

**MAUNA: THE MOST ELOQUENT EXPRESSION****Jayashree S. Nair***PhD (Yogashastra) student (Enrolment No. N/09/MYS/3006)***Abstract**

Significance of Mauna/Silence seems to be slowly acknowledged and recognised in corporate sector all over the world. If importance and utility of Mauna and meditation are impressed upon society at large, corporate sector would be fulfilling its corporate social responsibility (CSR) most effectively. Mauna can be the most important lever in bringing out the socio-economic development as it can interconnect people, bring stability in one's life, sharpens the capacity of concentration and improves listening skills. With the improvement in listening skills, there is good understanding between employers and employees resulting in increased productivity, there is personal growth, energy is conserved and communication anxiety is reduced. So if the seeds of Mauna are sown by the corporate sector as CSR in small villages, schools, neighborhood etc. then there could be increase in confidence level which can result in socio-economic development. This paper attempts to put forth a few simple ways of teaching the practise of Mauna.

Keywords: *Mauna, Meditation, Listening skills, Practise*



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Significance of Mauna seems to be slowly acknowledged and recognized in Corporate Sector all over the world. This is evinced by the fact that meditation rooms are forming necessary part of office set-up like Gymnasiums or physical work-out halls. If this same importance and utility of Mauna and Meditation are impressed upon society at large, Corporate Sector would be fulfilling its Corporate Social Responsibility (CSR) most effectively

As a social being, man's most worthwhile etiquette may be a smile that ends in a mile! This smile, when genuine, emanates from the very root of his existence, which is Silence or Mauna. It is from Silence that we evolve and it is into Silence that we finally dissolve.

Silence is that innermost consciousness within us which needs to bloom and manifest. Expressions emerging out of it need no words. Words in fact distort the sanctity of Silence. Silence can express itself in infinite ways. It is unique to every individual how he or she communicates and shares. Silence, which can be considered as pure vibration, interconnects

people, brings stability /balance in one's life, sharpens the capacity of concentration, improves listening skills and brings out the futility of talking in general. In other words, we can say that proper appreciation of Mauna can be the most important lever in bringing out social and economic transformation.

The benefits of Mauna can be delineated as follows:

A. Listening- The quieter you become the more you can hear. Listening is arguably one of the most important skills to have in today's complex world. Families need good listening to face complicated situations together. Corporate employees need it to solve complex problems quickly and stay competitive. Students need it to understand complex issues in their fields. Much can be gained by improving listening skills. So if Mauna is taught and practiced in the right way / spirit in the corporate sector or in any educational institution or in any society, it can become a potent tool for socio - economic mobility and for building an equitable and just society. It can act as an integrative force in society imparting values that foster social cohesion and national identity.

In the work environment the benefits of listening can be as follows:

1. Productivity of workers will improve
2. Tasks / assignments will be understood better and expectations out of oneself realized
3. Good understanding and rapport with co-workers, bosses and clients.
4. Quick resolution of problems / misunderstandings / conflicts / ego issues with customers, co-workers & bosses.
5. Increased ability to answer / respond to questions.
6. Ability to see the underlying / hidden meanings in what others say.

B. Benefits personal growth and development in following ways:

1. Effective communication i.e. clear and precise transmission of information thereby bringing about effective human interaction.
2. Fewer misunderstandings due to mis-communication arising out lack of listening skills.
3. Improved relationships due to elimination of unsatisfactory business transactions as well as hurt feelings in personal relationships.
4. Personal growth: A person learns and grows by listening and understanding others' view-points, different ideas and exploring conflicting view-points. It adds a tool to the personal development portfolio. Exploration of new and unconventional ideas becomes possible.

C. Removes the barrier of listening – communication anxiety.

Communication anxiety strikes in challenging situations where effective listening is critically important. Anxiety affects the mental resources, narrowing the scope of attention and shifting

the mind into a more reactive and less tunnel-vision mode. Anxiety diminishes memory and higher-order thinking i.e. cognitive resources that a listener needs in order to process what another person is saying.

By maintaining silence and paying occasional attention to breath sensations, a peaceful trance-like state of mind may be achieved. Thus Mauna embodies unity of mind and body, thought and action, restraint and fulfilment and harmony between man and nature.

D. Conserves energy- Mauna teaches us to utilize words very attentively; it helps us to control the act of speaking and it offers the possibility of not letting the tongue speak involuntarily or habitually. Talk less, listen more! Conserve energy!

E. Mauna when practised properly **calms the agitated mind**, peeps up the depressed mind by silencing the dispersed thoughts and thus sublimating the transient emotions.

F. From stillness emerges **creativity**, new ideas. Mauna acts as spring-board for the great leap into spontaneity, originality and creativity.

Simple ways of implementing Mauna

- 1) There should be conviction as regards to the significance of Mauna.
- 2) Mauna happens at two basic levels, Vak/Speech Mauna and Mind Mauna.
- 3) For Speech Mauna, one has to teach the person to respond and not react. A workshop between two people where one person is speaking he should give a pause and the other person gives a pause before replying.
 - 4) Dedicated periods of Speech Mauna should be maintained during the day.
 - 5) For Mind Mauna, Mind control techniques are taught whereby awareness is developed.
 - 6) Meditation, which leads to no-mind stage.

Conclusion

In today's corporate world, significance of Mauna, which was originally and in the past limited only to the spiritual dimension, is getting recognised. As a social responsibility measure, if the corporate sector adopts small villages or schools or neighbourhoods and helps in implementing Mauna practices, then the emotional threshold of people involved will definitely increase. They will then respond and not react! Fewer farmers may commit suicide! Work-output will increase, homes will be harmonious and creativity will become common place!