

THE POWER OF SILENCE

– by Laya (10)

It was 6 o'clock in the morning. The alarm rang and Geetha got up at the first ring and started getting ready for school. She was very excited because it was her first debating competition. She was very nervous since she always feared talking in front of a huge crowd. Her mother's and friends' encouragement made her participate in the competition.

When she was about to leave for school, her mother asked her to remember to close her eyes and remain calm whenever she feels excited and tensed. She also suggested she count to 10 and let all thoughts in her mind go away and make her mind free of thoughts. With a big hug from her mother, she left home to go to school.

Geetha arrived at school and joined her team. They practised well and had a mock too. The school auditorium was packed with children. The teachers, principal and the chief guests arrived. The competition began. The students started their debates. Geetha's turn was nearing. Geetha started feeling nervous and her hands started trembling.

On reaching the podium, she saw with anxiety, a huge gathering of people in front of her. She forgot everything and she had tears in her eyes. She could hear her teammates calling her name, but her mind was completely blanked out. She then remembered what her mother said. She just closed her eyes and started counting to 10 and remained calm.

In a couple of seconds, she felt better and relaxed. She just focused on the topic and all the points she had to cover. She spoke with all her confidence and all her points flowed seamlessly. Geetha received a huge applause at the end of the speech.

She received a prize from the judge and received the best debater award too.

Geetha realized that the silence of our mind is very important during nervous situations. It will improve the ability to focus and help us think clearly.

Values: Focus Self-confidence

Inner silence is very important when we are in nervous and anxious situations.