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Maun Vrat literally translates to "quiet vow." It is critical for spiritual growth that one's discourse be pure. Silence practice is essential for achieving purity of speech. Maun-vrat is recommended in Hindu sacred literature for this purpose.

#Thread



The benefits of Maun Vrat

THE VOW OF SILENCE



16 days of maun-vrat are thought to be beneficial in Bhadon, the sixth month of the Hindu calendar. It is claimed that one can obtain one's desires by being silent. One can reach Lord Shiva's dwelling. It is necessary to spend some time offering prayers in addition to maun-vrat.

Mindfulness, pleasant disposition, stillness, religious meditation, and positive ideas all represent mental austerity.

Silence is situated in the middle of the other attributes. It all starts with mental control. When one's thinking is under control, one become friendly. One begins to treat people with kindness.

One reduces unnecessary chatter and thinks more about God. One begins to think positive things.

Whoever can go a year without speaking is deserving of thousands of years of honor in paradise.

Silence has the power to alter a person's psyche. Silence allows a person to regulate their anger and speech. Greater resolve and self-confidence make one stronger. One is more at ease and tension-free.

Energy conservation occurs, and a person's inner power grows, allowing them to grow into better people.

There is a narrative about quiet in the Mahabharata. "Viganeshwar!" Maharishi Vedavyas exclaimed after Lord Ganesh had written down the last shloka on the bhojpatra. Your writing is a blessing! The Mahabharata was created by the Supreme Spirit and written by you.

Your quiet is even more stunning. I may have spoken about two hundred thousand words during dictation, yet I didn't hear a single word from you."

"Bdryan!" said Lord Ganesh thoughtfully. Some lamps have a lot of oil, while others have a small amount. There is never enough oil in a lamp. Gods, mortals, and devils all have a finite lifespan.

Only those with self-control and the patience and understanding to use their powers with patience and understanding may completely benefit from their lives.

Controlling one's speech is the first step toward self-control. Those who are unable to regulate their voices waste energy. One can avoid such a loss by controlling one's remarks. I've always believed in silence's power."

You might wonder why there is such a focus on silence.

If speaking is silver, quiet is gold, as we all know. Silence aids energy conservation, concentration, and introspection. It aids in the pursuit of spirituality. Silence allows one to effortlessly achieve goals.