

MAHA MAUNA (Great Silence)

A TREATISE ON SILENCE (MAUNA) IN NON-DUAL TEACHINGS





FOR MADISON



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Cover: 19th Century rendering of Sage Ashtavakra. Ashtavakra is named as the author of the text Aṣṭāvakra Gītā, also known as Aṣṭāvakra Saṃhitā, in Hindu traditions. The text is a treatise on Brahman and Ātman.

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INTRODUCTION



Within the following pages are quotations on the topic of *Silence* from a wide-range of saints, sages, and texts of the many religious/spiritual paths throughout the ages - with an emphasis on non-dual Advaita Vedanta. All paths share a single common thread which runs throughout their teachings: the Supreme importance of Silence (Mauna). Thayumanavar, the 18th century Tamil Poet-Saint put it this way:

“Silence is the ocean into which all the rivers of all the religions discharge themselves.”

~ ‘Kallalin’, Thayumanavar poem, verse 25

The great 20th century sage Bhagavan Ramana Maharshi, who has been described as ‘*the whitest spot on a white sheet of paper*’ when compared to other sages, described it in this way this:

“So long as mind survives, religion will also exist. No such religion can survive in the abundantly Peaceful Silence that results from the mind merging in the Heart as a result of turning within and examining itself.”

~ Guru Vachaka Kovai, David Godman edition, verse 993, pg. 431

And Sri Muruganar, a self-realized disciple of Bhagavan Ramana Maharshi wrote:

“The gracious Padam, the great Silence, swallows the mind, conquering all the religions that exist as a consequence of mind.”

~ Padamalai, by Muruganar, pg. 46

With the above statements, it can be seen that the Ultimate Truth or Divine Reality is to be found in the *Silence (Mauna)* beyond all the ‘individual’ religious or philosophical systems. Between the covers of this book, the compiler hopes to convey this eternal Truth to the reader.



An important note about some of the recurring terms used throughout this text. The following words, when Capitalized, are considered synonymous i.e.: Mauna, Silence, Self, Heart, Peace, Transcendent, Supreme, and Reality. This will become apparent throughout the text. *Arriving at where any one of these words point to reveals the others. All merge and disappear in the wordless, undifferentiated, non-dual Reality pointed to by sages and texts.*



The reader will undoubtedly notice what seems to be a considerable amount of repetition. This is understandable because an important hallmark of Reality is that it is *permanent* and *unchanging*. Such seeming repetition is an affirmative confirmation that the eternal Truth, which the saints and sages from all the different parts of the world and throughout all the ages are describing, is the *same* Reality. This is good. This is your confirmation that the *eternal Reality* (the goal of the seeker), is being described.



Limited footnotes or bracketed words [...] were added where it was felt that it would be helpful to add greater context or define an unfamiliar term.



A few words about the sourcing of these quotes. Some of these quotes were taken from sources which had more than one version. For example, there at least two versions of ‘Guru Vachaka Kovai’, each representing two different translations and commentaries. In some instances I have included both versions to emphasize that even when different versions of a written text is translated by a different set of eyes, the meaning remains the same. This repetition is good, and again, merely *confirms* the eternal Truth of the sages.





A limited *Glossary* has been provided for words and terms which the reader may not be familiar with. A very short one sentence *Biography* for each saint or sage quoted has also been provided so that the reader may get a sense of the time and place they lived, and to assist the reader in conducting additional research if desired.



Also, to assist the reader with further inquiry on the topic of *Mauna/Silence*, an exhaustive *Bibliography* with hyperlinks is provided to download free PDF copies of the texts from which the quotes were taken. In some cases, where an exact copy was not available, a link to a similar version/edition of the book title was provided, even if it were by a different translator, or, were ordered or formatted differently from the book quoted from. In the few cases where a free PDF copy was not available, a link was provided to where the book may be purchased on-line. If any reader becomes aware of a text quoted which is available as a free downloadable PDF file and wish for it to be included it in an updated version of this book, you can e-mail the details to: rsvp001@verizon.net .



A Facebook group has been created to inquire and dialogue about the quotes found within this book and the topic of Silence/Mauna. It can be joined by clicking here: [[Maha Mauna Facebook Group](#)].



You may share this text freely and widely. No copyright is claimed or implied. This is a review and comparison on the topic of *Silence/Mauna* in non-duality/spirituality. Questions, comments, additions or corrections may be sent to: rsvp001@verizon.net .



I would like to thank my friend Michael Holshouser for his feedback and suggestions in formatting and editing this work. You can find his excellent insights and writings on his website: “*The Stillness Before Time, Reflections From a Fellow Sojourner*”: <https://thestillnessbeforetime.com> .

Joseph T. McMahon
April, 2025



*“May the following quotes speak to That within you, which knows Itself
as That which is being pointed to”... 🙏*



THE MEANING OF 'MAUNA'

Devotee: What is *Mauna*?

Bhagavan: “That state which Transcends speech and thought is *Mauna*; it is meditation without mental activity. Subjugation of the mind is meditation; deep meditation is eternal speech. *Silence* is ever-speaking; it is the perennial flow of ‘language’. It is interrupted by speaking, for words obstruct this mute ‘language’. Lectures may entertain individuals for hours without improving them. *Silence*, on the other hand, is permanent and benefits the whole of humanity. By *Silence*, eloquence is meant. Oral lectures are not so eloquent as *Silence*. *Silence* is unceasing eloquence. It is the best language. There is a state when words cease and *Silence* prevails.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1173, page 499*

RAMANA MAHARSHI’S FAVORITE SYNONYM

Mauna/Silence is one of Ramana Maharshi’s favorite synonyms for the thought-free experience of the Self. *Mauna*, usually translated as ‘*Silence*’, is not merely an absence of physical or even mental noise. It is the motionless and utterly *Silent* center of being upon which nothing ever impinges.

~ *Padamalai, by Muruganar, Glossary, pg. 384*

WHAT IS THE NATURE OF THE SELF?

“What exists in Truth is the Self *alone*. The world, the individual soul, and God are appearances in it, like silver in the mother-of-pearl; these three appear at the same time and disappear at the same time. The Self is that where there is absolutely no ‘I’-thought. That is called ‘*Silence*’.”

~ “*Who Am I?*” *The Teachings of Bhagavan Ramana Maharshi, pg. 27*

THE YOGI BECOMES SILENT

“All ideas such as ‘this I am’ and ‘this I am not’ end in the conviction that all is the Self¹. Realizing this, the Yogi becomes *Silent*”.

~ *Ashtavakra Gita - Chapter XVIII (as translated by Hari Prasad Shastri)*

¹ ‘*all is the Self*’ means that there is ‘*only*’ the Self. This is the meaning of the repetition of the ‘*Self alone is*’ - in various texts. A commonly used pointer to explain this is the snake and the rope analogy - which reveals that the rope ‘*alone*’ is. There never was a snake; not before, during, or after realizing it was only a rope. Another well-known pointer is the ‘ornaments in gold’ analogy. One may have gold jewelry in the shape of cats, butterflies, flowers, etc, but all there really is - and which they all really are, is ‘gold’ *alone*. 🙏

SILENCE KNOWS ITSELF

Q: Who knows the *Silence*?

M: “*Silence* knows itself. It is the *Silence* of the *Silent* mind, when passions and desires are *Silenced*.”

~ “*I Am That*”, book, Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage

THE SILENCE OF SECRETS

"I am the *Silence* of secrets; I am the Wisdom of the wise."

~ *Bhagavad Gita, Ch. 38, Verse 10*

DO AWAY WITH SUPERIMPOSITION

“Knowing for certain that the Parabdha [destined/karmic] work will maintain this body, remain *Quiet* and do away with thy superimposition carefully and with patience.”

~ *Vivekachudamani of Shankaracharya, verse 279*

THE AWAKENED MIND

“*Silence* is an empty space; space is the home of the awakened mind.”

~ *Gautama Buddha, 5th/6th BCE, founder of Buddhism*

AN INTENSE LONGING

“There was in me a thirst, an intense longing to subside (into the Self), that was prompted by the thought of the divine feet, which abound in grace. So, like he who, suffering from thirst, comes across a Ganges of cold water, on an auspicious day, a golden day for my thirst, I went (to Ramana Maharshi) with eleven verses that began ‘Leaving Mount Kalish...’ and met the excellent sage, the Jnana Guru, the ocean of *Mauna (Silence)*, the bestower of Jnana.”

~ *Guru Vachaka Kovai, David Godman edition, page xv*

THE FINAL AND INCONTROVERTIBLE STATE OF TRUE KNOWLEDGE

“The radiance of consciousness-bliss in the form of one awareness shining in the same way within and without is the Supreme and blissful primal Reality whose form is *Silence* and which is declared by Jnanis ² to be the final and incontrovertible state of True knowledge.”

~ *Padamalai, by Muruganar, pg. 32*

THERE IS NO BODY AND NO MIND

“When you are *Silent*, you live in eternity. You live in that split second, in the opening, the gap, between the world and your Self. And there's no past and there's no future. There's no body and there no mind. There is just that split second in eternity. And you are that!”

~ *Robert Adams, 20th Century American-born Advaita Sage*

THE FIRST DOOR

“*Silence* is the first door to spiritual eminence”

~ *Adi Shankaracharya, 8th Century Indian-born Vedic Scholar and Teacher of Advaita Vedanta*

WHEN THE MIND IS QUIET

“Whenever you are immersed in compulsive thinking, you are avoiding what is. You don't want to be where you are: Here, Now. When the mind is *Quiet*, All is Self.” ³

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

UTTER STILLNESS AND SILENCE

“That in which consciousness happens, the universal consciousness or mind, we call the ether of consciousness. All the objects of consciousness form the universe. What is beyond both, supporting both, is the Supreme State, a state of utter stillness and *Silence*. Whoever goes there disappears. It is unreachable by words or mind. You may call it God, or Parabrahman, or Supreme Reality; but these are names given by the mind. It is the nameless, contentless, effortless and spontaneous state beyond being and not being.”

~ *Sri Nisargadatta Maharaj, book, 'I Am That', chapter 13, The Supreme, the Mind and the Body*

² Jnanis (Jnani) are Self-Realized liberated beings. ॐ

³ Again, ‘All is Self’ can be understood through the pointers of the ‘snake and rope’ and ‘ornaments in gold’ analogies (see Glossary). ॐ

SILENCE AS ART

"Let *Silence* be the art you practice."

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic*

THERE IS A SILENCE NOT OF TIME, NOT OF THOUGHT

"Meditation is not something to be achieved, something to practice, or learn, but it is this attention, attending to everything from the most little thing to the deepest thing. When you do that, you will find out for yourselves that there is a *Silence* which is not of time, not of thought. When you come upon something not put together by thought, you will find that it is something which is not of time at all."

~ *Jiddu Krishnamurti, 20th Century Indian-born Mystic and Spiritual Teacher*

THE DIRECT EXPERIENCE OF SILENCE

"*Mauna* means 'Silence'. The 'Mauna Guru' is Bhagavan, the Guru who taught through *Silence* and bestowed the direct experience of that *Silence* on Muruganar."

~ *Guru Vachaka Kovai, David Godman edition, verse 2, page 1*

ONLY THIS SILENCE

"In *Silence* and serenity, words are forgotten;
In clarity and luminosity, all things manifest..."

Only this *Silence* is the supreme speech,
And this illumination, the universal response.

If in illumination *Silence* is lost,
Then distinctions will be perceived...

If in *Silence* illumination is lost,
Then murkiness will lead to wasted teachings."

~ *Chan Master Hongzhi Zhengjue, 11th Century Chinese-born Buddhist Monk*

WHEN A THOUGHT COMPLETELY DISAPPEARS INTO SILENCE, BUT STILL YOU ARE

“You are primal awareness. Life is only primal awareness. Between two thoughts or two perceptions you are. You know moments in your life when a thought completely disappears into *Silence*, but still you are.”

~ *Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta*

PURE, SUBTLE, EGOLESS, NON-OBJECTIVE, SILENT

“The True light of Awareness is pure, subtle, egoless, non-objective, and *Silent*, which tires the mind and baffles it until it admits "I know not". This is Being-Awareness, this the Self.”

~ *Sadhanas from Guru Vachaka Kovai, by Swami Shantananda Puri*

EFFULGENT

“Padam, the effulgent light of perfect *Silence*, strikes, shattering the foolish argument that [the nature of] consciousness is twofold [dualistic].”

~ *Padamalai, by Muruganar, pg. 37, verse 32*

MORE VAST AND EMPHATIC THAN ALL THE SCRIPTURES PUT TOGETHER

“*Silence* is the most potent form of work. However vast and emphatic the scriptures may be, they fail in their effect. The Guru is *Quiet* and Peace prevails in all. His *Silence* is vaster and more emphatic than all the scriptures put together. These questions arise because of the feeling that, having been here so long, heard so much, exerted so hard, one has not gained anything. The work proceeding within is not apparent. In fact, the Guru is always within you.”

