



“The Contemplative and World Peace”

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

We often hear that the world needs more help, energy, effort, activity and resources to overcome the vast amount of human suffering that is so graphically portrayed through the news outlets 24/7. It is not infrequent that the contemplative is portrayed as selfishly “navel gazing” while the world goes up in flames. How do we address that level of understanding? And, what is it exactly, that we are doing to alleviate the suffering we see around us?

The Science of Peace: Infinite Correlation

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 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.**

The Importance of the Quality of Our Inner Life

Jesus of Nazareth also gave us a perspective on the value of the “inner life” in the following parable:

“Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her' (Luke 10:38-42).

The One Thing -The Basis of Reality

Jesus of Nazareth here tells us that there is something that lies underneath activity -- that is, in fact, more important than activity. The “one thing” that Jesus speaks of is God Communion and through it the experience of the transcendent Inner Silence.

Note that Mary sat “silently” (in Silence) at His Feet. Here the word “feet” is interpreted as the seat of His Essence, His Spirit, and union with the One (God Consciousness).

Does this mean that Martha’s activity is inappropriate? Hardly! He stated that Martha was distracted by the “many things” (the comings and goings of the world:

the waves instead of the Ocean). He said that Mary was better off occupied with the One Thing! He simply pointed out in this example that Martha was out of “balance.” She was lost in the “many” without first having attained the “One.”

This is also consistent with His other prime teaching: “Seek first the Kingdom of Heaven within (Divine Communion, Silence) and then all things will be added unto you.”



The Nature of Spirituality

In this word image we have the kernel of the entirety of the spiritual path.

The great saints teach the message of this graphic. This is the story of Martha (the activist – trying to rearrange the immediate outer reality) and Mary (the contemplative - enlivening all of outer reality by enlivening the Inner Reality first) unfolded.



We meditate to unfold our inner potential

To permeate all of creation with our Inner Silence

Thus all sentient and non-sentient beings evolve

We Meditate to Unfold Our Inner Potential

Activity of Spirituality

The activity of spirituality is turning our attention inward to our Source. The primary tools are meditation, contemplation and prayer. It is visualized as the wave on the ocean communing with its source – the Ocean.

The Function of Spirituality

The function of spirituality is reconnecting to our Inner Self. Of course, there is never a disconnection. It is just that with our attention so focused outward that we forget our magnificent Divine nature and live life desperately trying to find things external to gain inner fulfillment.

Spirituality is the process of attaining our Wholeness. The Wholeness is best understood as the inner fullness that spontaneously arises when the wave merges and accesses the full value of the love, power, wisdom, joy, intelligence and creativity of the Ocean; its Source.

The Value of Spirituality is Love Itself!

The Result of Love is Peace

The value of spirituality is that it is the vehicle by which we evolve. It is the vehicle that unites us to the force of Love, that power that seeks to reconnect the many with the One.

As the soul experiences this merging -- Divine Communion, it naturally and spontaneously directs our activity to seek the highest good -- the most evolutionary response to the conditions of life. This evolutionary response to life being Love itself!

Spirituality is attaining our Wholeness, the integration of our human nature with our Divine Nature. When this occurs, our state is that of Silence (Divine Communion) and all of our activities both internally and externally are evolutionary agents, acts of Love!

To permeate all of creation with our Inner Silence

Activity Needs Silence at its Basis to be Successful and Lasting

Now it is important to understand that Jesus was not denying the validity of Martha's work, the activism. But -- He was showing us that there is something

fundamentally “essential” to all successful activity and that is the knowledge and experience of the “One,” or activity with Silence at its basis.

Contemplation (meditation and prayer) supports the effectiveness of activity. Both are necessary but one is more essential to make the other successful. Without a basis of Silence, most activities either fail or do not have the power (support of nature) to endure and prosper.

Note that such noble endeavors as “world peace movements,” the League of Nations and United Nations have been and continue to be abysmal failures. Intention was ideal but the “consciousness’ that directed the activity was (is) weak (not whole) and will not sustain or promote peace (evolution) on a consistent basis.

