

# Mystical Chapters Two

A Study of the Spiritual Life



“Meditation is the Consent to God’s Presence within us.”

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## Overview

This second Mystical Chapter deals with the practice of Silent or Mystical Meditation. If you have not read the first Mystical Chapter you may not be familiar with many of the foundations and concepts that we use here. It is best to read each of the Mystical Chapters in sequence. Each builds on the one before it.

We start the spiritual journey seeking the “Kingdom of Heaven within.” In the first Chapter we realize that all of the major spiritual systems describe the same perspective of the individual seeking oneness with its Source. We continue the journey that brings us to the “Silence” which is the home of God within creation or “the Kingdom of Heaven within”.

We start this Chapter with a rather long and beautiful quote from an Eastern saint and mystic Sri Anandamayi Ma. She eloquently talks of the “Nature of God” and “Elements of Spiritual Practice” that go beyond dogma and parochialism, and to the universal truth behind our journey home.

Reading this Chapter: This was written to be read slowly over several hours and over several days. The format uses many descriptions of one idea to allow the fullness of the topic to permeate the reader. It is somewhat of a “learning process in a meditation form.” Each little nugget of understanding is a contemplation in and of itself. The ideal way to learn to meditate in the Mystical Spirituality tradition is to attend a Silent Retreat and yet, this Chapter was inspired for absolutely anyone answering the soul’s call to go deep and know God.

## On the Nature of God<sup>1</sup>



*All this, which is His creation, is under His dispensation, in His presence, and is He.*

*The Eternal Spirit, has resolved Himself into sentient beings, and every creature has to become reconverted again into Eternal Spirit.*

*Just as water freezes into ice, and ice melts into water, so this play of transformation of Eternal Spirit into individual beings and individual beings into Eternal Spirit goes on and on through eternity.*

*In whichever direction you may turn your gaze you will find One Eternal Indivisible Being manifested. Yet it is not at all easy to detect this Presence, because He interpenetrates everything...The Unmanifest reveals Himself through the world of manifestation. The analysis of the substance of all created things, if carried sufficiently far, will lead to the discovery that what remains is identical and equally present in all creatures; it is He, it is That, which is styled as Pure Consciousness.*

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<sup>1</sup> Excerpts from the teachings of Anandamayi Ma “Women of Power and Grace”, by Timothy Conway (The Wake Up Press, 1994) pgs.151-154. Can be found on [www.stillpointlibrary.com](http://www.stillpointlibrary.com) under Books and Resources



*There is nothing outside of Him, He is and none else...all different names and forms that exist are but He alone. The wonder of it is that the destructible and the indestructible exist simultaneously—in Him this is possible.*

*God's true being cannot be described...All the same, in order to use words, He is spoken of as Being-Consciousness-Bliss.*

*There is ONE unchanging indivisible REALITY which, though Unmanifest, reveals Itself in infinite multiplicity and diversity. That One—the Supreme Truth—is ever present everywhere in all circumstances. Referred to as Absolute Reality, He is no other than God Almighty. God Almighty is nameless and formless; yet all names and forms are His. He is the Father, Mother, Guru, Teacher, Friend, Creator, Preserver, Destroyer—everything. His essence is Being, Consciousness, and Bliss. Indeed, He is in everything and everything is in Him; there is nothing but Him. Try to see God in everything and in everybody, including yourself. God Himself is revealed in some guise even in individuals supposed to be sinners, as also in suffering seemingly unbearable.*

*On the surface and in the deepest depths is none but He...although ever remaining motionless, He is perpetual motion.*

*God is without form, without quality as well as with form and quality. Watch and see with what an endless variety of beautiful forms He plays the play of His phenomenal world with Himself alone. The Divine Play of the all-pervading One goes on in this way in infinite diversity. He is without beginning and without end. He is the whole and also the part. The whole and the part together make up real Perfection...To believe in Him under any particular form is not enough. Accept Him in His numberless forms, shapes and modes of being, in everything that exists.*

*By a mere stroke of God's imagination this vast universe comes into being. What actually is this creation? He Himself, the One. Why then are there distinctions,*

*why should there be “others”? There are no “others”...When established in the Self...none is separate...What will be the result of your surrender to Him? None will seem alien, all will be your very own, your Self.*

*To abolish the distinction between “I” and “you” is the sole purpose of all spiritual endeavors.*

*The Supreme Power is directly present in all sentient beings, in all religions and sects, in all forms under which It is worshipped...Discover Him in any particular form and you will finally come to see that all forms are expressions of the One.*

*As long as one remains floating on the surface, there are bound to be differences of religion, sect, and so on. But if by some means one is able to dive down into the depths, it will be seen that the Essence of things is one, that Truth and Love are one and the same.*

*Why should there be so many different religious sects and subsects? Through every one of them He gives Himself to Himself, so that each person may advance according to his individual uniqueness. The many creeds and sects serve the purpose that He may bestow Himself on Himself along various channels—each has its own beauty—and that He may be discovered as immanent, revealing Himself in countless ways, in all shapes, and in the formless...In the event of true Realization, one can have no quarrel with anyone; one is fully enlightened as to all faiths and doctrines, and sees all [genuine] paths as equally good.*

*He alone knows to whom He will reveal Himself under which form. By what path and in what manner the Almighty attracts any particular person to Himself with great force is incomprehensible to the human intelligence. The path differs indeed for different pilgrims.*

*Sri Anandamayi Ma*



## Elements of Spiritual Practice

*Choose a word, a form, an image, a symbol—in fact anything sacred representing Him as a whole or in part—and, whether in happiness or in misery, ceaselessly direct the current of your thinking towards it. Even though the mind may repeatedly wander here and there, it will again seek rest in its center. In due course, love and devotion will awaken for Him who will then take possession of your heart.*

*Although God is ever present within as well as without, it is necessary to keep His remembrance awake in all one's thoughts and actions. For the natural human tendencies bind man with such force that the Quest of God does not come to him easily.*

## Introduction

In the first Mystical Chapter we saw that the nature of suffering is due to the seeming disconnection between the outer self with the inner self; or the wave on the Ocean that does not have access to the fullness of its Source. Fulfillment comes from union; that is, for the outer self of activity to join with the inner self of Silence.

However, it is always to start from a sound foundation. If we speak of spirituality as living a life of fullness and wholeness, what then is life? What is its nature? What is its function? And what is its form?

## Nature of Life

Simply (and have you ever noticed how simple truth is?), the nature of life is existence.

And existence is the capacity to respond to stimuli.

This is a bit of a circular statement since everything that exists, exists by definition that it is, in fact, responsive to stimuli. That which exists is living. Oh, you may say, a rock is dead by our understanding of living! But let's explore this a little further. All living things, or all things that exist, have three primary attributes: responsiveness, purpose, and relationship.

## Responsiveness

The first attribute is that all existing things are responsive to stimuli. The molecules, atoms and sub-atomic particles that make up the rock are in constant motion and are ever aware of eternal stimuli that cause it to adjust and change. Heat to a rock will cause eventual change of state, i.e. liquefaction.

## Purpose

The second attribute of all that exists is that of purpose. Each aspect of any building block of systems of energy and matter is deliberately upholding the nature of the matrix and structure of that system. For example, the heart in human anatomy is somewhat obvious, but less obvious is delicate and complex members of the ecosystems that sustain life on our planet, or even the magnificent complexity of the magnetic belts that surround earth preventing intergalactic light and electrical forces from destroying existing vegetation and other forms of life-supporting systems and conditions. Consider this! If the temperature of the resulting explosion into matter that is hypothesized by the theory of the Big Bang, if that temperature varied 1/16,000 of a degree Fahrenheit (plus or minus) life as we know it would not have been possible.

## Relationship

The third aspect of existence is relationship. This is known in scientific circles as infinite correlation, that is: everything is in relationship to everything else, and any change or movement in one object affects everything else.

Here, I will take a passage from “The Contemplative and World Peace.”<sup>2</sup>

## The Science of Peace: Infinite Correlation

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<sup>2</sup> “The Contemplative and World Peace” can be found on [www.stillpointlibrary.com](http://www.stillpointlibrary.com) under the category “Contemplative Teachings.”

*“One sincere person in meditation and prayer does more for the world than all the world leaders, humanitarians and politicians combined.”*

*— Paramahansa Yogananda*

We start with a provocative statement and completely different perspective from the great Eastern saint Paramahansa Yogananda. He is telling us that our inner state has a profound effect on the world around us. We know from physics and the principle of “infinite correlation” that our every thought and action effects all things in the universe in one-way or the other!

Since the 1970’s scientists have been able to document that plants and animals are susceptible to and respond to human thought and emotions. We know that there are four force fields in science: weak field, strong field, gravitational and electromagnetic field. With respect to the electromagnetic field, although our “electromagnetic field” is strongest in the proximity of our body, there is nowhere in space where our electromagnetic body does not exist, no matter how faintly. Each fluctuation in our electromagnetic systems affects the electromagnetic systems of everything else in creation -- animate and inanimate.

In the scientific research on Transcendental Meditation, scientists have been able to document the effect of “meditators” on their environment, making bold (and verifiable) claims to the effect that if 1% of the square root of the population participates in a meditation program that allows for profound Silence, all measureable social well-being indicators in a society will rise. In other words, the environment becomes more coherent and “peaceful” -- which means that the environment promotes and sustains evolution.