~ *Ramana Maharshi, The Teachings of Ramana Maharshi, pg. 98*

GO DEEPER

“Go deeper. Past thoughts into *Silence*. Past *Silence* into stillness. Past stillness into the Heart. Let love consume all that is left of you.”

~ *Kabir (1398–1518 CE) Indian-born Mystic, Poet, and Saint.*

SAMADHI

“The enquiry 'Who am I?' plunges the mind into the Self. This is not the nescience of sleep. One can abide as the Self in Nirvikalpa Samadhi without the body-world dream or in Sahaja Samadhi with this dream simultaneously witnessed. If the Lord Ramana-Dakshinamurti chose to declare the Supreme State by *Silence* only, it is not for us to attempt a definition in words. It is the part of Wisdom to remain still, as our Lord Sri Ramana ordained.”

~ N.R. Krishnamurti Aiyer, *The Mountain Path Vol. 1 No. 2, April 1964*

QUESTING FOR TRUTH IN SILENCE

“What is worth seeking and discovering is the Truth of the Self. Such knowledge comes only to the still, clear intellect not muddled by strenuous search without, but questing for Truth in *Silence*”

~ Sri Ramana Maharshi, *20th Century Indian-born Advaita Sage*

IF YOU MISS IT, YOU MISS THE ENTIRE THING

"Whatever you may have to do, watch your mind. Also, you must have moments of complete inner Peace and *Quiet*, when your mind is absolutely still. If you miss it, you miss the entire thing. If you do not, the *Silence* of the mind will dissolve and absorb all else."

~ Sri Nisargadatta Maharaj, *20th Century Indian-born Advaita Sage*

SIMPLE SILENCE

“The only way you will ever awaken is through *Silence*, not through analyzation of facts. Not by sorting out good and bad, but through simple *Silence*, letting go. Letting go of all thoughts, all the hurts, all the dogmas and concepts... letting go of these things daily.”

~ Robert Adams, *20th Century American-born Advaita Sage*

THE SILENCE REALIZED BY THE GREAT ONES

(*Muruganar on responsibility for writing the content of Guru Vachaka Kovai*): “Why should I offer an apologetic preface for a work that was not written by an ego-consciousness that proclaims itself to be ‘I’? The responsibility for this work belongs solely to that great being (Ramana) who is realized by the great ones in their Hearts through *Mauna* samadhi.”

~ *Guru Vachaka Kovai, David Godman edition, verse 11, page 6*

STAY SILENT!

“Lord Murugan, who abducted (His consort Valli) the daughter of a Red Deer, is One with No Beginning nor End. He instructed me the Supreme Advice to '*Stay Silent without objectifying anything in words (or forms)*' and lo behold, I lost sense of this objective Universe (and Reality dawned on me).”

~ *Kandhar Anubhuthi (Verse 12)*

THE SELF IS THAT WHERE THERE IS ABSOLUTELY NO "I"-THOUGHT; THAT IS CALLED SILENCE [MAUNA]

“Ramana Maharshi is the *Silent* one, teaching the pure non-dual essence through perfect *Silence*. What our master clearly teaches by way of great, good, powerful Self-attention is only this and nothing more:

BE STILL.

Apart from this, the mind has no task to do or thought to think.”

(*quoting Ramana Maharshi*): “What exists in Truth is the Self *alone*. The Self is that where there is absolutely no ‘I’-thought. That is called *Silence (Mauna)*. The Self itself is the world; the Self itself is ‘I’; the Self itself is God.”

~ *NOME, 20th Century American-born Teacher of Advaita Vedanta*

MOTIONLESS AND UTTERLY SILENT

“*Mauna*, usually translated as '*Silence*', is not merely an absence of physical or even mental noise. It is the motionless and utterly *Silent* center of being upon which nothing ever impinges.”

~ *Padamalai, by Muruganar, pg. 95*

'I' IS BUT ANOTHER IDEA IN THE UNIVERSE

“O Rāma, remain forever firmly established in that state of utter freedom from movement of thought, resorting to the *Silence* of deep sleep. ‘I’ is but another idea in the universe, and it is really Pure existence - that is known as the *Silence* of deep sleep”.

~ *The Supreme Yoga - Yoga Vasistha, Chapter - Description of the Lord, Section - Deva Pūjā (Worship of the Lord), Page 282*

DROWNED IN THE OCEAN OF SILENCE

“Those who have sunk deeply into the ocean of *Silence* and drowned will live on the summit of the Supreme Mountain, the expanse of consciousness.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

ELOQUENT SILENCE

“That which is inconceivable is quite inexpressible. Thus, revealing the Truth of the Supreme Brahman by eloquent *Silence* (*Silent* exposition).”

~ *Dakshinamurti Dhyanam*

THE ONLY PLACE OF PROTECTION

"Surrender, let *Silence* have you. Surrender to the source, Surrender to Awareness, this is the only place of protection. Surrender your heart and you will know all. Surrender to Consciousness and Bliss."

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

THEN BEGINS THE HIGHEST PATH...

“When the five senses and the mind are stilled, when the reasoning intellect rests in *Silence*, then begins the highest path.”

~ *Katha Upanishad*

ORIGINAL SELF

“When the tongue is *Silent*, the mind speaks; When the mind is *Silent*, the heart sings; When the heart stops singing, the Soul begins to experience its original Self.”

~ *Avatar Meher Baba, 20th Century Indian-born spiritual master and spiritual figure*

THE UNIQUE WORD

Muruganar: “The ‘unique word’ refers to *Mauna-upadesa* (teaching through *Silence*).”

~ *Guru Vachaka Kovai, David Godman edition, verse 210, page 103*

REMAINING QUIET AND SILENT

“When one has completely surrendered oneself at the feet of Siva, thereby becoming of the nature of the Self, the resulting abundant Peace, in which there is not even the least room within the Heart for one to make any complaint about one’s defects and deficiencies, *alone* is the nature of supreme devotion. One’s thus becoming a slave to the Lord and one’s remaining *Quiet* and *Silent*, devoid even of the egotistical thought, ‘I am His slave’, is Self-abidance, and this is the Supreme knowledge.”

~ Sri Ramana Maharshi, book, “*Be As You Are*”

BEYOND ALL RELATIONS OF WHATEVER KIND

“Fullness and emptiness are relative terms. The Real is really beyond all relations of whatever kind. The difficulty comes with the word 'state'. The Real is not a state of something else - it is not a state of mind or consciousness or psyche - nor is it something that has a beginning and an end, being and not being. All opposites are contained in it - but it is not in the play of opposites. You must not take it to be the end of a transition. It is itself, after the consciousness as such is no more. Then words 'I am man', or 'I am God' have no meaning. Only in *Silence* and in darkness can it be heard and seen.”

~ Sri Nisargadatta Maharaj, “*I Am That*”, Chapter 22, *Life is Love and Love is Life*

MIND AND INTELLECT CEASES

“Only in the *Silence* of the Heart, where the movement of mind and intellect ceases, will the unique light of pure consciousness blaze forth, radiating brightly.”

~ Padamalai, by Muruganar, pg. 99, verse 28

HOW THEN CAN SILENCE BE EXPRESSED?

“When the ego-sense of the individual ‘me’ vanishes there springs up within an endless current of ‘I-I’, conferring unique and Transcendental bliss which engulfs all my knowledge and ends in *Silence*. How then can *Silence* be expressed?”

~ Thayumanavar, (*The Silent Saint*) 18th Century Indian-born Tamil Poet, Saint, and Philosopher

BE SILENT

“Love said to me, there is nothing that is not me. Be *Silent*.”

~ Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, Poet, and Sufi Mystic

DON'T THINK ABOUT IT... FEEL IT

"Some of you are still asking, how do you [awaken]? Through *Silence*, through experiencing the moment, the now, the Reality. Nothing is happening now. No one is suffering. Now is the only moment you've got. Abide in the now. Everything is perfect right now. Feel It. Don't think about it. Feel it. There are no yesterdays, there are no tomorrows. All of your so-called sins have been Transcended. No past and no future. You are fully alive now. Right now. Enjoy."

~ *Robert Adams, 20th Century American-born Advaita Sage*

SIMMER QUIETLY

Bhagavan gave another wonderful piece of Bhakti-soaked advice to Sampurnamma:

"You must cover your vegetables when you cook them, then only will they keep their flavor and be fit for food. It is the same with the mind. You must put a lid over it and let it simmer *Quietly*. Then only does a man become food fit for God to eat".

~ *Ribhu Gita, Introduction to Chapter 26*

DIVE DEEP DOWN INTO THE SILENCE

"A pearl diver with focused attention, and with a stone tied around his waist, dives deep into the sea, gains possession of the extremely precious pearl that lies on the bottom, and rejoices. Similarly, dive deep into the Heart with [the help of the stone of] vairagya, attain the treasure of the Self, and be rid of suffering."

Bhagavan commentary: "The most valuable thing in the ocean lies on its floor. The pearl is so small a thing, yet so valuable and so difficult to procure. Similarly, the Self is like the pearl; to find it you must dive deep down into the *Silence*, deeper and ever deeper, until it is reached."

~ *Guru Vachaka Kovai, David Godman edition, verse 1067, page 455*

SILENCE IS THE LANGUAGE OF THE SELF

"*Silence*" says the Sage, "is the language of the Self and it is the most perfect teaching. Language is like the glow of the filament in the electric lamp; but *Silence* is like the current in the wire."

~ *From Maha Yoga by Lakshmana Sarma, on Silence (Chapter: The Egoless State)*

ONLY SILENCE BELONGS TO THE ESSENTIAL

“The preaching of the Dharma is at one and the same time both vocal and *Silent*. Though one talks the day long, no word is spoken. This being so, only *Silence* belongs to the Essential.”

~ *The Zen Teaching of Huang Po, pg. 122*

LOVE IS SILENCE

“Have you not noticed that love is *Silence*? It may be while holding the hand of another, or looking lovingly at a child, or taking in the beauty of an evening. Love has no past or future, and so it is with this extraordinary state of *Silence*.”

~ *Jiddu Krishnamurti, 20th Century Indian-born Mystic and Spiritual Teacher*

THE DEEP SILENCE OF OUR OWN BEING

“Meditation is making research into yourself, and into the subtler fields of activity. Day after day we culture our minds with the deep *Silence* of our own Being. This is not the silence of a stone, but creative *Silence*. We have to find it for ourselves. We decrease activity until *Silence* becomes creative, and we sit in creative *Silence* and close the gates of perception for insight into the content of life.”

~ *Maharishi Mahesh Yogi, 20th Century Indian-born Guru and founder of Transcendental Meditation*

THE PURE TRANSCENDENTAL SWARUPA, THE FUNDAMENTAL SUBSTRATUM, IS THE ULTIMATE REALITY

“Atma-swarupa, the primal essence that is wholly consciousness is experienced directly through the state that is entirely *Mauna*. It flourishes and shines as the real nature of the reflected consciousness (chidabhasa) whose form is the false ‘I’, the ego. This pure Transcendental Swarupa, the fundamental substratum, is the ultimate Reality.”

~ *Guru Vachaka Kovai, David Godman edition, verse 16, page 11*

FREE FROM THE WORLD

“Turiya is the *Silence*, which is beyond transactions, free from the world, auspicious, and non-dual.”

~ *Mandukya Karika, Mantra 12*

A GREAT PEACE

"When the mind is *Quiet* everything will happen by itself. The Truth will come out of you. You will not have to think about it. You will be aware of Reality and you will find unalloyed happiness, great joy, a great Peace, a great love and you will have a great compassion. And you will be kind to everything to insects, to animals, to humans, to minerals, everything is alive and you will have reverence for all things."

~ *Robert Adams, 20th Century American-born Advaita Sage*

FIRM ABIDANCE

Bhagavan: "The upadesa obtained from outsiders in forms such as sounds, gestures and thoughts are all only mental concepts. Since the meaning of the word upadesa (upa + desa) is only 'abiding in the Self' or 'abiding as the Self', and since this is one's own real nature, so long as one is seeking the Self from outside, Self-realization cannot be attained. Since you are yourself the Reality that is shining in the Heart as being-consciousness, abide always as a sthita-prajna [one who is established in wisdom] having thus realized your own True nature. This firm abidance in the experience of the Self is described in the Upanishads by such terms as 'the import of the mahavakyas' (great sayings) - 'Supreme *Silence*', 'Being still', '*Quiescence* of mind', and 'Realization of one's True nature'."

~ *Padamalai, by Muruganar, pg. 113, verse 5*

SHINES IN AN EXTREMELY SUBTLE WAY

"That which is worth inquiring into and knowing is only the Truth of oneself. Taking it as the target, it should be known in the Heart with a sharply focused attention. Only to an intellect that has subsided within, having attained a clear *Silence* which is free from turbidity and agitation of mind that sweats and suffers, will the means for realizing this Truth, which shines in an extremely subtle way, be known clearly."

~ *Guru Vachaka Kovai, David Godman edition, verse 433, page 189*

THE SOURCE OF SILENCE

"From *Silence* came thought, from thought, the ego, and from ego, speech. So if speech is effective, how much more so must be its source?"