A saint once used this metaphor about a bow, arrow and string to illustrate the need for Silence as the basis of activity: he said, “You have a desire, a goal; that is your target. To reach your target you have an arrow, which is comprised of intelligence and determination. The bow and string represent your inner state. When your consciousness is strong and permeated with the power and strength of inner Silence, the string is pulled tightly and the arrow is poised to travel maximum distance at a high velocity. Provided that your aim (intelligence) is true and the pull back is determined and committed, it is easy to hit the target and have the arrow stay put at the destination.

If the string is slack or the inner state is stressed -- not possessing the power and strength of the inner silence, (no matter how strong the will and commitment) then the arrow sits limp on a loose string and when the archer releases the arrow, at best it misses the target, and at worst it falls at the archer’s feet with no velocity or ability to reach the goal.

It is like this when we try to attain anything no matter how ideal and noble. Our inner state (along with our personal destiny or karma) is the prime determinate of the effectiveness of all of our endeavors. When we are relaxed (silent) inside, when we are using the power and intelligence of the ocean, our activity is strong enough to effect the change we are looking for. When we are “separate” from the Source, the Ocean, we can often make a lot of noise with a big show but it will have little lasting effect.

Although all of our thoughts and actions affect everything in creation, only those actions and thoughts that are “launched” from silence have far-reaching effects.

Thus all sentient and non-sentient beings evolve

How can contemplative meditation (meditation, contemplation and prayer) enhance evolution?

Contemplative meditation enlivens Consciousness.

Each time we slip into the Silence, the great Ocean of Consciousness stirs within the hearts and souls of all beings, not just our own.

It is said that those we love and are close to by virtue of deep heart connection receive the full value of our spiritual practice. Further, all beings rejoice inwardly and are positively affected when we stimulate the depths of the Ocean of Bliss.

Like a great tree, akin to the “Tree of Life”, Consciousness (our state of consciousness) is the root. If Consciousness is in communion with God, then it is reflecting the vast power and intelligence of the Ocean. The roots are expansive, steady and true. All of our thoughts and actions are in harmony with natural law (God’s Will).

If our state of consciousness is relegated to the outer body-mind unit, then the roots are weak and are not able to sustain inner silence. Our activity is difficult, our understanding causes suffering, our evolution is stunted, we long for love, and there is little peace.

The long road to peace starts with our state of consciousness.

Our State of Consciousness Sustains Silence

In the beginning when someone first learns to practice Contemplative Meditation techniques, experiencing the Silence is easy and effortless. However, when they come out of meditation, at least in the beginning, the effects of the inner silence seem to wear away relatively quickly. Why? Their state of consciousness is still identified with the body-mind which is usually quite turbulent and incompatible with “holding” the state of silence for very long.

Good news! After some time of “practicing” the techniques, the beginner starts to experience the effects of the silence more and more in daily life. There grows a definite sense of greater well-being as well as a distinct experience that he is not as “overshadowed” by people and events as he had been previously. After some time, his state of consciousness expands (and more and more stays expanded) so that he

experiences himself as not only the body-mind person that he possesses while on the plane of creation, but also the inner sense of quiet and well-being that represents the awareness of the presence of the inner self -- the soul that lives eternally witnessing the life of the body-mind person which unfolds according to the Divine Plan.

Again, referring to the metaphor of the "Tree of Life," Consciousness is the root sustaining Silence, which is the trunk of this great tree.

Silence Produces Love

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!

And What is Love?

Love is the force that brings the many back to the ONE.

