

This bachelor thesis deals with the presence of silence in human lives. The thesis concretely identifies the silence as a very important part of human lives because the silence helps people to find their spirituality. On the other hand this thesis says that people are afraid of silence because they don't know what could be found in the silence.

In the first part of this thesis the conception of silence is specified. In this part there is also the quality of silence important for human spirituality discussed. This part is also engaged in the development of silence in monasteries where silence is often used. The experience of st. Benedict are especially mentioned.

The other part of this thesis is aimed to the fear of silence. It also describes the possibilities how to reduce this fear and how to work with silence in our lives.

The applied part of this thesis introduces the own experience of the author with silence in The Silence cafeteria and in the Trappist monastery. It also presents several dialogues about human relation to silence.