

# 6

## *The Lost Watch*

Silence calms the body and mind and enables us to achieve greater things

### Let's Begin

Let's play a game of silence. Remain silent for as long as your teacher instructs you to. The person who remains silent the longest is the winner.

Was it easy or difficult to remain silent?

There lived an old farmer and his wife in a village. They grew wheat on their farm. They stored the grains and hay in a big barn.

Their children had moved to the city to work. Their four grandchildren came to stay with them every summer during the school holidays.

Summer had begun. The old farmer excitedly made arrangements for his grandchildren's arrival. He made a new swing for them in the backyard. He bought their favourite

snacks and toys. He cleaned the house and the barn. The day the grandchildren were to come, the old farmer realised that his favourite watch was missing. It was a special watch which the old farmer carried with him everywhere.

“Where did I see it last?” the old farmer thought hard. Suddenly he remembered that he had last seen the watch in the barn. The old farmer searched the barn but could not find the watch. This upset the old farmer.

Soon the grandchildren reached the house. They ran to their grandparents and hugged them. The grandmother was very happy, but they noticed that their grandfather looked upset. When they asked him the reason, he told them about his missing watch. The children ran at once to the barn and searched for the watch. They searched for two hours among the grains and the hay, but they could not find the watch. They became sad.



After some time, one of the grandchildren, a little girl, suddenly said that she wanted to go to the barn to search for the watch again. She requested the others to let her go alone. The other children asked her what she planned to do. But she just told them to remain silent till she came back. Everyone was surprised, but they remained silent as she said. The little girl went into the barn.

The others could not hear any noise from inside the barn. After about 15 minutes, the little girl came out and placed the watch in her grandfather's hand. The old farmer was delighted. Everyone was surprised and wanted to know how the little girl found the watch so quickly. She said, "I just sat on the ground silently. The barn was silent. In that silence I could concentrate and hear the ticking sound of the watch. I went in the direction of the sound and then found the watch."



The old farmer thanked his little granddaughter and hugged her.

## Think and Answer

1. Why was the old farmer excited when summer started?

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2. Why was the old farmer upset?

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3. How did the grandchildren help their grandfather?

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4. What did the little girl do to find the watch?

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## Activity A: Mood for Study

Tick the situations in which you are able to study well for your exams.

1. Your brother and sister are shouting at each other at the top of their voices.



2. You are sitting in your family car with the windows down and stuck in traffic. A car sits next to you with music blaring loudly.

3. There is no one at home and the house is silent.

4. Your father is watching the news on TV in the same room in which you are studying.

5. All your family members are sleeping.

Did your answers match with those of your friends?

When are you able to study better? Why?

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## The Power of Silence

‘Speech is silver, silence is gold.’ Why is silence considered better than speech? Let us see.

What happens when you talk too much?

- Waste of time
- Affects your ability of decision making
- Weakens your memory power
- Lessens your concentration
- Reduces energy and makes you weak

You use a lot of your energy when you talk. When you limit your talk, you save energy, which you can use for other purposes. Silence develops strong will power.

Silence means complete absence of sound. The absence of external sound helps us concentrate better on our work, as you saw from Activity A. So, it is better to find a quiet, silent place when we want to do some important work.

Silence is the time when we are quiet, calm and peaceful. Silence occurs naturally when we get really absorbed into whatever we are doing. For example, we are generally silent when we read a book or do artwork with concentration.

External silence helps calm our mind, leading to inner silence. And a calm mind can think better than a busy and noisy mind. A few minutes of silence every day sharpens our mind. People who practise inner silence have better memory power. This is the power of silence.

Silence also helps us avoid or stop fights. So it is better to remain silent rather than get into arguments during a quarrel.

It is also better to remain silent rather than talk negative things about anything or anyone. One useful thing we can keep in mind is to not say anything if we cannot say something good. This will earn us the respect of others.

## **Advantages of Practising Silence**

- Develops self-control
- Develops concentration
- Increases memory power
- Saves energy and maintains good health
- Helps us work more efficiently
- Prevents fights and arguments
- Prevents us from saying things that can hurt others

## **Inner Silence**

The sun's rays have a lot of energy, but the rays do not burn paper because the rays are dispersed (scattered in different directions). When you focus the rays of the sun through a magnifying glass, the paper catches fire. The fire can only be ignited when the rays of sun are concentrated on a small point.

In the same way, your mind has great power, but it is scattered in all directions through unwanted and distracting thoughts. When you take away all unnecessary thoughts from the mind and unite all the mental energy on one task, you will have deep concentration. This concentration is called 'meditation'. A concentrated mind has greater power and ability to achieve bigger things and do unimaginable amounts of work.

## Activity B: Silent Sitting

Let us now practise sitting silently and silencing our minds. Listen to your teacher and follow what is said.

Discuss the following with your teacher after your silent sitting session.

1. How did you feel during the silent sitting session?

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2. Did you like it? Why?

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3. Did any interesting thoughts or ideas come to your mind?

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4. What did you find difficult to do?

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5. How do you feel after the session?

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## Let's Remember

*Silence, both external and internal, is good for our body and mind. Silence at the right time also helps us maintain good relations with others.*

## My Space

*What I liked most about this lesson :*

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*I learnt that*

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## Engage with Family



*Explain the benefits of silence and silent sitting to your family. Decide on a time when you all can sit together for a short silent session. Close your eyes and sit silently without moving for two minutes. Then discuss how you all felt at the end of the session.*

*If you all felt good with the silent sitting session, you can gradually increase the amount of time you sit in silence.*