become. I've done it, and I can say it is a real experience watching people deal with a moment when the blaring noise of the world is not there.

You might say people don't like the sounds of jackhammers, car horns, sirens, loud music, screaming kids or barking dogs. Sadly that is not the case, at their egoic level they really like it, because they know what they would have to deal directly with if all of that sound suddenly vanished.

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