Thoughts and activities that have their basis in Silence are dramatically more powerful than thoughts and activities that are not supported by Silence. Consider that a saint merely thinks the thought and the other individual is “healed.” In a

state of agitation and tension, even the most sincere affirmation is virtually impotent to stir the laws of nature.

**Therefore, every thought and action has an effect on the world around us.  
And the effectiveness of these thoughts is in direct proportion to the degree of  
Silence that supports them.**

Hence, we understand that the Nature of Life is Existence and that all things that exist on any level of creation are: (1) responsive to stimuli, (2) have a purpose in the presence and the evolution of creation, and (3) are related to one another and are intimately affected by one another's state.

As the nature of existence is experience

The function of existence is to express itself

And the value of spirituality is that the expression is whole and fulfilling!

## The Nature of Creation

Creation is the result of the alternating states of “rest” and “activity” of the Silent Ocean of Consciousness.

God is consciousness at rest.

Creation is consciousness in motion.

God or “All that Is” is the “Ocean of Silent Consciousness.”

“Creation” is the appearance of the ever-changing waves of phenomenal existence on the surface of the Changeless.

The nature of all of creation, all living things both sentient and insentient, is to experience. Primarily all things experience their own nature and react to others (stimuli) from their nature. Another way to say this is that all of life is predisposed to be and act from its inherent nature and particular characteristics. Dogs and cats each experience life (existence) from a certain “point of view”, if you will. The mailman may have no effect on the cat whatsoever, but drive the dog to howls of either delight to interact (depending on breed), or conversely growl to indicate intent to protect its turf from invaders.

In fact, in Mystical Spirituality, we say that the purpose of man is to experience his own nature and witness all of creation as an expression of God. Now that nature is not just man’s human nature, but also his inner Divine Nature.

## The Form of Life

The form of life is all of creation.<sup>3</sup> And what is creation? All that exists, that is responsive to stimuli, whose purpose is to live its own unique nature. An acorn always becomes an oak tree. A puppy always becomes a dog. And, in time, man always becomes the full expression of his human and Divine Nature.

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<sup>3</sup> Creation is all thought, energy and matter whether gross or subtle, whether on this plane or the many planes of existence. All creation is subject to time, to the eternal laws of beginning and ending.



## The Purpose of Life

To expound on what was said above, the purpose of life is for all things to evolve to their wholeness, the fullest potential -- to experience and express the fullness of our own individual natures.

## Spirituality: The Evolution of Man

Evolution is not the perfection of human affairs or the individual and racial human nature. It is more than just making the shape of the “wave” perfect. It is the full integration of the “spiritual” (Ocean) along with the “material” (wave of creation).

Spirituality is the means of evolution. Spirituality is a very broad and general concept. Most of the time today, spirituality seems to refer to “working on the personality,” “learning lessons”, or communicating with deceased or supernormal beings on the astral planes. Aptly phrased “self help” is about the lower self or the wave. Important, but not to be confused with true spirituality.

In Mystical Spirituality we refer to spirituality as a “process” of the merging of the human with the Divine as having to do with the relationship between the “wave” and the “Ocean.” As this process occurs, the wave is transformed by the power and love of the Ocean in such a way that it reaches its perfect expression spontaneously and naturally.

Spirituality is the means and the process of evolution. It is the process in which the human being experiences fully his human nature and his Divine Nature simultaneously.

## The Function of Spirituality

The function of spirituality is turning the attention inward to its Source. It is the gradual awareness of the Silence in which God dwells within creation. Turning inward expands consciousness to access and express the nature of the “Ocean” while still being embodied as the “wave.”



The Forms of the Spiritual  
Process –  
Meditation, Contemplation  
and Prayer

In Mystical Spirituality we use meditation, contemplation, and prayer as the primary means of turning in and realizing our Divine Inner Nature.

These practices open us to God’s Presence within us.

They infuse the part with the nature of the Whole.

They bring the majesty and glory of the Unbounded to dwell within the boundaries of bounded created forms.

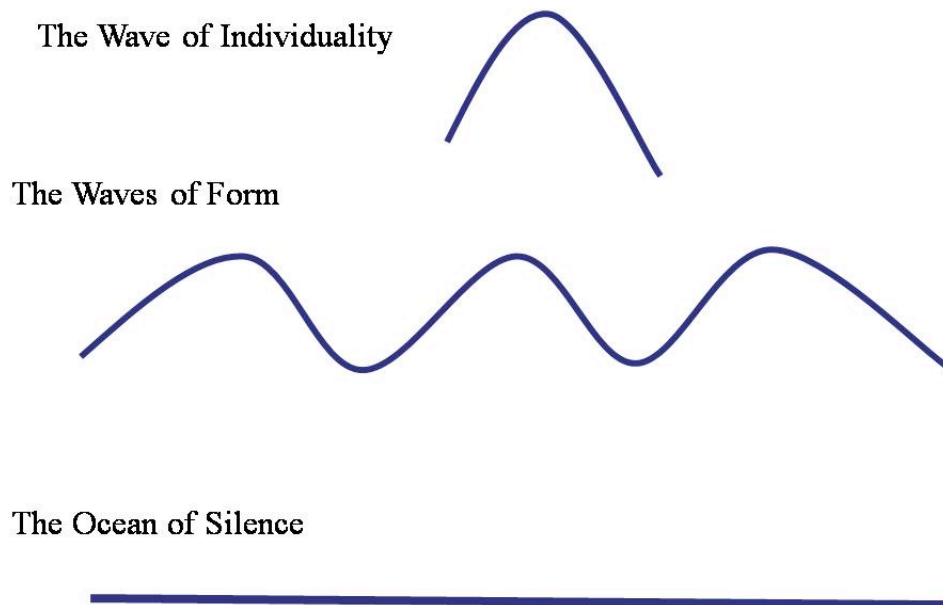
In this Mystical Chapter we will focus specifically on the practice of meditation.

## The Spiritual Life

What is the role of meditation in a spiritual life? First, what do we mean by a “spiritual life”?

We talked about the primary purpose of the “spiritual life” which is to integrate our Divine Nature with our human nature. It is not to renounce our individuality, or to change it; but, rather to enliven it, experience it and express it fully. We are God experiencing Her own creation as “us,” in “us” and through “us.”

We use the analogy of the Ocean and the wave. The Ocean is the great Silence of Being upon which the waves of creation emerge, live, and become one with again. The nature of the Ocean is Silence. The nature of the wave is activity. Spiritual life is to provide the wave of individuality with the full value of the strength, power, creativity, love and wisdom of its source, the Ocean of Being.



Spirituality is the process of permeating the life of the individual wave with the full consciousness of the Ocean of Being.<sup>4</sup>

Activity is made sacred and complete with Silence. We sanctify our life with Silence!

Silence can be difficult to describe. In physics it is probably best equated with the quantum field out of which spews all of creation's forms. However, there are certain phrases that seem to capture the expression of Silence, yet no written or verbal description can ever capture its magnificence.

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<sup>4</sup>Underneath the subtlest layer of all that exists in the relative or manifest field of creation is the Absolute field of Pure Being which is Unmanifest and transcendental (beyond the mind and senses). It is neither matter, nor energy.

This state of Pure Being underlies all that exists. Everything is the expression of this Pure Existence.

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I've included some beautiful contemplations describing various aspects of meditation throughout the rest of this Chapter. Some may be repetitive, but nevertheless worth repeating.

Please read these slowly and take time to think about what you just read. In other words, don't treat it like a novel. Read it as a contemplation. Don't even read to understand so much as allow the wisdom to wash over you. Understanding comes in many, many layers and over time.

## *Silence is the Presence of God within Creation*

Silence is the background upon which the play of life dances its dance of birth and death, health and sickness, wealth and poverty, rest and unrest.

Silence is the space from which all opposites emerge.

Silence is the space in which all of the opposites are reconciled.

Silence is the sheet of music upon which the notes of the song of creation are written. Silence is that space between the notes.

Silence is the rest between acts of activity; the stronger and deeper the rest, the stronger and more effective the activity.

Silence is the home of Divinity within Her Creation.

Silence is the space in which the "Word" can be heard.

Silence is the home of Love!

(Many years ago I came across a beautiful description of the Silence. It was a mimeographed sheet hanging over the checkout counter of a bookstore. There was no indication of an author and over the years I have modified it. I give my gratitude to this unknown source.)



### ***SILENCE***

*Silence vibrating is Creation.*

*Silence flowing is Love.*

*Silence shared is Friendship.*

*Silence seen is Infinity.*

*Silence heard is the Name of God.*

*Silence expressed is Beauty.*

*Silence maintained is Strength.*

*Silence omitted is Suffering.*

*Silence experienced is Peace.*

*Silence recorded is Sacred Scripture.*

*Silence given is Grace.*

*Silence received is Joy.*

*Silence perceived is Wisdom.*

*Silence stabilized is Realization.*

*Silence alone IS.*

# Meditation

In Mystical Spirituality we use a gentle, natural method for turning our attention inward to the source of Bliss, Intelligence and Existence ... God as Silence<sup>5</sup>.

