

Why Silence Feels Louder Lately

Silence used to mean the world had gone still. Now it feels like something we have to earn. The constant hum of modern life, phones buzzing, screens glowing, cars in the distance, creates a kind of background pressure we barely notice until it is gone. When quiet finally arrives, it does not soothe at first. It startles. It feels heavy, as if someone had turned off gravity for a moment, and you are unsure what to hold on to.

Most people think silence is the absence of sound, but it's really the return of attention. It's the space where thoughts, long buried under noise, begin to surface again. In silence, time changes speed. You start to hear your own heartbeat, the refrigerator's low breath, the wind pressing against the window. It's both strange and familiar, like remembering a language you forgot you knew.

The world treats noise as proof of importance: talking, working, responding, performing. But silence does not need validation. It asks nothing and gives everything. It clears the static until only what is real stays. Maybe that is why silence feels louder now. It's not emptiness. It's recognition, the sound of yourself, finally reaching back through all the noise, asking for your own attention.