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

PURIFIES THE INDIVIDUAL

“Dakshinamurti observed *Silence* when the disciples approached him. That is the highest form of initiation. It includes the other forms. There must be subject-object relationship established in the other diksha. First the subject must emanate and then the object. Unless these two are there how is the one to look at the other or touch him? *Silent* initiation is the most perfect; it comprises looking, touching. It will purify the individual in every way and establish him in the Reality.”

~ *Talks With Sri Ramana Maharshi, Talk 519*

THE EXPERIENCE OF THE TRUTH

“The well-established state in which the *Quiet* mind [the mind devoid of thoughts] has the unbroken experience [of pure consciousness] is samadhi. Such a settled mind, which has the attainment of the unlimited Supreme Self, is the essence of Godhood.”

~ *Guru Vachaka Kovai, Verse 898 (Michael James version)*

SILENCING OF THE MODIFICATIONS OF THE MIND

The concept of vritti is central to the main definition of yoga given in Sutra 1.2 of the Yoga Sutras of Patanjali: "*yoga chitta vritti nirodha*". I.K. Taimni translates this as: "Yoga is the *Silencing* of the modifications of the mind".

~ *Yoga Sutras of Patanjali, Sutra 1.2*

FROM WHOM ALL GURU LINEAGES EMANATE

“Dakshinamurti is a form of Siva who teaches through *Silence*. He is held to be the being from whom all Guru lineages emanate.”

~ *Guru Vachaka Kovai, David Godman edition, verse 124, page 62*

BE STILL AND KNOW THAT YOU ARE GOD

“Whoever goes there, the state of utter stillness and *Silence*, disappears in Reality which is beyond any expression. Therefore 'be still and know that you are God'.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

WORDS CREATE WORDS; REALITY IS SILENT

"The moment you start talking you create a verbal universe, a universe of words, ideas, concepts and abstractions, interwoven and inter-dependent, most wonderfully generating, supporting and explaining each other and yet all without essence or substance, mere creations of the mind. Words create words; Reality is *Silent*."

~ Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage

WHAT IS THE SOURCE OF MY THOUGHTS?

"When you say, "Who am I?" or "What is the source of the I?" you do not answer. You merely sit still until more thoughts come and then you do the same thing. You sit in the *Silence*, other thoughts come, you inquire, "To whom do they come? What is their source?" You sit in the *Silence* and you will notice the space in between "Who am I?" becomes greater and greater before you have to go back to it again, and the *Silence*, the *Quietness*, becomes more profound, until you start to feel an overwhelming Peace and *Quietness*. And one day an awakening will take place and you'll be free. So, to get into the *Silence*, you have to get rid of your thoughts. And to get rid of your thoughts, you follow them to the source by inquiring, "Who am I?" or "What is the source of my thoughts?" And then everything else will happen by itself."

~ Robert Adams, 20th Century American-born Advaita Sage

THE FUNDAMENTAL TRUTH

"Is it not a fact as clear as day light that those only can expect themselves to be saved who set upon Thy Divine contemplation in *Silence*? Is this not the fundamental Truth aimed at by the Munis Sanaka [*Silent sage*]."

~ Thayumanavar, (the 'Silent Sage'), *Thayumanavar's Poems*, pg. 92, verse 105

ERADICATION OF VEILING AND MENTAL RESTLESSNESS

"The state of *Mauna*, pure consciousness, is experienced after the eradication of avarana [veiling True nature] and vikshepa [mental restlessness]. This state of *Mauna* is indeed the state of happiness, one's own swarupa, which should be attained in the Heart by the performance of Jnana tapas, which is enquiry."

~ Guru Vachaka Kovai, *David Godman edition*, verse 1183, page 504

SEA OF MAUNA

“When the ego is totally destroyed at the feet of the Guru, it will then shine as the unsurpassed sea of *Mauna [Silence]*.”

~ *Padamalai, by Muruganar, pg. 116, verse 17*

SIMPLY REMAIN STILL, SILENT...

“Just enjoy the being, the sheer joy that we are, the sheer joy of the sky, the trees and the birds - this miracle that is happening around you, this fantastic world, this incredible existence. Just enjoy it and it will start showering many new flowers on you. Simply remain still, *Silent*, absorbing, and the energy will accumulate, will become a reservoir, and one day it starts overflowing for no reason at all - not that it is going to search for anything, not that it has any motivation, not that it has any goal, nothing, for no reason at all but simply because it is too much and you cannot contain it. And it is not that you are trying to pour it into existence, no. It is happening on its own; you are just a watcher. And there is delight, and there is celebration.”

~ *Osho (Bhagwan Shree Rajneesh), 20th Century Indian-born Mystic and Spiritual Leader*

NOWHERE TO BE FOUND

“If the individual is sought, he is nowhere to be found. Such is the Guru. Such is Dakshinamurti. What did he do? He was *Silent* when the disciples appeared before him. He maintained *Silence* and the doubts of the disciples were dispelled, which means that they lost their individual identities. That is True knowledge [Jnana] and not all the verbiage usually associated with it.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

SILENCE WILL FOLLOW YOU WHEREVER YOU ARE

“Nobody teaches this emptiness. Everyone wants to run to an ashram or commune. When you speak of emptiness there is no more to learn. Emptiness is emptiness. San Francisco or Delhi. Wherever you go, the emptiness surrounds you. *Silence* will follow you wherever you are”.

~ *H.W.L. Poonja, ‘Papaji’, 20th Century Indian-born Advaita Sage, book: “Wake up and Roar” Vol. 1*

YOU HAVE ONLY TO BE SILENT

“The Lord will fight for you, and you have only to be *Silent*.”

~ *Bible, English Standard Version (ESV), Exodus 14:14*

SILENT ILLUMINATION

"While you are in samadhi, prajna is in samadhi, and while you are in prajna, samadhi is in prajna." (*Silence* is samadhi, and illumination is prajna. When samadhi and prajna are not two separate things, this is *Silent* illumination).

~ *The Sixth Patriarch (Platform Sutras)*

THERE IS NO NEED FOR ENDLESS READING

Bhagavan: "All the texts say that in order to gain release one should render the mind *Quiescent*; therefore, their conclusive teaching is that the mind should be rendered *Quiescent*; once this has been understood, there is no need for endless reading. In order to *Quieten* the mind one has only to enquire within oneself what one's self is; how could this search be done in books?"

~ *Guru Vachaka Kovai, David Godman edition, verse 141, page 69*

REMAIN SILENTLY ATTENDING TO ONESELF ALONE

"If we scrutinize what the method is to end forever the movements of the wavering mind or ego, which is like a reflection in wavy water, we will discover that the method is for one to remain *Silently* attending to oneself *alone*, and not for one to attend to that wavering mind, which will make one slip down from the state of Self."

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

THAT TONGUE OF YOURS IS THE ENEMY

"Listen! Clam up your mouth and be *Silent* like an oyster shell, for that tongue of yours is the enemy of the soul, my friend. When the lips are *Silent*, the Heart has a hundred tongues."

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic*

WHAT SHOULD DEVOTEES PRACTICE?

The foremost of all sadhanas [practices] is *Silence* of the mind; this is what True devotees should practice.

~ *Padamalai, by Muruganar, pg. 231, verse 10*

LISTENING WITHOUT EFFORT

“You are now listening to me; you are not making an effort to pay attention, you are just listening; and if there is Truth in what you hear, you will find a remarkable change taking place in you - a change that is not premeditated or wished for, a transformation, a complete revolution in which the Truth *alone* is master and not the creations of your mind. And if I may suggest it, you should listen in that way to everything - not only to what I am saying, but also to what other people are saying, to the birds, to the whistle of a locomotive, to the noise of the bus going by. You will find that the more you listen to everything, the greater is the *Silence*, and that *Silence* is then not broken by noise. It is only when you are resisting something, when you are putting up a barrier between yourself and that to which you do not want to listen - it is only then that there is a struggle.”

~ *Jiddu Krishnamurti, 20th Century Indian-born Mystic and Spiritual Teacher (book, The Book of Life)*

THE TEMPLE OF SILENCE

"There are thoughts in the temple of *Silence* too great for our Hearts to speak."

~ *Paramahansa Yogananda, 20th Century Indian-American Hindu Monk, Yogi and Guru*

MAUNA IS THE SILENCE AND STILLNESS OF THE SELF

“Samadhi is often taken to be a yogic state of absorption, but Bhagavan once defined it by saying ‘holding on to Reality is samadhi.’ Since *Mauna* is the *Silence* and stillness of the Self, *Mauna* Samadhi is that state of *Silence* that is experienced when one is fully absorbed in the Self.”

~ *Guru Vachaka Kovai, David Godman edition, verse 11, page 6*

SILENCE IS THE BEST COMMENTARY

“*Mauna* is merely the state of grace that arises from the Heart as the unique word”.

Referring to *Mauna*, Sri Bhagavan said, ‘Silence is of the four kinds: silence of speech, silence of the eye, silence of the ear, and *Silence* of the mind. Only the last is pure *Silence* and is the most important. The commentary of *Silence* is the best commentary as illustrated by Lord Dakshinamurti*. Only *Silence* is the eternal speech, the one word, the Heart-to-Heart talk. *Silence* is like the even flow of electric current. Speech is like obstructing the current for lighting and other purposes.

* *Dakshinamurti was a Mauna-Guru*

~ *Guru Vachaka Kovai, David Godman edition,, verse 1173a, page 499*

TRANSCENDS ALL THOUGHT

“Truth Transcends all thought, speech, printed word, ideas and even *Silence*. It is inconceivable and yet it *alone* is. Those who seek to realize it find it abiding within themselves as the Self, free of all objectivity and duality.”

~ *Ribhu Gita (Song of Ribhu)*

ALWAYS REMEMBER TO GO INTO THE SILENCE

“The *Silence* is another way of saying to keep your mind stayed on God all the time. God is the *Silence* and you are that. Feel the *Silence* right now. You can feel it. It's a thing of beauty. You know when you're getting into the True *Silence*, you begin to become happier, and happier and happier for no reason. It makes no difference what's going on in the world. The world is in one place and you're in another place. In the deep *Silence* you are identifying with the substratum of creation. Always remember to go into the *Silence*. A sage is always in the *Silence*. A sage may be talking, listening, partaking of activities, but to the sage there's only *Silence*.”

~ *Robert Adams, 20th Century American-born Advaita Sage*

DIRECT YOUR MIND TO ITS SOURCE

“Be *Silent* by directing your mind toward its Source.”

~ *H.W.L. Poonja, 'Papaji', book, The Truth Is, pg. 18*

THE SILENT NON-DOER

"The Self is always the *Silent* non-doer."

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

EVER ABIDE IN MAHA-MOUNAM

“Therefore one should practice the habit of regarding everything as Brahman-Self only; until all thought of things other than the Self is lost. This condition once achieved, one should not give room for any thought and should ever abide in *Maha-Mounam* (Peace of total stillness).”

~ *Essence of Ribhu Gita, by Prof. N. R. Krishnamoorthi Aiyer, Ch. 14, verse. 38*

SIT SILENTLY

Question: Why does not Bhagavan go about and preach the Truth to the people at large?

Ramana: “How do you know I am not doing it? Does preaching consist in mounting a platform and haranguing the people around? Preaching is simple communication of knowledge; it can really be done in *Silence* only. What do you think of a man who listens to a sermon for an hour and goes away without having been impressed by it so as to change his life? Compare him with another, who sits in a holy presence and goes away after some time with his outlook on life totally changed. Which is the better, to preach loudly without effect or to sit *Silently* sending out inner force?”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

INACTIVE AND TRANQUIL

“O’ *Mauna* Guru, the prince of Yogins, you are the preceptor of Mantra as well as Tantra, being a follower of the school of Tirumular. Marvellous indeed, was your favor done to me. You raised me to the great sage’s state of perfect consciousness where the mind was made inactive and tranquil by the conquest of the tattvas, from the five elements to the sound, and therefore I became overpowered and identified myself with the supreme Jnana of bliss.”

~ Thayumanavar, (the ‘Silent Sage’), *Thayumanavar’s Poems*, pg. 28

LEARNING IS IGNORANCE

"All the knowledge which one learns (by studying countless scriptures) is nothing but a great store of thoughts, and tendencies (vasanas). The Pure (adjunctless and contentless) Knowledge - 'I AM', *which remains as Silence*⁴, when one has completely discarded all those thoughts and tendencies ('vasanas'), is *alone* True Knowledge. Therefore, know that all one’s learning - more and more, is only ignorance (ajnana)."

~ Sadhanai Saram, Verse 192 (*The Essence of Spiritual Practice*)

TOTAL INSANITY...

“To become increasingly enmired in the body-ego instead of merging in the fullness of *Mauna*, through invaluable tapas performed rigorously over a long time, is equivalent to aspiring to poverty and deliberately taking great pains to attain it. This is total insanity.”

~ Guru Vachaka Kovai, David Godman edition, verse 234, page 113

⁴ 'which remains as Silence' is Ramana's definition of 'I-I'. ॐ

THE FREEDOM OF THE SILENT MIND

"When the mind is *Silent*, Then Reality comes of its own accord. When you are thinking and thinking, the world has got you, and you become worldly again. Self-Inquiry causes the mind to be *Quiet*."