Meditation is not a strain. We don't concentrate or force the mind at all. We teach a natural process of allowing one to experience one's inner nature as the Silence.

As truth is simple, the instructions and practice is simple. We relax, close the eyes and give the mind a sound, a name of God, upon which to gently dwell.

## Purpose of Meditation

We meditate to unfold our inner potential. We meditate to join the wave of creation with the Ocean of the Uncreated. The object of meditation is God—our very Self.

*“More! More! That is the cry of the lost soul. Less than ALL cannot satisfy man. Nothing less than our absolute unity with God can ever satisfy fully. Our substitutes fail, turn on us, and destroy us. What do humans want? Happiness! Inside lies Divine Happiness, also called Bliss. This unchanging happiness is what we are looking for in the objects of the world, which are continuously changing. As long as we do not find the Self and this Bliss, we will never be truly happy or fulfilled.” – Paramahansa Yogananda*

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<sup>5</sup> Impersonally God is the Totality of All That Exists.

Personally God is the Creative Intelligence that manifests as the various waves on the Ocean of Being. This Intelligence is personified in the human heart to create a “relationship” with God or one of His Masters and saints.

We meditate not to attain God,  
But to experience  
The God that is already within us.

The long-term goal of meditation is the inner peace of God's Presence

Mystical meditation is a meditation that brings us into Silence. We say that we meditate to unfold our inner potential, to permeate all of creation with our inner Silence, and thus all sentient and non-sentient beings evolve.

It is from this restful and tranquil state that the higher perspectives and deeper states of consciousness are experienced. Meditation and Pure Knowledge<sup>6</sup> both serve to relax and nurture the mind and the central nervous system because the mind and the central nervous system are intimately connected, and the spiritual practices are designed to help us relax internally.

Meditation is about filling your mind with God, not emptying your mind of thoughts.

The highest purpose of meditation is not to sit to have a “good meditation experience.” The object of meditation is a fulfilled life, not necessarily a good “cognitive, sensual experience” in meditation.

Silent meditation allows for thoughts and Silence to be together. The focus is not on eliminating thoughts, it's about bringing Silence more and more into being. So, Silence and thoughts can coexist. It allows us to experience God in both forms: God in activity as thought and God in non-activity as Silence.

No matter where you are, when you have the Silence you have a good time, you're full. When you have that Silence, rather than waiting for the world to fill

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<sup>6</sup> Scriptural knowledge as taught by the saints and sages of all traditions.



you, you fill your world. You're so full that everything else is just a side trip, it's dessert, it's delicious.

Nothing short of the direct experience of God will ever satisfy  
our needs for wholeness, fulfillment and completion.

Contacting the Silence is practicing what the saints call God Communion.

Being quiet is when the nervous system does not have a lot of activity. That can happen by taking a walk in nature, however Silence is when the peace of the Soul floods your heart. *The quietness of the mind isn't the same thing as the Silence of the soul.*

Serenity is a point of reference that you default back to after experiencing agitation at the level of the wave.

## The Divine Silence through Meditation

Silence aligns us to the Will of God. It is the fullness of "0" infusing the "1"; or the infusion of the nature of the Ocean<sup>7</sup> into the nature of the wave.

Silence brings all things to their full potential. It doesn't make you shun the world or not become human, it brings you to your human potential -- which is what? To know God and live in God's creation, expressing yourself as an instrument of His creation and witnessing His experience of His own creation. It is said in Eastern

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<sup>7</sup> Love, Peace, Wisdom, Joy, Intelligence, Power and Creativity are the characteristics of the nature of the Ocean.

scripture that the angels and the devas and the demigods all want what we have the potential for—God Realization.

Silence brings surrender, which is not the absence of activity, but the understanding that the results of our activity are according to a Divine Plan.

Silence dissolves the illusion of phenomena; the illusion that the “world” can stand alone and independent of its Source. The great “illusion” is that the “wave” can exist without the “Ocean.”<sup>8</sup> When people sometimes say the world is not real, they’re referring to its absolute dependency on the Transcendent.

Silence in activity is living the contemplative life.<sup>9</sup>

Silence is God’s first language. Everything else is a poor translation. Be still and rest in God.

Silence is hidden under the cloak of relativity.

Silence is like the medium through which God can do His work. And if God’s going to do His work through you, it’s going to be with a bang and not a whimper.

Silence is not a thing, it is not an absence of sound, and it is not necessarily “no thought.” Silence is the space between the notes, the sap that rises through the tree and brings all things to their full potential.

Silence is not the absence of sound but the presence of something very powerful.

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<sup>8</sup> This “the wave doesn’t need the Ocean” philosophy is described in Rene Descartes’ statement “Cognito Ergo Sum” which is “I think, therefore I am.” This was the start of the “secularist” or “liberal” movement in Europe, which made the existence of God irrelevant to human beings; in which man is the measure of truth and all principles and natural laws are “relative.”

<sup>9</sup> A contemplative is one whose life affirms “I AM Pure Spirit witnessing all of this as God.”

Silence is not the lack of talking, Silence is an actual state of deep, deep inner peace, contentment, and quiet. It's like a movie screen -- that pure white screen upon which the alternation of light and dark or the shadows or the colors of our life experiences project. Often we'll identify with the movie and we'll miss the fact that our true nature is really that unchanging screen.

Silence is the basis of all healing and spiritual unfoldment.

Silence is the basis of Life and all spirituality. Silence is the unchanging foundation that supports the ever-changing waves of creation.

Silence is the basis of life, and life is the expression of Silence.

The fullness of life lies in the balance of Silence and activity.

Silence is the basis of perfect activity: activity according to God's Will.

Silence is the experience of I AM.



Silence is the first feeling of God within Creation.

Silence is the home of God in Creation. It is the inner "witness" of individual existence. It is our true, unchanging nature and characterizes the nature and quality of the Soul.

Silence is the Home of God within: the "Kingdom of Heaven within," fulfillment within.

Silence is the language of the spirit.

Silence is the magnetic pull to God when the senses are silent.

Silence is the mind settling into its Source (wave goes into the Ocean).

Silence is the music of the Soul that draws the Presence of God within.

Silence restructures consciousness and purifies the heart (removes suffering). It is the Home of the Christ within, and is the place where the True Meaning of Scripture reveals itself.

Silence restructures consciousness, purifies the heart, burns karma (inner tensions), and brings us home.

Since all things in our created universe are interrelated and interconnected, our Silence affects each person and every event around us.

Someone who is truly insane has no Silence. Someone who is truly sane is this vast ocean upon which the waves of creation play.

Sometimes people mistake Silence for the absence of speech. The mind can be active and excited when you are not speaking. Not talking and just walking in the woods is not the same as Inner Silence. Yet, on the other hand, you can be mingling with the crowds, answering the telephone, and doing a demanding job in the world—all from the Inner State of Silence.

Stabilizing Silence unfolds a sweet and powerful sense of self-sufficiency.

The answer is not *in* the Silence. The answer *is* Silence.

The Beloved dwells in Silence.

The friend of Silence comes close to God. In secret he converses with Him and receives His Light.

The highest form of spiritual surrender (giving our lives to God) is being in the Silence and acting from there—when in Silence we spontaneously act from the Laws of Nature.

The nature of our being is Silence. Spiritual traditions tell us how to draw it, how to allow it, and how to express it.

The perfect prayer is Silence. It's not asking for anything. The perfect prayer is immersing our selves in Silence.

The proof positive of Inner Silence is when you can feel everything there is to feel and do and see in the world around you but not be overshadowed by it—not lose your inner state for one second.

The quality of our life is in direct proportion to the quality of our Silence.

The seeker's Silence is the loudest form of prayer.

The seeker's Silence is the source of all fulfillment.



The sense of ego-self falls off spontaneously and naturally as a result of understanding and Silence.

The Silence carried throughout our day is a deep sense of inner peace.

The Silence is not the absence of sound, but the presence of something very beautiful. It's actually allowing the presence of something much bigger to happen.

The Silence is the creative intelligence of the universe.

The Silence is the Unmanifest reality that has no time and space.

The stillness is carried throughout our day as a deep sense of inner peace. A peace that does not get overshadowed even when the mind becomes situationally agitated. Agitation will be there, but you're going to notice that it's not deeply rooted. It comes like a wave and then dissolves back into the Ocean. It's not to be suppressed or judged, simply *watched with amused detachment*.

The subtle causes of suffering are destroyed when the mind merges back into the Unmanifest (Silence).

The transcendent or the Silence is the experience of the Self beyond creation.

The way that you actually find Him is through receptivity. And receptivity comes from, not activity, but through quietude—Silence.

“Though I command languages both human and angelic, if I speak without Love (Silence) I am no more than a gong booming or a cymbal clashing...without Love (Silence) I am nothing.” – 1 Corinthians 13.1

Thoughts and activities that have their basis in Silence are dramatically more powerful than thoughts and activities that are not supported by Silence. That is a Natural Law. Consider that a Saint, or one whose consciousness is imbued with Silence, merely thinks the thought and the other individual is healed -- doesn't use a technique, just *thinks* the thought. Whereas in a state of agitation and tension, even the most sincere affirmation is virtually impotent to stir the Laws of Nature.