Love as a noun is Wholeness, All That Is, God

Love as a verb is the Force for the Two (many) to Become One

Love's Expression is Commitment

Love's Source is Silence

Love's Experience is Fullness and Devotion

Love's Character is Strength

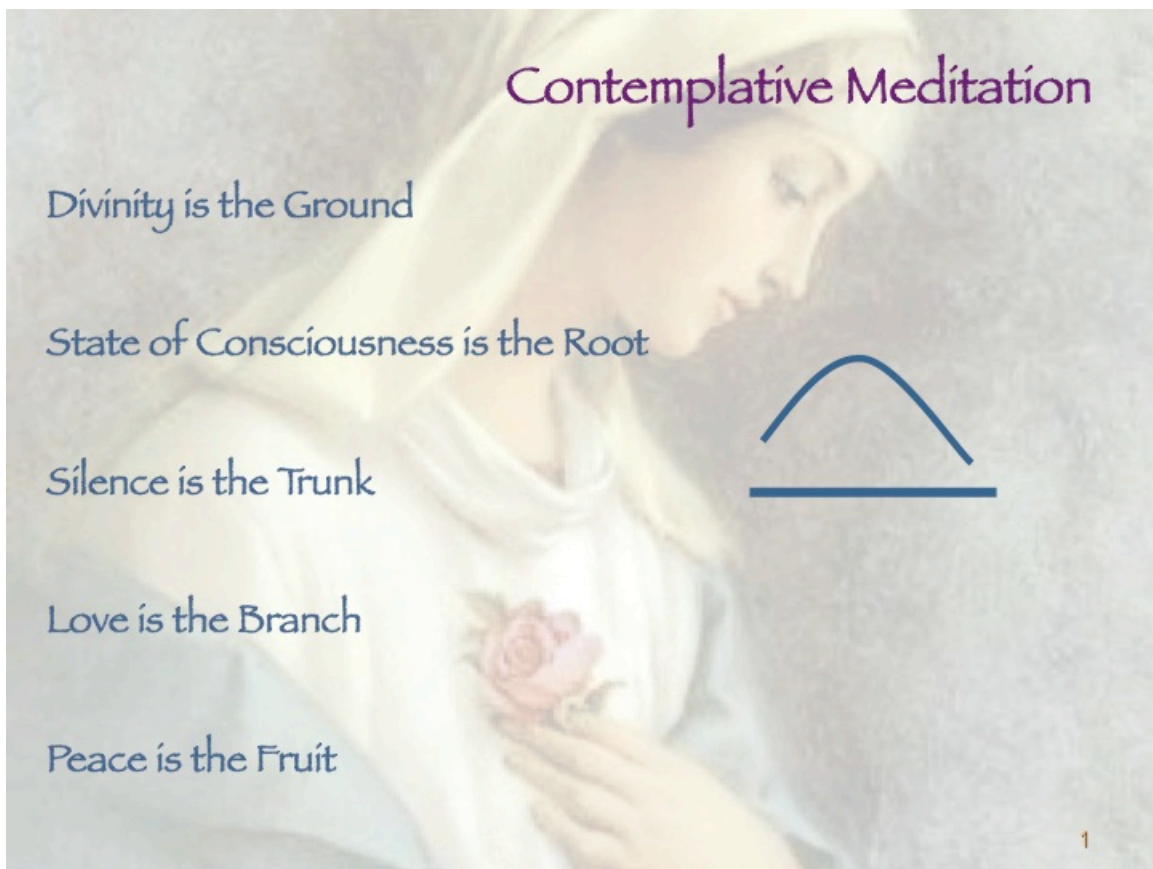
Love's Stance is Compassion

Love's Perspective is Wisdom

Love's Activity is Service

Love's Nature and Direction is Evolutionary

In the metaphor of the “Tree of Life” the Ground of Being is Divinity. The State of Consciousness is the root. Silence is the trunk. Love is the branch. And Peace is the fruit.



And what is Peace?

Peace is not a behavior.

Peace is not the absence of conflict, since often conflict must occur to reach peace.

Peace is not appeasement or backing away from principle, since these are only temporary suspensions of conflict.

Peace is not tolerating that which enslaves the human spirit.

The saints and mystics tell us that peace is not the absence of conflict but the presence of righteousness.

Whether in the individual or in society the presence of righteousness has the same meaning: that there is an (internal or external) environment in which evolution can take place; where one can reach his or her full Divine and human potential.

The next part is so simple that most people miss it.