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

I AM NOT WHAT I APPEAR TO BE

"I speak and yet I am *Silent*. I have died, but I am so alive. I live among people, but in Truth I do not. I appear to enjoy but in fact I have renounced. I am in the world, yet out of it. I have broken free of all bonds. I am not what I appear to be. Ask the Lord what I really am."

~ *Sant Tukarama, 17th-century Indian-born Marathi poet, and Hindu Saint*

WHAT IS MEANT BY MOKSHA [LIBERATION]?

Bhagavan: "What is meant by moksha? Do the heavenly world and heavenly bliss exist somewhere in the sky? Are these to be experienced in some other body and in some other world after leaving this world and this body? The Supreme world is only the Heart. Tranquility in the form of Supreme *Silence* is Supreme bliss, the happiness of liberation. Cessation of worries is the attainment of the Supreme state. Through the state of being-consciousness, the life of Supreme bliss can be attained at all times and in all states in this very world and in this very body."

~ *Padamalai, by Muruganar, pg. 288, verses 42*

THE DISAPPEARANCE OF THE WORLD

Q. When will the world which is the object seen be removed?

A. "When the mind, which is the cause of all cognition and of all actions - becomes *Quiescent*, the world will disappear."

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage, ('Who Am I' – page 7)*

THE DEPTH OF SILENCE

"The voice of God can be heard only in the depth of *Silence*. It is only in the depth of *Silence* that the voice of God can be heard. Speak as low as possible, as little as possible, as sweetly as possible."

~ *Sathya Sai Speaks, Volume VIII, Chapter 33: The Creeper and the Tree.*

LET GO OF EVERYTHING

"All of your ideas, all of your concepts they've all got to go. There has to be only *Silence*, *Quietness*, and everything will take care of itself... Let go of everything."

~ *Robert Adams, 20th Century American-born Advaita Sage*

SILENCE AND INNER SILENCE

"Practice *Silence*. Inner *Silence* is the True definition of *Silence*, for *Silence* is not the *Silence* of speech. In inner *Silence*, thought vibrations are stopped and they finally remain suspended. The True meaning of inner *Silence* will be understood if we come to regard the thoughts that enter the mind as forms of mental disturbance. These mental disturbances prevent the experience of self-realization. Inner *Silence* leads to self-realization."

~ *Swami Satyananda Saraswati (book, Taming The Kundalini)*

WORDS ARE TRANSCENDED

"In meditation, *Silently* and serenely, all words are Transcended. In Illumination, all things appear as is. *Silence* is the ceasing of ego-grasping. Illumination is the functioning of the wonder of wisdom. The unity of these two is awakening to Buddha Nature."

~ *Zen Master Sheng Yen, 20th Century Taiwanese Buddhist Monk*

INEXPLICABLE

"How can *Silence* be explained in words?"

~ *Sri Ramana Maharshi, book, 'Be As You Are', Edited by David Godman*

PURITY OF SILENCE

"When mind is still, then Truth gets her chance to be heard in the purity of the *Silence*."

~ *Sri Aurobindo, 19-20th Century Indian-born Philosopher, Poet, Yogi, and Maharishi*

THE INEXPRESSIBLE

"*Silence* is the eloquent expression of the inexpressible."

~ Sri Chinmoy, 20th century, Indian-born meditation teacher

PEACE CANNOT BE FOUND IN THE WORLDLY LIFE

"Realizing clearly that the bliss of Peace can only be had in Swarupa and not in the worldly life that arises through mental delusion, destroy that attachment to the world and attain the experience of swarupa, the expanse of grace, the ultimate state of *Silence*."

~ Guru Vachaka Kovai, David Godman edition, verse 238, page 114

IT WILL TAKE YOU IN

"There is nothing to seek and find, for there is nothing lost. Relax and watch the 'I am'. Reality is just behind it. Keep *Quiet*, keep *Silent*; it will emerge, or, rather, it will take you in."

~ Sri Nisargadatta Maharaj, book, *I Am That*, Chapter 6, Meditation

TO REMAIN WITHOUT THINKING IS THE SELF

Fifteen years later, again on our return from a pilgrimage, we stopped at Tiruvannamalai and enquired about the Swami. He was sitting on a couch in the hall. We sat in *Silence* for about ten minutes before him. This gave me an unforgettable experience of mental stillness. Away from him, I spent most of the next year vainly trying to free myself from thoughts.

When I chanced to go to the Ashram again, I went to the hall. No one else being there, I gathered courage and asked, "What is atma?" (the Self)

Bhagavan replied, "To remain without thinking is atma (the Self)."

Then he looked at me and I felt my mind melt away into nothing. No thoughts came. Only the feeling of immense unutterable Peace was there.

~ Subbalakshmi Ammal, book, *Face to Face with Sri Ramana Maharshi*, verse 67

RELIGION WILL ALSO CEASE

“Only as long as the mind survives will there be religion. When the mind attains *Silence*, religion will also cease.”

~ *Padamalai*, by Muruganar, pg. 298, verse 6

DIVINE SILENCE

"The knowledge of God is received in divine *Silence*."

~ *St. John of the Cross*, 16th century Spanish-Catholic mystic

IT'S A MYSTERY

"[As to enlightenment:] There is only *Silence*. It's beyond explanation. It's a mystery. The finite can never comprehend the infinite. There are no words to explain. All is well. Consciousness is bliss, love, not as we know it, but a million times stronger and that's our real nature. Be your Self."

~ *Robert Adams*, 20th Century American-born Sage and Teacher of Non-duality

REMAIN QUIET

“Checking the activities of egoism etc., and giving up all attachment through the realization of the Supreme Reality, be free from all duality through the enjoyment of the Bliss of Self, and remain *Quiet* in Brahman, for thou hast attained thy infinite nature.”

~ *Vivekachudamani* of Sri Shankaracharya, transl. Swami Turiyananda, verse 308

LIVE IN SILENCE

“This *Silence*, this moment, every moment, if it's genuinely inside you, brings what you need. There's nothing to believe. Only when I stopped believing in myself did I come into this beauty. Die and be *Quiet*. *Quietness* is the surest sign that you've died. Your old life was a frantic running from *Silence*. Move outside the tangle of fear-thinking. Live in *Silence*.”

~ *Jalal al-Din Muhammad (Rumi)*, 13th Century Islamic scholar, poet, and Sufi Mystic

THE MIND HAS EMPTIED ITSELF

“Meditation is to be aware of every thought and of every feeling, never to say it is right or wrong but just to watch it and move with it. In that watching you begin to understand the whole movement of thought and feeling. And out of this awareness comes *Silence*. *Silence* put together by thought is stagnation, is dead, but the *Silence* that comes when thought has understood its own beginning, the nature of itself, understood how all thought is never free but always old – this *Silence* is meditation in which the meditator is entirely absent, for the mind has emptied itself of the past.”

~ Jiddu Krishnamurti (*Talks and Dialogues, Saanen, 1967*)

CHOICELESS LIVING

“It is only through *Silent* awareness that our physical and mental nature can change. This change is completely spontaneous. If we make an effort to change we do no more than shift our attention from one level, from one thing, to another. We remain in a vicious circle. This only transfers energy from one point to another. It still leaves us oscillating between suffering and pleasure, each leading inevitably back to the other. Only living stillness, stillness without someone trying to be still, is capable of undoing the conditioning our biological, emotional and psychological nature has undergone. There is no controller, no selector, no personality making choices.

In choiceless living the situation is given the freedom to unfold. You do not grasp one aspect over another for there is nobody to grasp. When you understand something and live it without being stuck to the formulation, what you have understood dissolves in your openness. In this *Silence* change takes place of its own accord, the problem is resolved and duality ends. You are left in your glory where no one has understood and nothing has been understood.”

~ Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta, book, “I Am”

WHO?

“Who wants salvation? To whom is the liberation? Instead of simply turning within and being the *Silence* which is saturated within the Heart [‡], they roam about outside and remain agitated without Peace. Everything is already within. The one who searches is the very thing one is searching for. Stillness is the Truth.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

[‡] Reminder: ‘Heart’ when capitalized, means the ‘core of one’s being’ and is not the physical human heart which has a form and is born and dies with the body. 🙏

UPROOT THOUGHTS

“If I should speak the name of him who constrained my mouth to *Silence* and suppressed my deeply deluded demon-mind, it is the lordly Ramana, who bade me uproot my capricious thoughts whenever they arose, while they were young and weak.”

~ *Guru Vachaka Kovai, David Godman edition, verse 241, page 115*

SIMPLY KEEP QUIET

“Simply keep *Quiet*. Let things happen in front of you and enjoy this universe which is offered to you.”

~ *H.W.L. Poonja, ‘Papaji’, 20th Century Indian-born Advaita Sage*

THE STATE TO BE AIMED AT

“There is consciousness along with *Quietness* in the mind; this is exactly the state to be aimed at.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

ONLY BE IN SILENCE

"You need not go to heaven to see God; nor need you speak loud, as if God were far away; nor need you cry for wings like a dove to fly to God. Only be in *Silence*, and you will come upon God within yourself."

~ *Saint Teresa of Avila, 16th Century Spain-born Carmelite Nun*

NO THOUGHTS

“Reality means *Silence*... No thoughts, no evaluation, no trying to understand, there is only total surrender.”

~ *Robert Adams, 20th Century American-born Advaita Sage*

THE SILENCE OF WISDOM

“Listen to the sound of water. Listen to the water running through chasms and rocks. It is the minor streams that make a loud noise; the great waters flow *Silently*.

The hollow resounds and the full is still. Foolishness is like a half-filled pot; the wise man is a lake full of water.

The hermit can talk of many things with good sense and precision. He can describe the Way Things Are from a position of knowledge. There is much that he can talk about from that position.

But when a man of knowledge retains his self-control, when a man of knowledge speaks only a little, then you have found a man of wisdom, a man for whom that *Silence* is appropriate and deserved.

Such a man has found the ‘*Silence of Wisdom*’.”

~ *Sutta-Nipāta, Buddhist Scripture, III. 11, Nālaka Sutta, 42-45 (720-723)*

THE HIGHEST SIDDHI

"*Mauna (Silence)* is the utmost eloquence. Peace is utmost activity. How? Because the [Peaceful] person remains in his essential nature and so he permeates all the recesses of the Self. Thus, he can call up any power into play whenever or wherever it is necessary. That is the highest siddhi ^᠘.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

TRUE LEARNING

“When the mind, one-pointed and fully focused, knows the Supreme *Silence* in the Heart, this is [True] learning.”

~ *Padamalai, by Muruganar, pg. 301, verse 26*

THIS ALONE BESTOWS EMINENCE

“By taking the Sadguru as your sole refuge, you should know that the cause of the continuous and distressing confusion that nurtures births is the fragmented mind which regards itself as different from God, Atma-swarupa. You should learn from him the means, you should, through his grace, steadfastly unite with the Self, the ego-free Swarupa, and abide in *Mauna*. This *alone* bestows eminence.”

~ *Guru Vachaka Kovai, David Godman edition, verse 248, page 118*

^᠘ *Siddhi's* are attainment of various mystical/supernatural powers. ॐ

THE DISEMBODIED – LIBERATED PERSON

“The *Videha-Mukta** is free from the least trace of thought; he abides all along in his effulgent pure-Awareness-Self in intense unbroken bliss, totally oblivious of his body and environments, in a state of *Maha-Mounam* (stillness of body, speech and mind).”

* *Videha-Mukta* means the Disembodied – liberated person. He is the matured liberated adept, who, while still alive, abides as pure Sat-Chit-Ananda-Self without awareness of body and the world around him.

~ *Essence of Ribhu Gita, by Prof. N. R. Krishnamoorthi Aiyer, Ch. 9, verse. 1*

SILENCE IS THE DOOR

“To attain liberation, the door to which is *Silence*, the ego that rises as a separate ‘I’ should be completely destroyed.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

EVERYTHING WILL TAKE CARE OF ITSELF

“Dive into your Heart center. Sit in *Silence*. Desire self-realization with all your heart, with all your mind and all your soul. Everything will take care of itself.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

SILENCE, THE GREAT UNSEEN POWER

“A seed in the womb of mother earth lies in *Silence* absorbing nourishment and other natural blessings until its expanded soul bursts forth into blossom. The spirit of genius, nurtured in the bosom of *Quiet* contemplation, awaits patiently its appointed hour of awakening. *Silence*, the great unseen power, the miracle of life, works upon our character with strange contrast. At times it overwhelms us with its oppressive stillness and again it falls upon our heart as a shower of refreshing raindrops on a sultry summer day. How often *Silence* acts as a tonic, invigorating and reviving our dull spirit. Then at other times its effect upon us is like that of a narcotic, putting our life's energies into a state of morbid sleep. All great forces of nature work in contrast.”

~ *Swami Paramananda, 19th-20th Century Bangladesh-born Mystic and Teacher of Vedanta*

ALL WILL COME TO YOU

“Keep *Quiet*. Do your work in the world, but inwardly keep *quiet*. Then all will come to you. Do not rely on your work for realization. It may profit others, but not you. Your hope lies in keeping *Silent* in your mind and *Quiet* in your Heart. Realized people are very *Quiet*.”

~ Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage

YOU CAN ONLY CONFIRM THIS TRUTH IN THE SILENCE

“There never was a time when you were born, and there never will be a time when you disappear. You are that. You are that Self, without others. Wake up.

Know yourself for what you really are. Stop believing that you are a man or a woman, and you're going through certain experiences. Stop believing you've got to work out your karma and that everything that happens to you is karmic. That's human thinking. Stop believing that God punishes and God rewards. There is no such God. Wake up!

You're living the mortal dream and you're believing in it. Nothing can ever happen to you. There is no one called 'you'. You don't exist. No thing that you can imagine exists. Realization doesn't exist. Liberation doesn't exist. It doesn't exist because you've got to think about it. And of course everything you think about is false imagination. You can only confirm this Truth in the *Silence*.”

~ *The Collected Works of Robert Adams, Pure Intelligence is Silence.*

SILENCE, DEVOID OF THE FEELING "I AM THIS BODY"

“Those who have perfect knowledge say that the state of True knowledge, in which one remains without 'I' [the ego], *alone is Silence*. In order to experience that *Silence*, which is devoid of the feeling 'I am this body', clinging to the Self in the Heart is the spiritual practice.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

WHEN THE KNOWN COMES TO AN END

“Your questions, O noble lady, relate to the eternal Brahman which is pure existence. It is known when the threefold modification known as waking, dreaming and deep sleep cease and when the mind-stuff is rid of all movements of thought. The extension and withdrawal of its manifestation are popularly regarded as the creation and the dissolution of the universe. It is expressed in *Silence* when the known comes to an end, for it is beyond all expression.”

~ *Yoga Vasistha, Swami Venkatesananda (Special Paper; 27, State University of New York Press)*

THE GREAT SILENCE

Silence is Atman.

Silence is Brahman.

Silence is Truth.

Silence is Immortal

Soul. *Silence* is God.

Silence is the Substratum for this body, mind, Prana and senses.

Silence is the Bliss or background for this sense-universe.

Silence is Power. *Silence* is a living Force.

Silence is the only Reality.

The *Peace* that passeth all understanding is *Silence*. The goal of your life is *Silence*. The aim of life is *Silence*. The purpose of your existence is *Silence*.

Silence is within. It can be felt or realized by *Silencing* the boisterous mind. If you can feel it within, you can surely express it without.

Silence is golden. *Silence* is more eloquent than words. Seers and sages do not talk. The language of God is *Silence*. Try to learn this language of *Silence*. Listen to its soundless voice by stilling the mind. Hear the voice of the *Silence* with rapt attention. It will guide you. It will remove your doubts. It will inspire you.

Of course, much depends upon the practice. You know that practice makes man perfect. What is really wanted is *Silence* of the bubbling mind. The mind should rest in the Ocean of *Silence* or Brahman. Then only you can enjoy real everlasting *Silence*.

Drink the nectar in the deep *Silence*. In the profound *Silence*, mysteries of Atman will be revealed unto you. There will be light, knowledge, purity and bliss only everywhere.

Purify the mind and meditate. Be still and know that you are God. Calm the mind. *Silence* the bubbling thoughts and surging emotions. Plunge deep into the innermost recess of your Heart and enjoy the magnanimous *Silence*. Mysterious is this *Silence*. Enter into *Silence*. Know that *Silence*. Become *Silence* itself.

~ Swami Sivananda, 20th Century Indian-born Hindu Yoga Guru, and teacher of Vedanta

SHINES ALONE AND UNIQUE

“The True Heart, whose nature is indescribable, can be deemed to be an unmoving mirror in which all of manifestation appears. That Heart, the immaculate expanse that excels as the pure consciousness which shines *alone* and unique, is indeed the completely perfect and *Silent* absolute being.”

~ Guru Vachaka Kovai, David Godman edition, verse 256, page 123

SELF-REALIZATION CANNOT BE ATTAINED BY A BOWING OF THE BODY

In order to drive home the point that in spiritual life mere mechanical observance of any sadhana [spiritual practice] without knowing its inner meaning and without experiencing its fruit, will not make one blessed, Sri Bhagavan, addressing one such devotee, said, “The benefit of performing namaskaram [bowing or prostrating] to the Guru is only the removal of the ego. This is not attained except by total surrender. Within the Heart of each devotee the gracious Guru is giving darshan in the form of consciousness. To surrender is to offer fully; in *Silence*; the subsided ego, which is a name-and-form thought, to the aham-sphurana [the effulgence of ‘I’], the real holy feet of the gracious Guru. Since [this is so], Self-realization cannot be attained by a bowing of the body; but only by a bowing of the ego.”

~ *Padamalai, by Muruganar, pg. 320, verse 22*

FIND FROM WHERE THOUGHTS ARISE, AND THOUGHTS WILL BE DESTROYED

“As and when thoughts arise of their own accord, one should annihilate all of them - through The Enquiry - then and there, in their very place of their Origin. What is the means to annihilate them?

If other thoughts rise, disturbing Self-Attention, one should - without attempting to complete them, enquire: 'to whom did they arise?'

It will then be known: 'to me' – immediately. If we observe; 'who is this 'i' that thinks?', the mind (our power of Attention, which was hitherto engaged in 'thinking of second and third persons') will turn back to its Source (The Self). Hence; (since no one is there to attend to them), all the other thoughts - which had risen, will also subside.

By repeatedly practicing thus; the power of the mind to abide in its Source - increases.

When the mind thus abides in The Heart, the first thought, 'i' ('i am the body': the rising 'i'), which is the root of all other thoughts, itself having vanished, the ever-existing Self (The *Being* 'I') - Alone, will shine.

The 'Place' (or state) where even the slightest trace of the thought 'i' [i.e., 'i am this, that, the body, Brahman, and so on'] does not exist, *alone* is Self. That *alone* is called *Silence (Maunam)*.”

~ *The Path of Sri Ramana, by Sri Sadhu Om, pg. 144*

THE RADIANT ONE INSIDE ME

A man once asked Rumi, "Why is it you talk so much about *Silence*?"

His answer: "The radiant one inside me has never said a word.”

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic*

THE PURPOSE OF ALL PRACTICE

“The purpose of all practice is *Silence*, your real nature. Without *Silence* you cannot be in Peace so strive only for this. Even while active remain in *Silence* – as *Silence*, and be conscious of *Silence* always. Ramana’s main teaching is *Silence*, and it is this *Silence* that *Silently* answers all questions and removes all doubts. Train your mind to go to *Silence*.”

As Kabir said: ‘Keep your body, your mind, your intellect, and your prana *Quiet* and wisdom will follow behind you searching for you!’

~ *H.W.L. Poonja, ‘Papaji’, book, The Truth Is, pg. 18*

THE CHIT-JADA KNOT

“That *Silent* speech untied the *chit-jada knot* [the connection between the insentient body and consciousness] of the disciples and destroyed their minds that ramified with differentiating thoughts.”

~ *Padamalai, by Muruganar, pg. 118, verse 20*

THE TRANSCENDENTAL EXPANSE

“The mind that has died in one’s Heart, the ocean of Jnana-Swarupa, is eternal *Silence (Mauna)*. The Transcendental expanse, the True Heart, the rapturous sea of Bliss supreme, is one’s True ‘I’ (aham) which is replete with love.”

~ *Guru Vachaka Kovai, David Godman edition, verse 258, page 124*

IT IS AN INNOCENT LOOKING

“If there is anything to do, it is to become more and more accustomed to *Silent* observation free from all conceptualization. In this *Silent* observation you are completely free from thinking, from judging, attaining, and achieving. It is an innocent looking, a pure perceiving. In this *Silent* observation there is no you or other. In a certain way, you need to cultivate *Silent* observation.”

~ *Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta*

SILENTLY WATCH

“In the mirror of your mind, says Maharaj, all kinds of pictures will appear, stay for awhile, and disappear. *Silently* watch them come and go.”

~ *Book, Pointers from guru Nisargadatta Maharaj, By Ramesh S. Balsekar*

RESOLVE THE MIND IN THE SELF

“Remaining *Quiet* is what is called wisdom-insight. To remain *Quiet* is to resolve the mind in the Self. Telepathy, knowing past, present and future happenings and clairvoyance do not constitute wisdom-insight.”

~ *The Collected Works of Sri Ramana Maharshi*

THE ONLY WAY YOU'RE EVER GOING TO LEARN THIS IS BY NOT LEARNING ANYTHING

“I'm telling you these great Truths tonight for your own benefit, because most of you have been here for a long time. All of the things in this world will not awaken you. There is nothing that can awaken you, for you're relying on some 'thing', and all the 'things' simply pull you deeper and deeper into maya (illusion). You and I know many people who have been practicing spiritual disciplines for many years. They can recite the bible backwards and frontwards. They memorize beautiful stanzas in spiritual books. They're good debaters on points of Advaita Vedanta, or other teachings. They've been around the world to many teachers, to many places. They're still the same as they always were. All they've done is add on to their ignorance. They keep adding, and adding, and adding all of the different teachings. They're filling themselves up with teachings. This will never awaken you. It's when you dispose of the teachings, when you get rid of the teachings, when you empty yourself out totally and completely, when there's nobody left to learn anything, that's when you simply see yourself as no body. You look at yourself and you realize what you are. But no 'thing' can make this happen to you.

Therefore, what is the attitude to take? No attitude. What should you do? Nothing. What should you study? What should you learn? Nothing. Where should you go? Nowhere. With whom should you associate? No one.

When you can get to this place, you are already awakened, for there was never anyone who had to be awakened, there was never anyone who had to practice spiritual teachings, there was never anyone who had a body, there was never anyone who existed. I know to some of you this sounds very strange, yet it is the Truth. It is the whole Truth and nothing but the Truth. The only way you're ever going to learn this is by not learning anything, by keeping *Silent*.”

~ *Robert Adams, from Transcript 176: Great Truths, 25 June, 1992*

NOWHERE ELSE

“Real *Silence* means there is actually nowhere else for the mind to go.”

~ *Sri Anandamayi Ma, 20th Century Indian-born Saint, Mystic, and Teacher.*

SILENCE WILL DISPENSE WITH THE EGO INSTANTLY

Many seekers, as their meditation progresses, experience an intense and inexplicable *fear*. This happened to Chadwick too. He went to Bhagavan and told him about it.

Bhagavan reassured him, “The fear is not for you. The fear is created by the ego and the ego has to face this fear. Ask who is facing this fear? When you ask this, the fear will drop off. The ego will bring in, particularly in meditation, many obstacles. Whatever the nature of the obstacle, immediately ask who am I? To whom is this trouble? To whom is this problem? It will immediately drop. And in raising this question “Who am I?”, if you notice the *Silence* instead of looking for an answer, that *Silence* will dispense with the ego instantly.”

Chadwick’s ripeness was such, that at the very moment he listened to Bhagavan he got completely rid of the fear. He never had fear in his meditation again.

Once, Chadwick was reading a book in which it was declared that one look of grace from the guru was enough to get liberation. Chadwick had a doubt, “If one look can give liberation to anyone, then why is everyone not liberated?” He went to Bhagavan and started telling him, “Bhagavan, this is what the scriptures say.”

Not allowing him to go any further, Bhagavan uttered three words: “Coal, charcoal, gunpowder.”

Puzzled, Chadwick asked, “Bhagavan, what do you mean by that?”

Bhagavan replied, “The look of grace of the guru is always there and has the same power all the time. But, to receive it, the seeker has to have the same intensity and be on the same wavelength. That is why seekers are said to be like coal, charcoal or gunpowder. Coal takes a long time to ignite, charcoal takes less time and gunpowder ignites instantly. So, some seekers get it instantly, some seekers take more time and those seekers who do not listen to the teaching of the master and practice it, take a long, long time.”

When Bhagavan told Chadwick, “Ask ‘Who am I?’ when fear comes and the fear will go,” at that very instant Chadwick put it into practice and the fear was gone forever. Like gunpowder indeed was Bhagavan’s military disciple, Major Chadwick!

~ *Ramana Periya Puranam, (Inner Journey of 75 Old Devotees), Compiled by Sri V. Ganesan, Excerpt from: Major Chadwick, pg. 235*

THE UNIQUE STATE

“The Heart in which realization, the wealth of God’s grace, *Mauna*, shines profusely, is the unique state of oneness (kaivalyam). It *alone* conquers the hard-to-attain and diverse states of enjoyment, making them all pale into insignificance and cease.”

~ *Guru Vachaka Kovai, David Godman edition, verse 264, page 126*

IT IS SILENT

"It is unseen because it is colorless; it is unheard because it is *Silent*; if you try to grasp it, it will elude you, because it has no form. Because of its diverse qualities it cannot be summarized, yet it comprises an essential unity. On the surface it appears incomprehensible, but in the depths it reveals itself. It has been nameless forever! It appears and then disappears. It is the form of the formless, the image of the imageless. Its face cannot be seen in front, nor its back from behind. No one knows where it came from, or where it is going. Yet, by holding fast to the ancient Tao, the wise may grasp the present, because they understand the past. This is a clue to the Tao."