Through making sacred our Silence, we act as agents of the Divine Mother of compassion in alleviating the suffering of our brothers and sisters, Her children across the face of Her creation.

**Transformation of the human personality into its full potential is the product of Silence within consciousness.**

Virtue is the expression of Silence in our character.

Virtues are like containers; Silence is what fills them. When you try to artificially create a virtue, you eventually have real problems.

We sanctify our life with Silence.

When God communicates Himself, it is in the depths of secrecy and we receive Him passively.

When Silence is your basis, the experience of life is no longer distorted by the contents of your mind, your desires, your expectations...this is inner peace.

When Silence is your basis, your essential nature flows effortlessly.

When that Silence is alive inside, there is fullness.

When you have more Silence, you have more to give and it's our nature, as Divine Beings, to want to give.

You can artificially break the habit of identification with the body-mind unit by thinking that "I AM the witness," but if you don't have Silence that's not true, that's mood making. Without Silence there's no connection to Ultimate Reality.

Your will is only as strong as your Silence.



The Silence will fill the heart with love.

Silence is Divinity at rest—both thoughts (God as activity) and Silence (God at rest) occur simultaneously.

## State of Meditation

Meditation is *allowing* Silence.

Meditation is experiencing the fullness of life. The finite mind lives the nature of the Eternal Being.

Meditation is not an activity one performs but a state that one slips into.

Meditation is not an effort but a consent to God's Presence within us.

In meditation, personal consciousness dissolves into Universal Consciousness.

In meditation, we become aware of our fundamental unity with all things, the tension of separation is dissolved, and we experience the bliss of our True Nature.

Meditation is a cumulative event in which the Silence will always be there, but your conscious mind's ability to perceive it is different at different times. You can be unstressing out of your mind and still have the Silence inside.

Mystical (effortless) meditation is an ultimate form of prayer—refined and powerful—because it leads us directly to the field of the Creator; to the sources of Creation; to the field of God.

Becoming more aware of the space between the notes—that's what a true meditation is.

Blanking out thoughts is a form of concentrative type of meditation. Having the Silence while watching the thoughts is mystical meditation.



God's Presence comes in two flavors, thoughts and quietness. Sometimes you get more of one than the other. Why? Because God's doing His work within and that's how He wants it.

In the Transcendent Silence, there are times in which there was a gap between the thoughts. Did you realize it at the time? No, because if you did, there would be no more gap. There would be the thought, "Here's where I am." So this is awareness without an object. That is called transcendent awareness or soul awareness. It's also called samadhi.

Meditation is allowing Silence.

Samadhi is a state of absorption in which our consciousness becomes entirely concentrated in a single object or experience and we forget all other things.

## Using the Name

The process of mystical meditation is to use a Sacred Name to allow us to realize the Inner Silence.

A mantra is a sacred word or sound that brings awareness to the Inner Silence of Peace and awareness of God within.

The definition of mantra is "that which protects the mind." That which protects the mind from negativity, or that which protects you from your own mind, is called mantra.

The purpose of the mantra is to fill that space of Silence with the presence of God

Mantra is a vibration of Self (God).

There is no difference between God and His Name; mantra has all the powers of God's Nature.

Primordial sound <sup>10</sup>bridges the gap between the human mind and the Divine Mind.

In meditation, listen or repeat the name of God. Try to keep your mind on God. Impressions of countless past lives cover the true nature of things. The Name of God reveals the Light of Life.

*"Endeavor to keep your thought centered at all times on the Divine Name or Form that appeals to you most. Let your mind be turned exclusively towards God—then, and then only, may you hope for peace." Anandamayi Ma*

"The holy Name of Jesus Christ contains within itself all the truths of the Gospel." What this means is that the Name is the form of the consciousness that wrote the New Testament. So just that Name alone and going back into that consciousness, you have the truth of it.

"The Love of God alone is desirable for a human being. He who has brought you forth, he who is your Father, Mother, Friend, Beloved and Lord, who has given you everything, has nourished you with the ambrosia streaming from His own being—by whatever name you invoke Him—that name you should bear in mind at all times." Anandamayi Ma

"I am Thine, Thou art mine<sup>11</sup>" is like suturing or stitching the Divine Heart with the human heart.

A Divine Name draws Transcendence.



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<sup>10</sup> Primordial sound is a mantra or Name of God.

<sup>11</sup> A Christian mantra done on the inbreath(I am Thine) and outbreath (Thou art Mine)

A mantra (primordial sound, Name of God) is Consciousness in vibration.

A Sacred Name bridges the gap between the human mind and the Divine Mind.

The mind takes the form of that which it contemplates.

A Sacred Name is actually the vibratory rate, if you would, of God Itself.

Association with Jesus' name brings union with Him and His state. Great purification is the imprint of Christ's name in the core of our soul. This is the most consistent and profound "primordial sound" in the Christian era.

Because the Holy Name of Jesus Christ contains within Itself all the truths of the Gospel, the Holy Fathers say that the "Jesus Prayer" is the abbreviated wisdom and form of the Gospel.

By using the name of God over and over again we are allowing God to take possession of us. By using the name of God over and over, we are losing our "I" and becoming one with "Him." "I am Thine and Thou art mine" are the heart sounds of the Perfect Love.

Chant the Name of the Lord and His Glory unceasingly, that the mirror of the heart may be wiped clean and quench that mighty forest fire, worldly lust, raging furiously within. Oh Name, stream down in the moonlight on the lotus-heart, opening its cup to the knowledge of Thyself.

Listening to the Gayathri Mantra <sup>12</sup> Chant

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<sup>12</sup> Purchasing information can be obtained on [www.stillpointlibrary.com](http://www.stillpointlibrary.com)

This mantra we use as a listening chant. It is a very powerful series of sounds that instantly stirs the soul to experience the Silence within. The instructions for chanting are the same for meditation. In listening to a chant we do nothing other than close the eyes and let the sounds wash over us. It is said that listening to a chant is the most effective form of meditation for a busy Westerner whose mind is active. In fact, the chant meditates us, we don't meditate the chant!

*Gayathri:*<sup>13</sup> *“O, Creator of the Universe may we receive Thy Supreme ignorance-destroying Light. May Thou guide our being in harmony with Thy Will. May we know You as our very Self.”*

We're like a hundred-ten piece orchestra in which each musician is playing a different tune, but the Gayathri gets everything within us playing the same tune.

Gayathri has to do with inner wisdom. Gayathri makes it possible to go to deeper levels of understanding.

Gayathri is almost exclusively the Name of God as Cosmic Unbounded Intelligence.

Gayathri is the Cosmic Engineer that reconstructs you back to your blueprint.

Gayathri is the sound of Brahman, the sound of the Vedas. Gayathri is at the very basis of the Vedas and is the Mother of the Vedas. It is all-pervasive throughout the manifest cosmos. It is the basis, the Reality behind the experienced and the cognized Universe. Gayathri rescues and protects the chanter.

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<sup>13</sup> There a number of beautiful pictures of slides used at retreats to further explain the meaning of the Gayathri that can be found on [www.stillpointlibrary.com](http://www.stillpointlibrary.com) under the link Inner Life

Gayathri softens the hardness of the soil so that when the seeds are planted they can come up. Gayathri won't get you *to* God, Gayathri will help you realize who you *truly* are.

It is the nature of the Gayathri to reveal faith. You already have faith, you can't not have it, but Gayathri just lets it reveal itself.

## Other Chant Mantras

**“Maha Mrityunjaya”** heals the body, mind and senses from the ignorance that causes death and releases us from the cycle of birth and death. It has to do with balance.

**“Om Sai”**<sup>14</sup> is the hymn of love to the Divine Mother.

The product of listening to the Om Sai is that now your inner state becomes one of peace and not the product of your thoughts.

Om Sai is the knitting sound of bringing the inner and the outer together. There is no quicker, nicer way to get into the Silence than Om Sai.

Man cannot concentrate directly on the Infinite, but, by concentrating on the symbol of the Infinite, attains to the Infinite Itself.

Mantra means that which saves the mind, and restructures and deconditions the consciousness, draws the attention inward, draws Silence to the field of activity, and fills the Silence with Divine Presence.

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<sup>14</sup> All mentioned chants are referenced on [www.stillpointlibrary.com](http://www.stillpointlibrary.com)

Mantras and knowledge are tools, not the destination.

Mantras redesign the vibratory pattern of creation.

Never do men gather together to invoke (or to remember) God without their being surrounded by angels, without the Divine Favor covering them, without Peace descending on them and without God remembering them with those who surround Him.

*Oh self, drown deep in the waves of His bliss, chanting His Name continuously, tasting His nectar at every step, bathing in His Name, that bath for weary souls. Various are Thy Names, O Lord. In each and every Name Thy Power resides.*

On the sheaths around the soul, every level of manifestation is affected by the one above it. So when you only focus on one of the planes and don't address all of the planes, then eventually it's like pulling out weeds, and it's insane because they keep coming back. The only thing that works is gasoline, otherwise you keep pulling the stuff out, and primordial sound is like the gasoline that burns out the impressions.