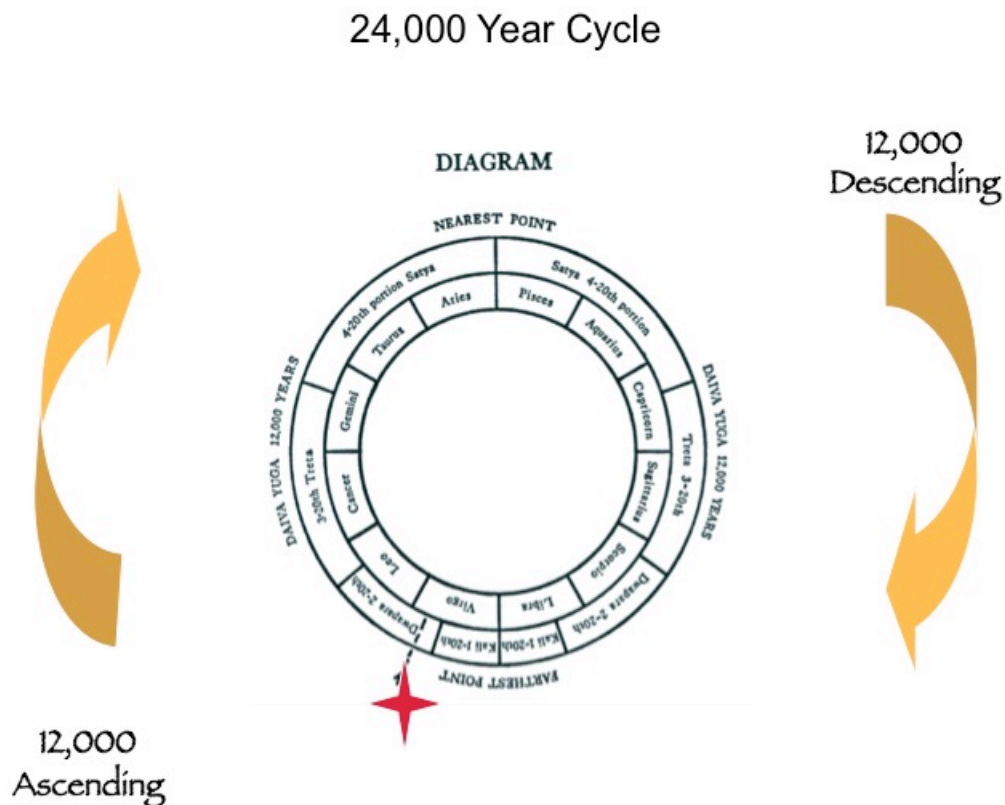
At the individual level –

Peace is the presence of silence within.

At the level of society -

*Peace is the effect of a population that operates from the
silence within.*

And when will Peace be the Universal Experience?



We understand from a multitude of sources (saints, sages, scientists, anthropologists, archeologists and geologists) that civilizations rise and fall according to a predictable and well-documented twenty-four thousand year cycle.

At the top of the cycle is the Golden Age. In that age the populations enjoy the full value of enlightenment -- God Consciousness. As time progresses, mankind falls into a kind of forgetfulness and moves to the Dark Age at the very bottom of the

diagram. In the Dark Ages mankind is lost in the material, outer world and is not in touch with its true Divine Nature. Consequently, spiritual principles and natural law are discarded and defiled by secular relativism and hedonism. In the Dark Ages, man is the center of his own being; his own measure of right and wrong, good and evil.

In the Golden Age, God is the center of man's being. Man's evolution occurs naturally and all of creation is nourished and sustained.

Patience

You can see that we are barely out of the Dark Ages which ended around 1500 A.D. We are almost 11,000 years away from the height of the Golden Age. As we progress towards the Golden Age, we will experience more and more Peace. More of humanity will "seek first (and find) the kingdom of heaven within" and as this occurs, the various nations will approach world issues in more evolutionary -- loving ways.

Reconciliation of Opposites

All great teachers have told us to alleviate human suffering wherever we can.

But they also tell us that all suffering is caused by lack of Silence in our selves and in others.

So that lack of food, medicine, safety and shelter are symptoms and shadows that need to be dealt with. However the **primary cause of the outer suffering comes from the state of inner suffering**, which is projected on the canvas of the world condition.

Solve for the inner suffering and the outer will take care of itself.

Compassion

As a people, a community, and a race we are a very long way from “mass enlightenment.” Until then it is important for contemplatives¹ to do whatever we can to alleviate suffering and promote social and political peace. And our actions will produce fruit commensurate with the state of consciousness of the world body.

Charitable and selfless activity is necessary - but not adequate to effect permanent change.

As contemplatives our mission and purpose is to:

Stir the depths of Divinity in meditation.

Permeate our Being with Silence.

Act from Love.

And Live in Peace.

¹ A contemplative is one who has given his life to God; committed to Silent meditation, contemplating the scriptural truths of the saints, and practicing the presence by remembering always that “I am Pure Spirit witnessing all of this as God.”

“Come Follow Me....”