~ *Tao Te Ching*

THE ANSWER TO THE QUESTION 'WHO AM I?'

The answer to the question 'Who am I?' is only the *Silent* Jnana that shines as 'I-I' in the Heart. Sri Bhagavan explained, in verse thirty of Ulladu Narpadu, how the 'I-I' experience is a consequence of self-enquiry:

Questioning 'Who am I?' within one's mind, when one reaches the Heart, the individual 'I' sinks crestfallen, and at once Reality manifests itself as 'I-I'. Though it reveals itself thus, it is not the ego 'I' but the perfect being, the Self Absolute.

~ *Padamalai, by Muruganar, pg. 206, verse 22*

THE UNCHANGEABLE

"The unchangeable can only be realized in *Silence*. Once realized, it will deeply affect the changeable, itself remaining unaffected."

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

SILENCE IS ESSENTIAL

"*Silence* is essential. We need *Silence* just as much as we need air, just as much as plants need light. If our minds are crowded with words and thoughts, there is no space for us."

~ *Thich Nhat Hanh, 20th Century Vietnamese-born Buddhist Monk*

IT IS ONLY IN SILENCE THAT TRUTH IS REVEALED TO YOU

“Most of you here understand that it is the space between the words that are important. It is the same like the space between, "Who am I?" When you inquire, "Who am I?" you have become *Silent* and keep still, before you repeat, "Who am I?" again. That space is consciousness. When you are *Silent*, you are abiding in the Self. The only reason you do not become the Self, or feel you are the Self, is due to the fact that your mind is moving. Thoughts are moving in your mind. As you learn to become still, the mind becomes still and consciousness presents itself, for consciousness is already here, and you are That. It is not really in the words, for the words are the same as the body, the same as the world, the same as the universe. Words are maya. It is only in *Silence* that Truth is revealed to you.”

~ *Robert Adams, 20th Century American-born Advaita Sage*

GOD WILL WORK ON YOU IN THE SILENCE

"The deeper your interior *Silence*, the more profoundly God will work in you without your knowing it."

~ *Father Thomas Keating, 20th Century American-born Trappist Priest*

INNER SILENCE IS SELF-SURRENDER

D: Is a vow of silence useful?

M: “The ‘inner’ *Silence* is self-surrender. And that is living without the sense of ego.”

D: Is solitude necessary for a sannyasin?

M: “Solitude is in the mind of a man. One might be in the thick of the world and yet maintain perfect serenity of mind; such a person is always in solitude. Another may stay in the forest, but still be unable to control his mind. He cannot be said to be in solitude. Solitude is an attitude of the mind; a man attached to the things of life cannot get solitude, wherever he may be. A detached man is always in solitude.”

~ *Sri Ramana Maharshi, Maharshi’s Gospel*

TRUE SILENCE

“True *Silence* is the rest of the mind; it is to the spirit what sleep is to the body, nourishment and refreshment.”

~ *Quaker William Penn, 17th/18th Century English-born Religious Leader*

CANNOT BE KNOWN BY THE EGO-RIDDEN MIND

“The consciousness that is one’s True nature exists and shines motionless in the Heart, free from the pairs of opposites. It (this True nature) is *Mauna*, the culmination of Jnana that is not known by the ego-ridden mind, which is dull (tamasic) and demonic (rajasic) in nature.”

~ *Guru Vachaka Kovai, David Godman edition, verse 267, page 127*

DO NOT REST UNTIL YOU ARE THERE

“When you are *Quiet* it is Beauty, Joy and Stillness. It is effortless. Effort[ing] is to disturb your mind, effort[ing] is playing with corpses in the graveyard. Just contemplate that which is always *Silence*. Go to the Source. Do not believe anything, simply stay *Quiet* and return home and do not rest until you are there.”

~ *H.W.L. Poonja, ‘Papaji’, 20th Century Indian-born Advaita Sage, book, The Truth Is, pg. 19*

THEY ARE FEARLESS

“There is no poverty for the industrious. Sin does not attach itself to the person practicing japa (chanting of the holy names of the Lord). Those who are absorbed in *Maunam* (*Silent* contemplation of the Lord) have no quarrel with others. They are fearless who remain always alert.”

~ Chanakya Niti, verse 11, Chapter 3

THE REAL SILENCE

“If there is a sense of freshness and clarity in the *Silence*, if one’s awareness shines in such a way that one feels joyful and utterly Peaceful, this is more likely to be the real *Silence*. If this awareness, this wakefulness, is not there, it is better to continue with japa and dhyana [practices].”

~ *Annamalai Swami, 20th Century Indian-born disciple of Bhagavan Ramana Maharishi*

WAITING HERE...

"I will be waiting here. For your *Silence* to break. For your soul to shake. For your love to wake!"

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, Poet, and Sufi Mystic*

YOUR TRUE SELF

“Spend some time in the *Silence*. This is the way to your True Self.”

~ Robert Adams, *20th Century American-born Sage and Teacher of Non-duality*

NOTHINGNESS AND NOBODYNESS

“You feel you are a somebody (psychologically), as long as you have an image about yourself. In *Silence* there is no movement of those images at all, so you are nothing and nobody. To move in the world without any image of yourself is the crux of innocence.

The movement of *Silence* as nothingness and nobodyness - I call that religion. Uncluttered by thoughts, memories and experiences is the movement of *Silence*. Thoughts are not destroyed, but their movement comes to an end. They call it humility, egolessness. It is an indication of inner growth and maturity.

Identification with the particular is a fertile soil of suffering. With the disappearance of identification, only the wholeness remains.

Emptiness is the absence of the process of becoming. In the state of observation, there is an emptiness, a nothingness, which is the totality and therefore everythingness.”

~ Vimala Thakar, *20th Century Indian-born Spiritual Teacher, from ‘Himalayan Pearls’*

THE HIGHEST FORM OF GRACE

Question: Is the operation of Grace the mind of the Guru acting on the mind of the disciple, or is it a different process?

Ramana: “The highest form of Grace is *Silence*. It is also the highest teaching.”

~ Sri Ramana Maharshi, book, ‘Talks’, (Talk 518)

EVEN BEYOND SILENCE

“Abide as That in which there is neither any defect nor good quality, neither pleasure nor pain, neither thought nor *Silence*, neither misery nor austerities practiced for getting rid of misery, no “I-am-the-body” idea, no objects of perception whatsoever - and be always happy, free from all traces of thought.”

~ Ribhu Gita, Ch. 26, verse 6

NOT THIS, NOT THIS... EVEN THE VEDAS BECOME SILENT

Pushpadanta said, "Oh Lord of the world, Paramashiva, I am praising You but truly, Your greatness is beyond the reach of mind and speech. For this reason, how can I praise You? The Vedas, fearing that they cannot describe Your greatness adequately just say a few words in astonishment... 'Neti, neti' - not this, not this ... and then they become *Silent*."

~ Excerpt from Baba Muktananda talk on Mahashivratri, 1981 at the "Attaining the Self in the World" Intensive in Miami, Fl. USA

HOW TO REPENT

"If you truly want to repent, just sit in *Silent* Meditation, and see The Perfect Reality Within... For all manners of error, merely arise in erroneous thought; and like the morning dew - before the rising sun, can perfectly be eliminated through The Benevolent Light and Wisdom."

~ Robert Adams, 20th Century American-born Advaita Sage

THE 'I' IS LOST IN THE RADIANCE OF THE STATE OF SILENCE

"The state of being the best among the noble disciples is this: a constancy of mind whence springs forth the feeling of supreme devotion (parabhakti) that manifests when the 'I' is lost in the radiance of the state of *Silence*, the Supreme. Know and keep in your mind that this is itself the state of being the Guru."

~ Guru Vachaka Kovai, David Godman edition, verse 269, page 128

ALL ACTIVITY IS CREATIVE WHEN IT COMES FROM SILENCE

"*Silence* is the absence of oneself. Or rather, *Silence* is [even] the absence of absence. Sound which comes from *Silence* is music. All activity is creative when it comes from *Silence*. It is constantly a new beginning. *Silence* precedes speech and poetry and music and all art. *Silence* is the home ground of all creative activity. What is truly creative is the word, is Truth. *Silence* is the word. *Silence* is Truth. The one established in *Silence* lives in constant offering, in without asking, in thankfulness, in continual love."

~ The Book of Listening, by Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta

REMAIN QUIETLY

"Remain *Quietly* in the Self."

~ Yoga Vasishtha

SILENT MEDITATION

“*Silent* meditation in the mind, is higher than the best devotional praise [bhakti], or the uttering of sacred names [mantras] loudly or softly.”

~ *Ramana Maharshi, Upadesa Saram, The Essence of Instruction*

NOT THE IDEA OF SILENCE, BUT SILENCE ITSELF

“No particular thought can be mind's natural state, only *Silence*. Not the idea of *Silence*, but *Silence* itself. When the mind is in its natural state, it reverts to *Silence* spontaneously after every experience or, rather, every experience happens against the background of *Silence*.”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

JUST BEING, PURE BEING

“True *Silence* really means going deep within yourself to that place where nothing is happening, where you transcend time and space. You go into a brand-new dimension of nothingness. That's where all the power is. That's your real home. That's where you really belong, in deep *Silence* where there is no good and bad, no one trying to achieve anything. Just being, pure being.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

SILENCE HEALS

Q. So, how do you perceive us?

A. “I see you in the dream that is.”

Q. Your dream or a collective dream?

A. “Our collective dream.”

Q. Do you feel more protected?

A. “I no longer feel I am here, so you could say that I do. I am in the background. The foreground is occupied by *Silence*, tranquility, presence. I am ready to experience everything to the full, even while I am not there. This power guides. It knows what it has to do.”

~ *Yolande Duran-Serrano, 20th Century French-born woman with no interest in spirituality, was overwhelmed by a transformative spontaneous Silence. Author of the book 'Silence Heals'.*

THE PRIMAL SILENCE

“The guru, the benefactor of True Jnana, who truly shines as the Self that possesses unlimited splendor, is the primal *Silence* that puts to flight the perverse arguments that arise through the persistent stain of infatuation with the world.”

~ *Guru Vachaka Kovai, David Godman edition, verse 280, page 133*

SILENT TEACHER

“O’ *Silent* Teacher, thus you have initiated me into the main path of acquiring the Supreme Sivagnana [God knowledge]”

~ *Thayumanavar, (the ‘Silent Sage’), Thayumanavar’s Poems, pg. 28, verse 2*

MYSTIC SILENCE

“The experience of our own Existence, which is the Supreme Reality, Jnana Itself, shines as the Mystic *Silence* and is the True Self behind the fictitious first person ‘I’.”

~ *Benedictory verse 16, Guru Vachaka Kovai*

THE TRANSCENDENT SILENCE

“For at the gates of the Transcendent stands that mere and perfect Spirit described in the Upanishads, luminous, pure, sustaining the world but inactive in it, without sinews of energy, without flaw of duality, without scar of division, unique, identical, free from all appearance of relation and of multiplicity, the pure Self of the Advaitins, the inactive Brahman, the Transcendent *Silence*. And the mind when it passes those gates suddenly, without intermediate transitions, receives a sense of the unreality of the world and the sole Reality of the *Silence* which is one of the most powerful and convincing experiences of which the human mind is capable.”

~ *Sri Aurobindo, 19-20th Century Indian-born Philosopher, Poet, Yogi, and Maharishi, book, The Life Divine*

IN A WORLD OF NOISE

“In a world of noise, confusion and conflict, it is necessary that there be places of *Silence*, inner discipline and *Peace*. In such places love can blossom.”

~ *Thomas Merton, 20th Century American-born Trappist Monk*

THE IGNORANCE OR WRONG KNOWLEDGE "I AM THIS BODY"

“Know that Self, which is to be enquired into and attained in the Heart as the state of happiness through the requisite tapas or Self-attention, is only the state of *Silence*, which is experienced by removing the delusive and worthless knowledge of differences along with its root, the ignorance or wrong knowledge ‘I am this body’.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

NOT AGITATED OR EXCITED BY THE EVENTS OF THIS WORLD

“The liberated sage who is disinterested in the events of the past, present and future looks at the state of the world with amusement. Constantly engaged in appropriate action, established in the happy medium between two extreme and opposite points of view, he dwells unremittingly, rejecting every form of conditioning or intention. He rests in the Supreme state of plenitude; hence he is not agitated or excited by the events of this world. In all hostilities he is in the neutral position; yet endowed with compassion and consideration for all, he remains unaffected by the world-appearance. If he is spoken to, he answers simply and suitably; if not spoken to, he is *Silent*; he seeks nothing and he hates nothing. Thus he is not afflicted by the world. He says what is good for all, and when questioned he explains his views convincingly. He knows what is appropriate and what is inappropriate.”