**Primordial sound** (mantra or Name of God) activates the absolute healing power of the soul, which brings us to wholeness. It alleviates suffering, not pain.

Primordial sound draws the Silence, and then you let the Silence do its work. It's turning the awareness within, and it's focusing on Divine communion. It's not focusing on "I am peace, I am becoming peace." No, it's focusing on Divine Communion. Then whatever the Divine Sculptor thinks is next for you, you will get!

Primordial sound infuses the mind with the Nature of Being.



Primordial sound is something that brings you into the source or the core or the essence.

Primordial sound is the intelligence of consciousness wrapped in a form of sound.

Primordial sounds break up unhealthy or negative thought or energy patterns in the consciousness.

The Divine Name constitutes the sound form of the One Source, which then enters the boundaries of the finite mind, and begins the work, a process of expansion that leads to the full manifestation of Self-Realization, or allowing Christ to sanctify our hearts.

The Divine Name is the form of the consciousness that forms it.

The Divine Name, revealed by God Himself, implies a Divine Presence, which becomes operative to the extent that the Name takes possession of the mind of he who invokes It.

The great vehicle of transcendence is the Divine Name. Transcendence means Divinity, Source, beyond the body, mind and senses.

The Name has all the powers of God built within it like a little seed.

The name of God is the essence of God within creation. It's the sound. It's one of the sounds of Awareness, Intelligence, Bliss.

The Name of God is the Light in the darkness.

The Name of God or mantra is the sound of Silence.

The Name of the Lord is a tower of strength to which the righteous man runs and is safe.

The Sacred Name bridges the identity between "I am the wave" and "I am the Ocean that has a wave."

The Sacred Name is the most effective means of communion with God.

The simple remembering of My Name will do away with sins of speech and hearing.

The way to communicate with God is to keep the mantra on your lips continuously, that's communion with God.

Using the Name of God draws the nature of God into ourselves.

Using the Name of God is merging with Him, becoming Him, and experiencing the Bliss, Love and Peace that is His nature.

Walking in the woods is walking in the woods, and it's calming your central nervous system. Primordial sound does that, but it takes one step further--it brings you into Divine communion. So there's a huge difference between the two.

When the Name of God is introduced, it brings our awareness to the inner Silence that's always been there, but that inner Silence goes unnoticed because the mind is continuously focused on the level of the wave of activity.

When you dwell on the names of the Lord, His Majesty, His Grace, His Potency, His Pervasiveness, these get fixed in the consciousness and one's own capacities and capabilities get eclipsed in the Divine. So, humility increases and surrender is possible, quite easily.



You don't have to know what the words in a chant or a mantra mean, they do the work anyway. You don't have to know the molecular composition of the ocean to get wet. You don't have to understand electricity to turn on a light.

## *Process of Meditation*



The mind takes the form of that which it contemplates.

Anandamayi Ma: *“Take everything that comes to you in meditation as coming from God. Think His name and let the rest up to Divine Providence.”*

The process of meditation is to use His Name (primordial sound, mantra) to allow us to slip into His Presence within.

### Overview of meditation instructions

Introduce the sound **“Om Sai.”** When you are aware of thoughts, bring the attention back to **“Om Sai.”**

Gently allow noises, sounds, thoughts and images, but bring the awareness back to **“Om Sai.”**

Be gentle. Don't try or strain. Meditation is whatever happens after you introduce **“Om Sai.”**

## *What to Understand about Silent Meditation*

**If you can think—you can meditate.**

It's the nature of the mind to always go to the greatest amount of happiness that it can perceive for itself. It goes from one happiness to another and another.

When you give the mind a sound, that sound, or a mantra, will attract it (the mind) to its own inner nature, which is absolute bliss consciousness.

It's not controlling or stifling the mind, but allowing the mind to do what it normally does, which is to go to the greatest amount of fulfillment...and to use that to gently allow the mind to go back inside itself where it finds its vast potential, its vast intelligence, its vast creativity.

Meditation is a tool—it is not the result!

Meditation is a process and not an event (using a tool that draws silence). It is everything that happens after you start the sound. It is everything that happens after you start to listen to the chant.

Gently think the thought of the “sound”—**Om Sai**. Don't try. When the mind thinks a thought—bring it back to **Om Sai**.

Don't try. Don't evaluate what you think is going on. Don't try. When you have a thought—bring your mind back to **Om Sai**.

Don't try. Ok, so you know that “nothing” is happening. Everyone around you is really deep and into it and all you have is thoughts! Good...keep thinking and when you remember—bring your mind gently back to Om Sai.

Don't try—take it as it comes! RELAX.

Clearing your mind of thoughts is not going to happen because it is the nature of the mind to think. But it is also the nature of the mind, being the little hedonist that it is, to go to the most charming level that it can, which is Mother. Everything wants to go back to Mother, and Mother is the Ocean. Just allow it to go back and when there is a thought, there's a thought! Just remember the instruction—thoughts don't matter!

Silent meditation is a tool, not a result!

Silent meditation is a universal spiritual practice. It is the consent to God's Presence within us and receptivity to God working within us.

Silent meditation is not visualization, because visualization potentiates the outer mind of action. Silent meditation is about bringing Divinity into the mind, not using the mind to manipulate the objects of the mind.

Don't try to stop thoughts. Charm the mind. Nobody likes to be told what to do—the mind doesn't like to be told, “Stop thinking.” It gets really rebellious. But you can charm it, and you charm the mind by giving it a primordial sound that brings it to a more delicious place than thinking other thoughts.

God will come when He will come. Our task is to be receptive to the work of the “Word” or Presence of God within us.

If you can have a thought, you can meditate. Do you think Divine Mother would make it more difficult than that? No. It's so easy to go back home because we never left. We've just been spending lifetimes looking out the window and forgetting. But yet our religions have made finding God such an arcane, complex event that most of the time we say, “I give up! I'm not good enough.”

If you go to India and you talk about concentration in meditation, they won't be talking about the same things that sometimes we talk about. Because when we

use the word “concentrate” we don’t take it as it’s really meant, which means “to bring or direct to a common center or a focus.” What we mean is to *force* the mind. And when you force the mind, you usually have trouble with it. The easiest way to control the mind is to realize that you can’t—let the mind do what it wants to do, but introduce mantra and know the mantra is doing the work.

In meditation, if you have a thought, don’t try to swat it like a fly, “No, get away!” Just realize, “I had a thought.” Then go back to the chant, go back to the sound of God, go back to the mantra. Just gently go back to it. It doesn’t mean that you’re not trying, it just means that your trying is not getting in your way. It actually means that you’re tying your shoes so that the strings don’t trip you.

In meditation, it’s not about pushing your thoughts out, because you can’t. You introduce another thought that is extraordinarily charming that draws the Silence in.

In meditation, relax—take it gently. Don’t force it too much. If you’re forcing it, who’s in charge? Wrong self. Allow the inner space, don’t force it.

In meditation, strain is actually very, very counterproductive.

In meditation, we are lifting the consciousness, we are going towards the Peace of the Soul.



In transcendent type or silent meditation, focus but don’t concentrate. Don’t try to say the mantra clearly, just allow it to be a faint idea. You don’t have to make a rhythm of it, you simply introduce the thought. It doesn’t have to follow your breathing, it’s just a thought. If other thoughts come up, don’t try to control them. Just, if you can remember, go back to **Om Sai**. And whatever happens, take it as it comes.

It's as if there are two ways to meditate, sort of like investing in the stock market. There are people who have their PC on all day long, looking at the ticker tape to see if they are up or down, up or down. There are other people who take out their portfolio on December 31, see how they did for the year, make their balances, put it all back, and live life. That's how we meditate. If you dig up a little seed every day to see if it has roots, you then realize that the seed you didn't dig up grew and the seed you did dig up didn't grow. That's keeping your mind on some sort of result, when the results are not up to you.

It's not about straining to receive, it's about relaxing and being receptive.

It's not about the mind, it's about the dweller of the heart.

It's not what we feel that prepares us for God's Grace but the act of our will, and this act is not one of feeling. God's Grace comes in meditation, but what brings us there is the act of our will to meditate anyway and not wait for a feeling to occur. It may well be accompanied by pleasurable sentiments but this adds nothing to the merit of it. In the sight of God the absence of sentiment or emotion, or even the presence of contrary ones which we do not wish to have, in *no way* minimizes the value of the act itself.

Meditation is a technique to go beyond the mind and subtle senses to the Silent Source. Mentalizing (visualization, affirmations) is expanding human consciousness to experience finer and finer layers of creation.

Meditation is all about introducing something into the central nervous system and to the mind to make it not inactive but quiet in its activity. Meditation is not about smashing the waves and destroying your thoughts, it's about bringing thoughts back into the Mother, which is the Ocean.

*Meditation is filling the mind with Silence, not emptying the mind of thoughts!*

Meditation is just substituting one thought with another, but the other thought that you're substituting is a thought that draws the Inner Silence to the surface. Now, once the inner Silence comes to the surface, the Inner Silence has a mind of its own. It just may push the "gap" out so that there are fewer thoughts. Did you do this? Of course not. The Silence did. That's letting God work within us.

Meditation is simply allowing "what is" to be in the presence of primordial sound. You don't crush the wave of thinking in meditation. You allow the wave to feel the ocean of its being. You don't stamp out thoughts; you simply bring your attention back to the primordial sound.

