**Silence**

Silence is defined as the absence of sound. It is also labelled as the command to quiet, prohibit or prevent someone from speaking. Its sense changes for person to person or occasions, like when someone is engaged in some matter and have to stop someone from communication or have to grab attention. The silence word will change its meaning.

But for an introvert type of person it refers to the loneliness, because introvert people feels their energy to be consumed while socializing and they seeks silence or want to stay alone so that they could charge up.

According to my point of view I would say silence is a sensation when that you could feel when you are submerged in something; everything seems to be stopped for a moment and at that time you realizes that what had just happened. This is the best state, where we can feel our self and the presence of Allah. At that moment we realizes to share that thing that we could not share with others or hesitated to do so. And we opens over heart in front of our creator who was always with us even when we had forgotten him because we were submerged in this colorful world.

Everyone is seeking peace, some gets from teasing other, some gets by helping others and some on the other hand seeks peace in silence. Some people may call this madness but this state states to be broken and willing some helping hand to face their shortcomings with their companion that could complete emptiness of their life.

**Advantages**

The Humans nature is that do they not accept their mistake, rather than accepting their mistake they blame others and while defending their point of view some people become personal, they argues and then hate each other. But one of the person accepts his mistake and remains silent could save his time, energy, and resources.

While remain silent you observed the following benefits:

* You will become calmer.
* Boost Your Intuition.
* Understand Yourself Better.
* Improve Awareness.
* Taps into Your Creativity.
* Lower Your Stress and Pressure.
* Mental Detoxification.
* Have Better Patience.

**Disadvantages**

Some of the times silence is not very good approach, there become necessary for you to speak, so that people don’t make misconception about you and people don’t kill your rights. Silence is not always beneficial and how someone could know your problems when you do not speaks up. The Silence should be kept intentionally, when you know arguing is useless and it is complete wastage but for rights, the silence should be broken and we should have to take step to improve our life.