~ *Yoga Vasistha, Swami Venkatesananda (Special Paper; 27, State University of New York Press)*

ITS UP TO YOU

"A *Quiet* mind, that's the definition of your Self. A *Quiet*, still mind. When your mind is *Quiet* you have bliss, you have love, you have compassion, you have Jnana [knowledge], wisdom. When your mind is noisy you have doubts, suspicions, anger, greed, jealousy. It's up to you."

~ *Robert Adams, 20th Century American-born Advaita Sage*

THE HIGHEST STATE

"*Silence* is the best expression and the highest state. It is a very rare state to live in. Everyone can use words; everyone can talk about God or any other word, but that is not the True experience. In the True experience there are no words at all. If you have found this *Silence*, you won't need any words at all. It's a very good place to be. It will be enough for you."

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

ENTERING INTO LASTING PEACE, ADORE IN SILENCE

“Who, being wise, and tasting that essence of Supreme bliss, would delight any more in things of emptiness? Who desires to look on a painted moon, when the moon, the giver of delight, is shining? For through enjoyment of unreal things, there is no contentment at all, nor any getting rid of pain. Therefore, contented by enjoying the essence of secondless bliss, stand thou rejoicing, resting on the Self that is True Being. Therefore, beholding thyself everywhere, and considering thyself as secondless, let the time go by for thee, mighty minded one, rejoicing in the bliss that is thine own. And wavering doubt in the Self of partless awakening which wavers not, is but of fancy's building; therefore, through the Self which is formed of secondless bliss, entering into lasting Peace, adore in *Silence*. In the *Silence* is the highest Peace, because wavering is the intellect's unreal work; there, the knowers of the Eternal, mighty-souled, enjoy unbroken happiness of partless bliss, recognizing the Self as the Eternal.”

~ *Book, Crest Jewel of Wisdom*

THE ETERNAL RESIDUE

“The guru abides as the *Silent* benefactor who reveals the light that shines as the one and only eternal residue. If his eyes, and the eyes of the disciple meet in total harmony, spoken words are redundant.”

~ *Guru Vachaka Kovai, David Godman edition, verse 286, page 136*

BEYOND EXPERIENCES

“Everything that you can ever imagine that you want to be, you already are. You are the imperishable Self that has always been, that you always will be, beyond birth, beyond death, beyond experiences, beyond doubts, beyond opinions, beyond whatever it is your body is going through. Whatever thoughts your mind thinks, you are beyond that. You are the *Silence*, the *Silence* of the Heart.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

SILENCE DISSOLVES ALL OBJECTS

“*Silence* is our real nature. What we are fundamentally is only *Silence*. *Silence* is free from beginning and end. It was before the beginning of all things. It is causeless. Its greatness lies in the fact that it simply is. In *Silence* all objects have their home ground. It is the light that gives objects their shape and form. All movement, all activity is harmonized by *Silence*. *Silence* has no opposite in noise. It is beyond positive and negative. *Silence* dissolves all objects.”

~ *The Book of Listening, by Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta*

SILENT AND WISE

“Knowledge of the imperishable Essence makes a worldly, active and eloquent man inactive, *Silent* and wise. What wonder that the holy Truth is shunned by those still attached to the pleasures of the world!”

~ *Ashtavakra Gita (as translated by Hari Prasad Shastri)*

NON-DUAL SILENCE

“The state of the experience of the one non-dual *Silence*, which is attained as the experience of the unlimited True knowledge, is only the shining of oneself as the empty space devoid of the false imagination which is the rising of the wicked ego-mind.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

NEVER SLIPPING FROM MAUNA

“Padam, whose True nature is Absolute liberation, does not slip from *Mauna* even when all the *karanas* [the mind, the senses and the physical organs] are in operation.”

~ Padamalai, by Muruganar, pg. 10, verse 50

THE REAL

“The real is experienced in *Silence*.”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

SILENT AS A SHATTERED GONG

“When you are still and *Silent* as a shattered gong, you will know Nirvana. Anger is not possible.”

~ *Dhammapada (Buddhist Scripture)*

HIDDEN INSIDE

"When I am *Silent*, I have thunder hidden inside."

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, Poet, and Sufi Mystic*

REALITY SHINES AS THE PERFECTLY PURE STATE OF MAUNA

Those of perfect and mature wisdom will declare: “Reality, the consummation of Jnana that shines in the perfectly pure state of *Mauna*, the hard-to-attain vedantic experience, will, through the Guru’s grace, spontaneously flare up and shine as ‘I-I’ within the Heart.”

~ *Guru Vachaka Kovai, David Godman edition, verse 287, page 136*

STILLNESS AND SILENCE

“The soft overcomes the hard; the flexible conquers the stiff; the ethereal penetrates the solid. This is why there is great advantage in stillness and *Silence* over movement and speaking. But few ever obtain the advantage, for few practice stillness and *Silence*.”

~ *Tao Teh Ching*

THE CHOICE YOU MAKE DETERMINES WHAT HAPPENS TO YOU

“Go into the *Silence* whenever you can. Become *Silent* at every opportunity. Again, how do you resolve the problems of your life? By becoming still! Not by looking for answers. Why? Because all answers come from the same source, the ego. It is the ego that prods you onward, and you're allowing it to happen. The choice is always yours. This is the freedom that you've got. To follow your ego or surrender your ego. That's the truth you've got. And life presents to you all kinds of situations. So you can make a choice. The choice you make determines what happens to you. Is anything more important than your salvation?”

~ *Robert Adams, 20th Century American-born Advaita Sage*

THE DRUM OF MAUNA

“Banging on the mighty, thunderous drum of *Mauna*, Padam possesses the liberality of abundantly bestowing the grace of Siva- Jnana [God knowledge].”

~ *Padamalai, by Muruganar, pg. 7, verse 34*

DOING NOTHING

“Sitting *Silently*, doing nothing, spring comes and the grass grows by itself.”

~ *Zen Master Matsuo Basho, 17th Century Zen Master known as the ‘Great Master of Haiku’.*

UNTOUCHED BY ANY KIND OF CONFLICT

“A religious mind implies a state of mind in which there is no fear at all, and therefore, no sense of security at any time; in such a mind, there is no belief whatsoever, only 'what is', what actually is.

In that mind, there is a state of *Silence*, which is not produced by thought, but which is the natural outcome of a great deal of awareness and attention. It is the result of meditation, in which the meditator is totally absent; then out of that comes a *Silence*, in which there is neither the observer nor the observed. In that *Silence*, one begins to discover for oneself the origin and beginning of thought and realizes that thought being always old, cannot discover anything new.

Finding all this out of that *Silence* - which is part of the religious mind - one knows a state of energy, which is untouched by any kind of conflict.”

~ *Jiddu Krishnamurti, 20th Century Indian-born Mystic and Spiritual Teacher*

DEVOID OF ALL THOUGHTS

“Since the *Silence* of Self, which shines through the pure mind [the pure existence-consciousness which is devoid of all thoughts], *alone* turns out to be the gateway to liberation, even though they proceed along any path which is agreeable to them, that gate *alone* is the final refuge.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

HE IS THE BEST AMONG MEN

"The mind itself is Brahmā the creator. It is in the very Heart of this creation and it alone does everything and destroys everything. When one thoroughly investigates all this it is clearly seen that the pure consciousness *alone* exists and nothing else. It is beyond description. At the end of the investigation utter *Silence alone* remains. Though engaged in all activities, it remains unaffected like space, as it were dumb. The enlightened one, therefore, attains a knowledge of the infinite and remains utterly *Silent*. He is the best among men."

~ *Vasistha's Yoga (The Story of the Hunter and the Deer, Page 675)*

SIT SILENT IN THY CONTEMPLATION

“O Supreme Lord, art Thou not cognizant of my internal desire to quench the fire of hunger by stuffing up my belly either with fruits or with unripe fruits or with dead leaves or vegetables and sit *Silent* in Thy contemplation in solitude, with my eyes closed forever?”

~ *Thayumanavar, (the 'Silent Sage'), Thayumanavar's Poems, pg. 91, verse 104*

HONGZHI'S "WANDER INTO THE CENTER OF THE CIRCLE OF WONDER"

The field of boundless emptiness
Is what exists from the beginning.
You must purify, cure, grind down,
Or brush away all the tendencies
You have fabricated into
Apparent habits.
Then you can reside in the
Circle of brightness.
Utter emptiness has no image,
Upright independence does not
Rely on anything.
Just expand and illuminate
The original truth unconcerned
By external conditions.

The whole affair functions
Without leaving traces,
And mirrors without
Obscurations.
Very naturally mind and
Dharmas harmonize.
An ancient said that non-mind
Enacts and fulfills the way
Of non-mind.
Enacting and fulfilling the way
Of non-mind, finally you can rest.

With thoughts clear,
Sitting *Silently*,
Wander into the center
Of the circle of wonder.
This is how you must
Penetrate and study.

~ *Hongzhi Zhengjue, 12th Century Chan Buddhist Master (1091~1157)*

THOUGHT-FREE

"The thought-free experience of the Self is *Silence*."

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

SILENT AND BLISSFUL

“Maya, the great power inherent in consciousness, does not exist apart from Brahman, the perfect primal entity. For her to play the gambling game every day, her game pieces are the three primal entities: the jiva, God, and the world. The game board, the basis for her game, is Brahman, the first and foremost one, who is *Silent* and blissful. Is it not a wonder?”

~ *Guru Vachaka Kovai, David Godman edition, verse 1215, page 515*

SELF-REALIZATION THROUGH SILENT MEDITATION

“You can never find yourself when the thoughts of others and the non-existent outer world crowd into your inner space. One must learn to meditate in simple empty *Silence*.

In this inner emptiness, *Silence*, stillness, the full Truth of the universe comes to you. There is no outer world. It is passing into nothingness again before your very eyes.

Every day and night, let yourself go into deepest *Silent* meditation. Anywhere, anytime, for no reason at all - except that you wish to feel god's love pouring through you more than the day before. We all want to be-loved.

Take the time, dear sweet ones, sweet hearts, to experience and prove to yourself that you can let go of self-judgments and feel loved, feel love itself, and radiate your True nature to all about you, simply by being *Silent*, witnessing and feeling the universal love in your own physical form. All and everything is healing through the love you are.”

~ *Babaji Nagaraj 203 AD, Indian-born Himalayan Yogi and Guru*

THE HOUSE OF SILENCE

“My friend, I am not what I seem. Seeming is but a garment I wear; a care-woven garment that protects me from thy questionings and thee from my negligence. The ‘I’ in me, my friend, dwells in the house of *Silence*, and therein it shall remain forever more, unperceived, unapproachable.

I would not have thee believe in what I say nor trust in what I do - for my words are naught but thy own thoughts in sound and my deeds thy own hopes in action.”

~ *Khalil Gibran, 20th Century Lebanese-American writer, Poet, Philosopher*

THE SELF

“The radiance of consciousness-bliss in the form of one awareness shining in the same way within and without is the supreme and blissful primal Reality whose form is *Silence* and which is declared by Jnanis to be the ‘final and incontrovertible state of True knowledge’.

Let us fix our thoughts only upon the perfection of Sivam, formless, motionless, free of all attributes, flourishing as the form of True Jnana that possesses in abundance a unique excellence which may never be thwarted by the unreal bondage of the world's illusion, as the fullness whose nature is Mauna, and as that whose majesty shall never be dimmed.

Let us fix our thoughts upon the absolute perfection whose nature is the *Mauna* that never perishes, that exists as the surpassing purity of grace's expanse, as the Truth of the Self that shines within the Heart as indestructible Jnana for those who, entering the Heart, know the 'I', having abandoned the pathways of the five senses.”

~ *Padamalai, by Muruganar, pg. 32*

SO INCOMPREHENSIBLE

“The presence of something, the blissful feeling is only a part of it. But all that becomes Transcended. All that disappears. The True *Silence*, what you're referring to is a billion trillion times greater than the bliss you're talking about. It is something so incomprehensible that if it came to you your whole body would be destroyed. The body will not be able to handle it. That's why it only comes when you've had the realization that you are not the body because then there will be no body that will be destroyed. It never existed so it can't be destroyed.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THE SILENCE OF NO SELF

“Our ordinary frames of reference have disappeared [with the end of self], leaving an empty mind, and since the mind can hang on to nothing, it must remain in the darkness of its own un-understanding. Initially, it is not only the thinking powers of the mind that are *Silent*, but it is every cell of the sponge that has been rung out and must wait in emptiness for the breezes that will carry it along. Here we have encountered a mysterious, unique type of *Silence*; and since it is not of the self, it is as nothing ever experienced before - it is the permanent *Silence* of no-self.”

~ *Bernadette Roberts (book, Experience of No Self, pg. 89)*

OFFERING UP THE EGO

“The disciple should first offer himself, the ego, as *naivedya* (a consecrated offering) to the *Mauna* Guru, the perfect Reality. Seizing experientially in the Heart the *Atma-swarupa* that then shines as the residue in consuming the leftover food of the Guru, which surpasses even the immortalizing ambrosia.”

~ *Guru Vachaka Kovai, David Godman edition, verse 302, page 140*

THE DEEP SILENCE OF REALITY

"In Reality only The Ultimate 'IS'... the rest is a matter of 'Name and Form'. And as long as you cling to the idea that only what has name and shape exists, the Supreme will appear to you non-existing.