Meditation is slipping into the space between the notes.

Take it as it comes. We don't anticipate Silence, we don't reject it, we simply take it as it comes.

*The easiest way to meditate is to simply close your eyes and allow a chant to meditate you.* Westerners are performance oriented, they're always trying to get it right, but there's no effort. If you want to get wet and it's raining, there's no effort to go outside and simply stand there.

The feminine approach of the Divine Mother brings us to our goal immediately. We start at our goal, mostly because there's no goal to reach. It's always been inside.

The human mind doesn't know what is going on inside in meditation. It just doesn't have a clue.

There is no getting it right; you just start the ball rolling.

There's really nowhere to go other than to be aware of where we are anyway. We're always slipping in and out of the Silence, it's just a matter of being aware and we're aware simply by bringing our mind back to the quietness, to the inner.

Silent meditation is easy, it's remembering the Name of God or Being or the Name of the Divine as you understand the Divine. It allows God to permeate our soul and to enliven our individuality.



Silent meditation is slipping from the activity into the Silence. Eventually it knits to where the basis for this quietness is always there.

True meditation is not a yearning for visions, paranormal phenomena, messages, or thrilling experiences. The path to the Divine is not a circus. It is an emptying of the self so that the Presence of God may overtake us.

Trying to 'get' to the silence is like a brass band playing louder and louder, trying to wait for the silence to come.

We all know how well forcing the mind to concentrate and eliminate thoughts in meditation works--right? (Doesn't work well at all!) What works is gently allowing the mind to follow a thought to its Source. We don't fight with the mind or try to obliterate it. We use the Name of God to charm the mind back to the experience of God within (Inner Peace and Fullness). We even do it by "doing nothing"--just sitting and listening to a mantra chant! So much for forceful concentration!

And besides, what mother would make it so difficult for her child to be with her? When a thought appears on the inner screen, do not try to wipe it away. Instead consider every thought or fantasy to be no different from the consciousness that is the goal of your meditation--the images of the mind are just gross aspects of the consciousness of your Inner Self.

When you "concentrate" in meditation change the inherent intensity of the concept. Now think of concentration as simply putting your attention on the mantra, and when you notice it's wandered, bring it back gently.

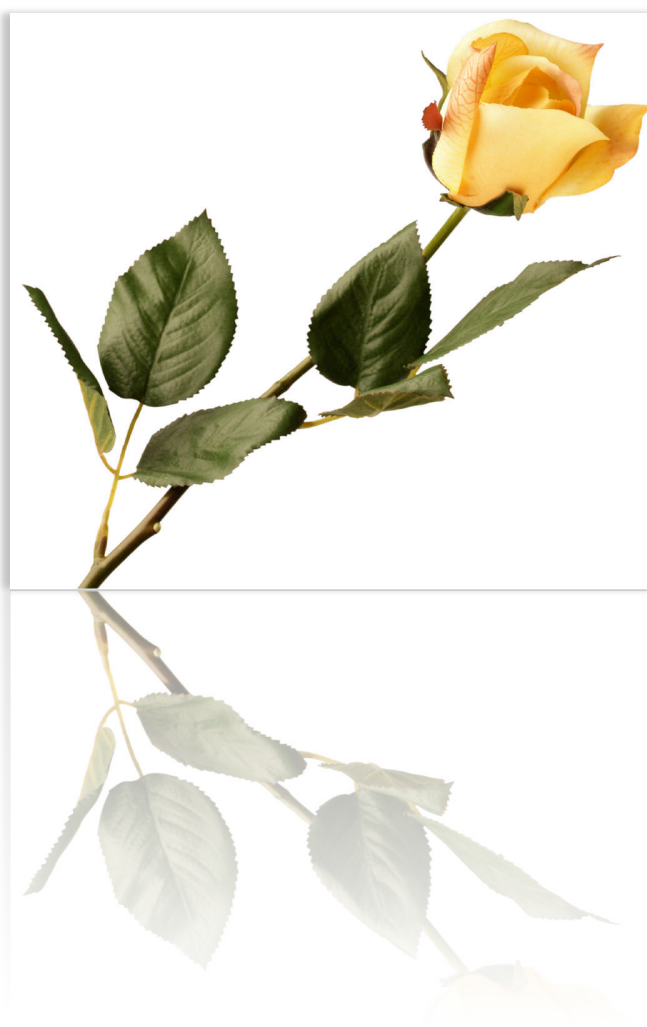
**The cycle of meditation:** When you first listen to a Primordial Sound, Silence is starting to come up, but you don't recognize it because you've never seen it before

and your central nervous system is not wired to receive it. After a little while you start to recognize thought and a little quiet, then thought, a little quiet, then times of no thought. That's the progression of the central nervous system recognizing the Silence. The Name of God induces the Silence, the central nervous system recognizes the Silence. That's why rest is so important. When the central nervous system is tired, it can't hold the signals.





Your environment to meditate doesn't have to be quiet, it doesn't have to be dark, and it doesn't have to be anything. It simply has to be the willingness and the ability to think a thought.



Results and

Aridity<sup>15</sup>

Don't crave experiences. When you love God, the greatest joy that you have is that you can give even more, without expecting anything.

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<sup>15</sup> Apparent “sense” that nothing is happening! This is part of purification and as valid as a quiet inner experience.

Don't look for "effects" in meditation. The effects of meditation show in daily life, as a sense of wholeness, fullness and well-being.

How do you know if you've had a good meditation? You don't! You look at your life a year later, and you say, "am I more peaceful, more contented, more self-fulfilled, do I need as much from others and the world?"

If in fact, God is as a Divine loving Mother, then would the Mother make it complex for us to feel Her? No. The most difficult part of it is that the mind is convinced that there has to be more to it than this. But the lower aspect of the mind, which is the thinking part of the mind, is continuously busy trying to complicate things because it's not governed by discrimination. It doesn't know what is real and what is not real, so it gets confused.

Meditation heals the mind (anxiety) and the grief of the soul (separation).

Meditation makes us aware of our own true nature as creatures (forms) and as children of God (Essence).



Pleasure and pain can only claim the one who is not in communion with the soul, the Silence.

When anchored in God, the Silence, the objects that cause pleasure and pain can never claim us.

Meditation brings our mind from the surface of life to the depths of our being.

Meditation awakens the God within.

Meditation constantly increases the ability to experience greater fullness of love, peace, wisdom and joy.

Meditation infuses the mind with the value of being, or the Silence that upholds creation. It enlivens the natural states of love, peace, wisdom and joy, and it coaxes the Silence to the surface so that these states flow naturally.

Meditation unites the separated self with the Source of Self.

Meditation without results teaches unconditional love.

*Meditation without seeming results is not a loss but a great gain--it teaches unselfish, unconditional love...don't be like the common soldiers that demand their wages each day (mercenaries). Be like the noble officers that serve their king for nothing.*

One sincere person meditating does more good for the world than all the world leaders, humanitarians and politicians combined.<sup>16</sup>

Prayer and meditation cultivate receptivity for the Word to do Its work within us, to become possessed by the Divine Presence.

Spiritual or Silent meditation brings the Divine Presence, or Silence, into activity, whereas visualization simply rearranges your thought about what you think activity ought to be. They are completely different.

The affect of pure awareness on your central nervous system is that it becomes stronger so that it is no longer overshadowed by the other impulses that used to come in. The more you do the process, the central nervous system becomes independent of the stimulus that comes in. It's fulfilled no matter what the stimulus is that comes in.

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<sup>16</sup> See "The Contemplative and World Peace" [www.stillpointlibrary.com](http://www.stillpointlibrary.com) Contemplative Teachings  
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The meditation and Holy Name that appeals to you most--that you should practice in order to attain to supreme peace and bliss. Whatever word or name you love most and which expresses God to you, that word or mantra will take you to Him.

The results are cumulative. Every time you use the name of God, it's like one more drip, drip, drip of water into a crusted inkwell. Over time the glass becomes clear and pure.

**The Grace of Listening to a Chant:** The sacred sounds of chanting actually meditate us. They purify and uplift us and everyone and everything in our environment.

The souls that God loves are not gorged on honey. He gave sugar to the little children, and then later, hardly any. Meaning, in the beginning, as an encouragement, a come-on, we have experiences, then seemingly all of a sudden they are disappearing...we have none...It is like going through a tunnel...Going through the tunnel means purification process.

Thoughts are not an indication of whether you've had a good meditation or not. Look at the changes within over time.

True meditation binds you to God.

Whatever happens in meditation is up to God and not to you. Your only job is to make the commitment to go do it.

When God wants you to have a “spiritual experience,”<sup>17</sup> you'll have one. Can you conjure one? Yes, but you know that it's conjured because it doesn't last.

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<sup>17</sup> There is a grave misconception that the purpose of meditation is to have a spiritual vision or encounter. These encounters still occur in an “astral” energy field wherein the Deity, which is transcendent, takes a perceived form. This is a charming event but for many, many people it does not occur because of subtle inborn sensitivities of the human central nervous system. For most saints their “spiritual experience” is a deep and abiding sense of inner peace and fulfillment.

