

## Power of Silence: Curation Brief

Topic and Resource	Curator's Comments
<b>Introduction</b>	<p>Silence has been a practice and tool that has been used throughout history. Researchers have observed increases in our adrenaline and cortisol in a much noisier world, resulting in high-stress levels. According to a 2006 report in the European Heart Journal, silence can relieve tension in just two minutes. Yet many of us find silence makes people uncomfortable. Consequently, silence can be both a sword to attack and a shield to defend oneself. Silence impacts group dynamics and can be useful in presentations. Ultimately, silence can be a powerful tool in business and business communication.</p> <p>The collection of references below are meant to inspire you to be more introspective and educate you on bringing silence into your personal and business life. <b>We have provided six resources</b> for you to reference: online articles, books, ted talks, and getAbstract summaries. You can use these resources to help you grow as a leader and support other members of your organization or team.</p>
1. <a href="#">Don't Underestimate the Power of Silence</a> (article)	<p>HBR article from Vijay Eswaran, the best-selling author and entrepreneur. In this article, Eswaran introduces a practice called the <b>Sphere of Silence, which is a 60-minute routine that is meant to help leaders stay grounded, focused, and optimistic in the face of immense stress.</b> The routine or practice has <b>one critical rule, to be completely silent as you go through the steps.</b> <u>In the initial half-hour, the routine is broken down into three 10-minute intervals.</u> For the <b>first 10 minutes</b>, write your short, medium, and long-term goals. In the <b>next 10 minutes</b>, evaluate and assess the previous day's goals. Use the <b>remaining 10 minutes of the initial half-hour</b> to consider any unmet goals and evaluate the reasons or impediments for not accomplishing them. The objective of these last 10 minutes is to provoke you to concentrate on moving forward. In the <b>following 20 minutes</b>, dedicate your time reading a book on something informative and enriching for your mind. Utilize the <b>first 10 minutes</b> of the 20 minutes to read a chapter of your book. Then spend the <b>second 10 minutes</b> summarizing what you read in a physical journal to synthesize and retain the information. For the <b>final 10 minutes</b> in the 60-minute routine, spend the time self-reflecting and meditating on your life, training yourself to find calm in times of stress.</p>
2. <a href="#">The Gift of Silence</a> (video)	<p>A Ted Talk by Nick Seaver titled "The Gift of Silence" discusses the 18 months of silence he and his wife undertook for the purpose of scientific research on meditation. In the video, he explains what silence and solitude do to the mind and makes a case for why others should do the same but on a smaller scale. Seaver also highlights the challenges of practicing silence and the benefits one can gain.</p>

<p>3. <a href="#">Silence: A Social History of One of the Least Understood Elements of our Lives</a> (article)</p>	<p>This study by Jane Brox examines the role and effects of silence in penitentiaries and monasteries over many years. While silence was once imposed on prisoners as a punishment, it was freely accepted by those entering monasteries as a means of deepening their spiritual lives. Nineteenth-century prison founders believed that isolation and silence would lead to convicts' redemption but failed to see potential dangers in such practices, including a loss of contact with reality and risk of insanity. In contrast, monastic silence was not absolute but intermingled with chanting, reading aloud, and limited conversation. Silence and isolation are now gone from most American prisons, and many monasteries closed, their silent lives vanishing in an increasingly noisy world. Brox's balanced account shows both the positive and negative aspects of silence and points out the need to be attuned to our inner voice in a world of constant distractions.</p>
<p>4. <a href="#">Mindful Work: How Meditation is Changing Business from the Inside Out</a> (book)</p>	<p>The world's most dynamic business people use mindfulness to become happier and more fulfilled at work - and more successful. David Gelles, <i>New York Times</i> business reporter, explains how mindful managers use meditation, yoga, and other mindfulness techniques to boost leadership, reduce stress and improve health.</p> <p>Featuring insights from revitalized employees, high-level managers at global companies, and meditation masters, this book is an inspirational guide to the upsurge in companies as diverse as Google, Facebook, and General Mills. Blending timeless insights and modern-day management theory, Gelles explains the practical benefits of the mindfulness boom and offers a program for changing the way we work that will make us less stressed, more focused, and happier.</p>
<p>5. <b>getAbstract collection</b> (See <b>getAbstract</b>)</p>	<ul style="list-style-type: none"> <li>• Coming to Our Senses, Jon Kabat-Zinn {a classic author in contemplative practice circles}</li> <li>• You're not Listening, Kate Murphy. {focus on silence in improving communication}</li> <li>• Altered Traits, Daniel Goldman and Richard Davidson {a scientific approach to silence and its effect on brains/behavior—coming soon}</li> <li>• Manufacturing Morals, Michel Anteby {how Harvard's business school uses "vocal silence" to convey values}</li> </ul>
<p>6. <a href="#">Silence an opportunity for Finnish tourism industry</a> (article)</p>	<p>An admittedly outlying data point on how Finnish tourism made silence a "capital" virtue. Even so, the idea that silence can be marketed suggests that it is something that humans crave and are willing to pay for.</p>