When we meditate, the mind begins to express the qualities of the soul and God.

When you are in the Divine Presence, you don't have to worry about sanctification. It happens naturally. Just relax.

When you go into the depths of meditation, the stained glass window of your individuality doesn't change, but there's a little less soot on the panes so that the light of the soul comes through just a little bit more.



## Silence, a Reminder

It's not difficult to get into the Silence, but it takes a while for the Silence to get into you.

‘Be still and know that I am God’ really translates out to *‘Be still and know that this stillness is the God within.’*

A good musician will tell you that it's the clarity of the space between the notes that gives the note its splendor, its luster. Can you imagine trying to play a piece of sheet music--which many people do, called "their life"--in which there are only notes and there is no space?

Accessing the Silence within and cultivating it in daily life will allow us to spontaneously express Love, Peace, Wisdom and Joy, while diminishing the subconscious impressions and consequent attitudes and behaviors that we strive so diligently to "work on."

Activity is made sacred and complete with Silence.

All of these Truths are like a well stocked super markets in darkness. Once you turn on the Light of Silence you can see everything. Whereas other people, like intellects, writers and theologians<sup>18</sup>, have been in the supermarkets for lifetimes, describing the cans and the weight and the smell and things like that, but until the Silence shines they don't know what it is.

As you live more and more from the Silence, your issues don't overshadow you, you overshadow your issues.

Calmness and stillness are the altar and sanctuary of the Father.

**Silence grows self -sufficiency:** Can you imagine living your life, being active in the world, but always having this inner Silence? What a joy that would be! What would really matter so much that you would be overshadowed? What do you really need so much from somebody else that you're willing to get into conflict about it? The beauty of the Silence is that it creates a delicious self-sufficiency, and to the degree that we have this self-sufficiency, the more that we can give and give and give without ever feeling that we're running dry, because we're the ocean and not a little pail.

Do not look for meaning in the words. Listen to the Silences.



From the depths of Silence the geyser of God's bliss shoots up unflinching and flows over man's being.

God begins His greatest work when the inner man is open to Him (in the Silence).

God cannot be perceived by the senses or the mind, but by Spirit (Silence).

God is in Silence and is most easily reached in Silence.

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<sup>18</sup> Those who have not had the experience of the Silence, the God within.  
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Going into the Silence is a slow and steady process. Just let It do It's work. It's more intelligent than you are, and It *will* take you -- surrender--you can't control your process.

Growth is spontaneous and natural as we allow the Silence to unfold in our consciousness.

Healing occurs naturally and spontaneously to the degree of mental Silence of the healer. Not technique, not visualizing--Silence.

How can words ever describe Him? Absolute Silence is the only way to describe Him.

How did the rose ever open its heart and give to this world all of its beauty? It felt the encouragement of the Silence against its being.

In and through Silence we gradually and spontaneously start the process of giving control of our life to God.

In Silence, the mind turns towards its real nature.

In Silence, understanding transforms itself into spontaneous correct action.

In the Silence we encounter Love Itself.



In the sweet territory of Silence, we touch the mystery.

It is in the deep Silence that I can truly love my brother and sister. In the Silence we encounter God's Love for us--then we can truly love ourselves and others.

Make sacred your own Silence. This is our gift to the other souls who have taken the assignment in this lifetime to be homeless, or old and lonely, or oppressed. Give them your Silence. The only thing that ever makes people feel alive is when they're giving.

My life is a listening. His is a speaking. My salvation is to hear and respond. For this, my life must be silent. Hence my Silence is my salvation.

No matter where you are, when you have the Silence you have a good time, you're full. When you have that Silence, rather than waiting for the world to fill you, you fill your world. You're so full that everything else is just a side trip, it's dessert, and it's delicious.

Nothing short of the direct experience of God will ever satisfy our needs for wholeness, fulfillment and completion.

Practicing God Communion is contacting Silence. Organizing your experience around the highest principles is structuring Silence.

Quiet is when the nervous system does not have a lot of activity. Silence is when the Soul floods your heart. The quietness of the mind isn't the same thing as the Silence of the Soul.

Serenity is a point of reference that you default back to after experiencing agitation at the level of the wave.

Silence aligns us to the Will of God. It is the fullness of "0" infusing the "1."

Silence brings all things to their full potential. It doesn't make you shun the world or not become human, it brings you to your human potential which is what? To know God and live in God's creation. The angels and the devas and the demigods all want what we have the potential for.



Silence brings surrender.



Silence in activity is living a contemplative life.

Silence is God's first language. Everything else is a poor translation. Be still and rest in God.

Silence is hidden under the cloak of relativity.

Silence is like the medium through which God can do Its work. And if God's going to do Its work through you, it's going to be with a bang and not a whimper.

Silence is not a no-thing. Silence is the home of the blueprint of perfection.

Silence is not an absence of sound, and it is not necessarily "no thought." Silence is the space between the notes, like the sap that rises through the tree and brings all things to their full potential.

Silence is not the lack of talking. Silence is an actual state of deep, deep inner peace, contentment, and quiet that can stay with us while we are fully engaged in activity. It's like a movie screen, that pure white screen upon which the alternation of light and dark or the shadows or the colors of life experiences project. Often we'll identify with the movie and we'll miss the fact that our true nature is really that unchanging screen.

Silence is the unchanging foundation that supports the ever-changing waves of creation.

Silence is the basis of life,  
and life is the expression of Silence,  
and fullness is the balance between Silence and activity.

Silence is the inner experience of God within Creation.

Silence is the foundation of the mind, it's not a state of mind.

Silence is the basis of life.

Silence is the basis of all spirituality.

Silence is the unchanging foundation that supports the ever-changing waves of creation.

Silence is the cause and foundation of perfect activity.

Silence is the experience of I AM or noumena.

Silence is the Home of God, fulfillment within.

Silence is the inner "witness" of individual existence. It is our true nature and characterizes the nature and quality of the Soul.

Silence is the language of the spirit.

Silence is the magnetic pull to God when the senses are quiet.

Silence is the mind settling into its Source (wave goes into the ocean).

Silence is the music of the soul that draws the Presence of God within.

Silence is the space between the notes and purification is opening up the space.

Silence restructures consciousness and purifies the heart (removes suffering). It is the Home of the Christ within, and is the place where the True Meaning of Scripture reveals itself.

Since all things in our created universe are interrelated and interconnected, our silence affects each person and every event around us.

Someone who is truly insane has no Silence. Someone who is truly sane is this vast ocean upon which the waves of creation play.

Sometimes people mistake Silence for the absence of speech. The mind can be active and excited when you are not speaking. Not talking and just walking in nature is not the same as Inner Silence. Yet, on the other hand, you can be mingling with the crowds, answering the telephone, and doing a demanding job in the world--all from the Inner State of Silence.

Stabilizing Silence unfolds a sweet and powerful sense of self-sufficiency.

The answer is not in the Silence. The answer is the Silence.

The Beloved dwells in Silence.



The friend of Silence comes close to God. In secret he converses with Him and receives His Light.

The gap between the notes on a piece of sheet music and the gap between the thoughts is not a negation of the notes or a negation of the thoughts. It's simply giving them a very clear foundation in which they can express in a very virginal or primal kind of a way.

The highest form of spiritual surrender (giving our lives to God) is Being in the Silence and acting from there--when in Silence we spontaneously act from the Laws of Nature.

The nature of our being is Silence. Spiritual traditions tell us how to draw it, how to allow it, and how to express it.

The perfect prayer is Silence. It's not asking for anything. The perfect prayer is immersing our selves in Silence.

The proof positive of Inner Silence is when you can feel everything there is to feel and do and see in the world around you but not be overshadowed by it--not lose your inner state for one second.

**The quality of our life is in direct proportion to the quality of our Silence.**

The seeker's Silence is the loudest form of prayer.

The seeker's Silence is the source of all fulfillment.

The sense of “ego – self” falls off spontaneously and naturally as a result of understanding and Silence.

The Silence carried throughout our day is a deep sense of inner peace.

The Silence is the creative intelligence of the universe.

The Silence is the Unmanifest reality that has no time and space.

The Silence will fill the heart with love.

The Silence is carried throughout our day as a deep sense of inner peace. A peace that does not get overshadowed even when the mind becomes situationally agitated. Agitation will be there, but you're going to notice that it's not deeply rooted. It comes like the wave and then dissolves back into the Ocean. It's not to be suppressed or judged, simply watched with amused detachment.

The subtle causes of suffering are destroyed when the mind merges back into the Unmanifest. (Silence)

The transcendent or the Silence is the experience of the Self beyond creation.

The way that you actually find Him is through receptivity. And receptivity comes not from activity, but through quietude - Silence.

Thoughts and activities that have their basis in Silence are dramatically more powerful than thoughts and activities that are not supported by Silence. That is a Natural Law. Consider that a Saint, or one whose consciousness is imbued with Silence, merely thinks the thought and the other individual is healed. Doesn't use a technique, just thinks the thought. Whereas in a state of agitation and tension, even the most sincere affirmation is virtually impotent to stir the Laws of Nature.

Through making sacred our silence, we act as agents of the Divine Mother of compassion in alleviating the suffering of our brothers and sisters, Her children across the face of Her creation.

Transformation of the human personality into its full potential is the product of Silence within consciousness.

Using effort to get into the Silence is like a brass band playing louder and louder waiting for the Silence to come. (I love this one!)

Virtue is the expression of Silence in our character.

Virtues are like containers; Silence is what fills them. When you try to artificially create a virtue, you eventually have real problems.



We change the world not by writing to our Congress-people, but by becoming the change that we want the world to be. And it starts with yourself, and it starts with Silence.

When that Silence is alive inside, there is fullness.

When you have more Silence, you have more to give and it's our nature, as Divine Beings, to want to give.

You can artificially break the habit of identification with the body-mind unit by thinking that "I Am the Witness," but if you don't have Silence that's not true, that's mood-making. Without Silence there's no connection to Ultimate Reality.

Your will is only as strong as your Silence

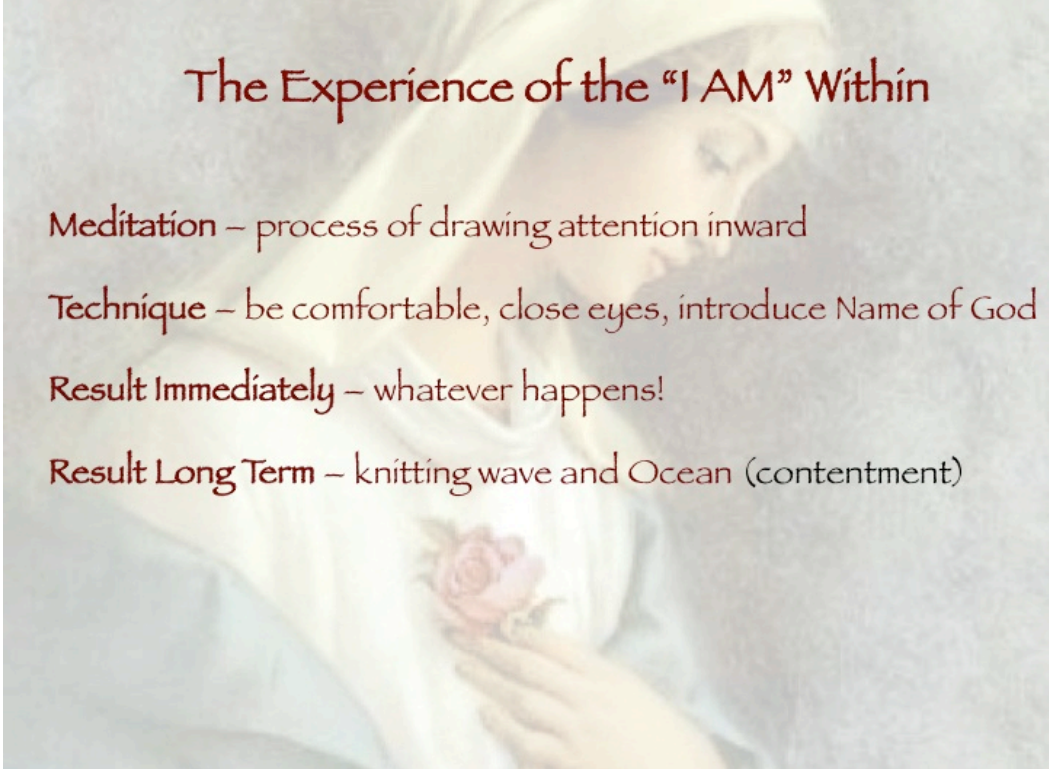
We sanctify our life with Silence.

When God communicates Himself, it is in the depths of secrecy and we receive Him passively.

When Silence is your basis, the experience of life is no longer distorted by the contents of your mind, your desires, your expectations...this is inner peace.

When Silence is your basis, your essential nature flows effortlessly.





## The Experience of the “I AM” Within

**Meditation** – process of drawing attention inward

**Technique** – be comfortable, close eyes, introduce Name of God

**Result Immediately** – whatever happens!

**Result Long Term** – knitting wave and Ocean (contentment)

## Meditation Instructions

Silent Meditation is the means of union with our True Nature, the Divine Within. It is a simple and gentle process that starts with introducing the thought of a Divine Name. In this meditation we use the mantra “OM SAI”<sup>19</sup> which approximately means “Mother-Father God.”

For most people concentration techniques in which we are told to empty the mind or control the thoughts do not work. The Western mind is active and rather than to squash the waves of thoughts, we introduce a different thoughts that allows the mind to naturally experience its Source, the inner Silence.

Many people think that a good meditation is one in which there is only inner peace and bliss. NO, not at all! Actually, when there is some agitation, a plethora

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<sup>19</sup> OM SAI is pronounced “ohm” and “sigh.”

of thoughts and some uncomfortability, that is actually a very good thing. It means that we are ridding our systems of stress and old impressions that get in the way of the Inner Peace. In traditional spirituality this de-stressing is known as purification and is a normal part of the meditation process. There are only good meditations. And meditation is everything that happens once you close your eyes and start the thought of the mantra “OM SAI.”

## *“If you can think, you can meditate!”*

We recommend that at the beginning of your meditation half hour, you listen to the audible chant “OM SAI”<sup>20</sup> and then do the silent meditation using “OM SAI”

Sit comfortably.

Close your eyes.

Listen to the chant “OM SAI” for about ten minutes.

After ten minutes, turn off the chant, sit for a few minutes with eyes closed and introduce the thought “OM SAI.”

If thoughts come, then gently bring the attention back to “OM SAI.” We never force the mind or try or concentrate. Just gently bring the mind to “OM SAI.” After about twenty minutes, stop the thought “OM SAI” and rest comfortably with eyes closed for another five minutes or so. Then gently open the eyes and orient yourself to your surroundings. If you can lie down to rest for a while, that is ideal. If not, then start activity slowly. Much has happened during your meditation time, even if you experienced some roughness, something very

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<sup>20</sup> The “OM SAI” chant can be purchased through the web site [www.stillpointlibrary.com](http://www.stillpointlibrary.com)



positive has happened. Your body and mind have been flooded with Silence. Many unseen changes have occurred and it is best to let the physiology catch up and reset with a small period of rest.

## A Story

There are certain stories I like to tell at retreats that explain how Silent Meditation works. This is a favorite.

This is a story of a woman who went to India to see the great master. She wanted to know “how to know God.” The master initially told her that her mind was too intellectual and could never really know how to know God. Being a somewhat well educated and successful New Yorker, she decided to use some persuasion.

She told the master that she would go on a starvation protest and sit on the stairs of his temple until he gave her the instruction she had come for. She also told him that she would send for camera crews from CNN so the world could see how mean and stingy he was with spiritual knowledge.

The cameras came. The publicity started and after a few days the master’s devotees pleaded that the master tell her what she wanted to know and get her off their backs.

Well, the master sent for the woman and told her that he would indeed reveal the secret of “knowing how to know God” but in return she would have to sequester herself and stay in a small hut at the edge of the temple grounds for twelve years.

The woman complained bitterly but the master was firm. “Twelve years in the hut or you will have to wait twelve hundred lifetimes!” The woman wisely chose to stay for the twelve years but just before she went to the hut, she asked the master what she was supposed to do and think about for the twelve years. He spotted a water buffalo on the grounds close to the hut and told her to think about the water buffalo and the water buffalo alone for that period of time.

At the end of the passing of the twelve years, something very extraordinary happened. The master came to the entrance of the hut and called for her to open the door and come out. The woman opened the door and said to the master amazement: “I am so sorry Swamiji, I cannot get my horns through the doorway!”

## Summary

The purpose of life is to live it. To it's fullest!

That fullness occurs as the individual wave realizes its oneness with the full power and love of the Ocean.

Silence is not to be gained. We have never really lost the Silence, however, it must be realized or remembered. The wave has never been separate from the Ocean. It has just forgotten.

Use a Holy Name, sound or syllable to contemplate and allow it to bring the mind gently and effortlessly back to its Source, the Ocean.

Then be assured that the experience of life becomes peaceful, joyful and in harmony with Divine Will and our own unique nature.





## Christian Meditation

Meditation is universal. On occasion someone may feel uncomfortable with a mantra or Name of God that sounds foreign. That is totally understandable.

In Christianity many of the great saints have used the Name of Jesus as their mantra or primordial sound. The most common of the Christian mantras is the “Jesus Prayer.”

The Jesus Prayer is any one of the following forms:

“Lord Jesus”

“Lord Jesus Christ”

“Lord Jesus Christ, have mercy on me.”

Using any one of the above mantras in place of “OM Sai” would be totally appropriate and just as effective!

In the next edition of the Mystical Chapters we will talk about continuous prayer and this form of meditation, the Jesus prayer.

Until then, I recommend two excellent books [The Way of the Pilgrim](#), and [The Mountain of Silence](#), which are referenced in the Books Section of the StillPoint Library. [www.stillpointlibrary.com](http://www.stillpointlibrary.com)

We teach the Jesus Prayer and Christian Meditation at all StillPoint Silent Retreats. Other authors who have written extensively about Christian meditation and the Jesus Prayer are Basil Pennington and Thomas Keating.



“I am Thine, Thou art Mine”