When you understand that names and shapes are hollow shells, without any content whatsoever, and what is real is nameless and formless; pure energy of life, and light of consciousness, you will be at Peace – immersed in the deep *Silence* of Reality."

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

AVOID THE VEILING OF YOUR NATURE

"That which has no name or form has millions of names: Being, Awareness, Bliss, Isness, Atman, Truth, Self, Auspiciousness, Beauty, Freedom, Divine Love, Fullness, Emptiness, Consciousness, Nowness, Effortlessness, Hereness, *Silence*, Brahman. As the tongue speaks the word 'tongue' so you speak these names. To avoid the veiling of your nature with preconceptions, Buddha spoke of Self in negative terms like Anata, Untouched, Unmanifest, Unseen, Unapproachable, Unknowable, and Unstained."

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

MIND IS EMPTY BECAUSE MIND HAS NOTHING BUT WORDS

“Remember, *Silence* is not emptiness. To the reason, it may appear that *Silence* is emptiness – it is not. *Silence* is the most fulfilled moment possible. It is not only fulfilled, it is overflowing. But it is of a *felt* significance. The Heart is not empty; it is the only thing which is full. The mind is just empty because mind has nothing but words. And what are words? – ripples in emptiness. And what is *Silence*? – *Silence* is the Total.”

~ *Osho (Bhagwan Shree Rajneesh), 20th Century Indian-born Mystic and Spiritual Leader, book, Returning to the Source, Talks on Zen, Ch. # 1.*

THERE IS REALLY NOTHING TO SEARCH FOR

“By becoming *Silent*, through *Silence*. By allowing my mind to empty itself of all thoughts, and as I keep on watching my mind in action, without responding, I notice something very interesting happening to me. I notice that I feel happier. I feel more Peaceful and I feel more powerful. I notice that I've lost my fears, my frustrations, and even my searching for Truth has slowed down, for I am beginning to understand that there is really nothing to search for.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THE LANGUAGE OF THE REALIZED

“*Silence* Is the speech of the spiritual seeker. You can experience divine bliss only in absolute *Silence*. *Silence* Develops Love. *Silence* is the only language of the realized. Practice moderation in speech. That will help you in many ways. It will develop love, for most misunderstandings and factions arise out of carelessly spoken words. When the foot slips, the wound can be healed; but when the tongue slips, the wound it causes in the heart of another will fester for life.

The tongue is liable for four big errors: uttering falsehood, scandalizing, finding fault with others, and excessive articulation. These have to be avoided if there is to be Peace for the individual as well as for society. The bond of brotherhood will be tightened if people speak less and speak sweetly. That is why *Silence* was prescribed as a vow for spiritual aspirants by the scriptures. You are all spiritual aspirants at various stages of the road, and so this discipline is valuable for you also.”

~ *Sathya Sai Speaks, Volume I, Chapter 10: Viveka and Vairagya.*

SWARUPA AND ATMA-SWARUPA

Swarupa and Atma-swarupa are key terms in Padamalai. Atma denotes the Self and Swarupa can be translated as 'real nature' or 'real form'. The word Swarupa also occurs frequently by itself, not qualified by Atma. The two terms are mostly interchangeable, since they both denote the Reality of the Self, but if a distinction is to be made, I would say that Atma-swarupa denotes the Self shining as 'I', whereas swarupa denotes the underlying Reality that pervades and supports all manifestation. One should not pursue this difference too far, though, since Muruganar would often allow the metre or contents of the poem, rather than philosophical exactitude, to determine which of the two terms he used.

Bhagavan himself often did not make distinctions between the various words that denote the Self (*Mauna*, the Heart, Brahman, and so on), preferring instead to see them all as synonyms for the same fundamental Reality. Jiva, sometimes translated as 'soul', is the individual self. When it associates with the mind and identifies with it, it loses the knowledge that its True nature is the underlying Reality, the Self.

~ *Padamalai, by Muruganar, pg. 33, verse 8*

THE EGO IS THE BASIS OF ALL DIFFERENCES

“The ignorant ego is the cause of the appearance of the utter delusion, the profitless feeling of difference. This [feeling of difference] makes you regard the non-dual supreme Reality, the Atma-swarupa, the real nature of Guru and Siva, a split up into Guru-disciple, Siva-jiva, and so on. The True meaning of namaskaram that you perform to them [Siva and the Guru], fully aware and in a fitting manner, is only the *Mauna* in which the ignorant ego does not arise even slightly in the Heart.”

Muruganar commentary: As the knowledge of differences is ajnana [ignorance], it is said to be ‘the profitless feeling of difference’. Knowledge of multiplicity is ignorance, says Ulladu Narpadu. Unless the ego-mind first rises, there will be no room for the appearance of differences, which are many. Therefore, the ego is the basis of all differences. Since the rise of the ego differentiates Guru and Siva from oneself, only the *Mauna* in which the ego ceases is the Truth of the upasana [worship] that unites them [Guru and Siva] with the Heart. While saying that *Mauna alone* is the meaning of namaskaram, in addition he [Bhagavan] has described [in this verse] the nature of *Mauna*. It is this *Mauna* that is described as ‘*pure Silence*’ by Thayumanavar. The Tamil poet-saint Thayumanavar composed the following verse on ‘*pure Silence*’ (*Thayumanavar ‘Paraparakkanni’, verse 276*):

“O Supreme of Supremes!
If the *pure Silence [suddha Mauna]*
Arise within me,
My mind will be *Silence*,
My actions and words,
All will be *Silence*.”

~ *Guru Vachaka Kovai, David Godman edition, verse 310, page 144*

THE BHAGAVAD GITA ON SILENCE

“Contentment of the mind, amiable temperament, *Silence*, religious meditation and good thoughts reflect austerity of the mind.”

~ *The Bhagavad Gita (Ch. 17, Verse 16)*

THE PURE SUPREME SILENCE

Attending unceasingly and with a fully concentrated mind to Self, which is the non-dual perfect Reality, *alone* is the pure Supreme *Silence*; on the other hand, the mere unthinking laziness of the dull mind is nothing but a defective delusion. Know thus.

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

NEITHER INSIDE NOR OUTSIDE

“*Silence* has nothing to do with mind. It cannot be defined but it can be felt directly because it is our nearness. *Silence* is freedom without restriction or center. It is our wholeness, neither inside nor outside the body.”

~ *The Book of Listening, by Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta*

ALL A DREAM

“You simply have to practice or awaken by sitting in the *Silence* and then you will know for yourself. But if you let yourself get involved in mental thoughts and mental ideas in the objective world then you will seem to experience karma, reincarnation, different planes of existence - that is all a dream.”

~ *Robert Adams, 20th Century American-born Advaita Sage*

STAY STEEPED IN SILENCE

“Of them that receive it are the souls blessed with Grace. Great indeed are they; born they will never after be; nor dead be; but in *Silentness* steeped remain.”

~ *Thayumanavar, (the ‘Silent Sage’), Thayumanavar’s Poems, pg.4, verse 5*

HOLD ON TO YOUR PEACE

“What you learn in meditation, practice in activity and conversation; let no one dislodge you from that calm state. Hold on to your Peace... Don’t spend precious time and energy in idle talk. Eat in *Silence*; work in *Silence*. God loves *Silence*.”

~ *Paramahansa Yogananda, 20th Century Indian-American Hindu Monk, Yogi and Guru*

INTO TOTAL SILENCE

"When I concentrated my attention on the point of waking, the Vedas folded their palms in Surrender, and went into Total *Silence*."

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

WHERE CAN SILENCE BE?

“It is only in alert *Silence* that Truth can be.”

~ *Jiddu Krishnamurti, 20th Century Indian-born Mystic and Spiritual Teacher*

TRUE WORSHIP IS THE DESTRUCTION OF THE ‘I’

“Bear in mind that the True puja [worship] to the Jnana Guru is only the Self-abidance in which the vasana-free *Mauna* surges once the disciple consciousness that proclaimed itself as ‘I’ is destroyed by the raging fire of the consciousness of the Jnana Guru, he who is God himself.”

~ *Guru Vachaka Kovai, David Godman edition, verse 311, page 145*

THE EXALTED TAPAS OF MAUNA

“Beauteous Padam, which is True knowledge, the exalted tapas of *Mauna*, will destroy empirical knowledge, which is multifarious. Tapas is generally defined as being ‘an intense spiritual effort’, often involving some sort of bodily mortification, whose aim is to burn off spiritual impurities. Bhagavan sometimes remarked that abidance in *Mauna*, though it may look like a state of effortless *Quietude*, is in fact a state of intensely focused activity.”

~ *Padamalai, by Muruganar, pg. 36, verse 24*

I CAN THEREFORE BE MYSELF, SILENCE

“Now when we talk about absolute Reality, or Parabrahman, there are no words, for everything I would tell you about that would be superfluous. We therefore learn to keep *Quiet*. We no longer get involved in complications. We keep our lifestyle simple. We actually stop worrying about the future, about our existence or about anything else. Something tells us from within that the same power that knows how to make apples grow on apple trees, flowers bloom so beautifully, mangos grow on mango trees, wheat grow in the fields, and yet there's just enough sun, just enough rain, just enough of everything to sustain and maintain their growth. Something tells me that the same power knows how to take care of me. I can therefore be myself, *Silence*.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THE SILENCE OF THE WORLD

“Stop the noise of your mind, and you will know the *Silence* of the world.”

~ *M. R. Bawa Muhaiyaddeen (book, “The Golden Words of a Sufi Sheikh”)*

THE FINAL DOORWAY

“Since only *Mauna (Silence)*, the Swarupa² that shines through the pure mind, abides as the final doorway to liberation, whichever of the accepted paths a person may hold onto and advance along, that doorway [*Mauna*] ‘alone’ is the ultimate entry point and refuge.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1185, pg. 504*

THE BLISSFUL STATE OF TRANSCENDENT SILENTNESS

“When I think, I will have to shuffle this body I swoon in fear, my heart trembling. Long, long indeed is the distance between the blissful state of Transcendent *Silentness* and this ignorant one.”

~ *Thayumanavar, (the ‘Silent Sage’), Thayumanavar’s Poems, pg. 4, verse 4*

THE INNER SILENCE OF WORSHIP WITHOUT WORSHIPPING

“Know that the inner *Silence* – the undecreasing strength of unceasingly praising and worshipping, without worshipping, the Feet of Lord Shiva by the beautiful Supreme word [paravak], which is the pure unrising speech [that is, worshipping by Self-attention, the non-rising of the ego] – *alone* is the True and natural worship of the Reality.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

ALL MUST BE INDRAWN AND QUIETED

“The out-going senses, seeing, hearing, smelling, touching, tasting; the restless mind and the intellect: all must be indrawn and *Quieted*.”

~ *Katha Upanishad (estimated to be written between the 5th and 1st century)*

WILLINGNESS IS RARE

“Keep *Quiet*, undisturbed, and the wisdom and the power will come on their own. You need not hanker. Wait in *Silence* of the Heart and mind. It is very easy to be *Quiet*, but willingness is rare. Stay without ambition, without the least desire, exposed, vulnerable, unprotected, uncertain and *alone*, completely open to and welcoming life as it happens.”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage, book, “I Am That”, Ch. 95, Accept Life as it Comes*

² *Swarupa* - One’s true nature; the Self. ॐ

DO NOT CONCERN YOURSELF WITH THIS WORLD

“You see, the beautiful thing about all of this, you are already enlightened. You are already Self-realized. But you refuse to believe it. How do you refuse to believe it? By completely believing everything else. By feeling the world. By allowing all conditions to annoy you, to bother you, to react to them. This hides your Reality as if you were hypnotized. And you believe there's a world with others. Believing there is a world that you have to overcome, conditions you have to transcend, and then you have a battle on your hands.

The Truth is you have nothing to transcend, nothing to overcome. *Silence* is your Reality. Stop thinking. Be *Silent*. Be *Quiet*. Allow the mind to become *Quiescent*. Never mind what's going on. What is going on is always going on, and will keep going on when you've gone. Do not concern yourself with this world, or get caught up in it, and it will be like the world will come and go. Sitting back from the world, you remember who you really are, what you really are. You have absolutely nothing to do with this world. I know it sounds strange when I say this, but you have absolutely nothing to do with this world. Nothing. This world doesn't belong to you at all.

For you are not here at all. There are no mistakes. Where are you? You are nowhere, yet you're everywhere. Why ponder these things? Why think about these things? Just be your Self. Refuse to acknowledge the world, and worldly things. Know yourself as Pure Awareness, effortless, choiceless, Pure Awareness. Know yourself this way. Yet you think you're somebody else. You think you are a male, or female, you have a name, you have a profession, a program, and you refer to yourself as these things. But I tell you, you are not these things at all. Drop these things. Get rid of your pride, your ego.”

~ Robert Adams, 20th Century American-born Advaita Sage, book, *Silence of The Heart*, 1999 edition.

THE MAUNA THAT IS BEYOND THE MIND

“To destroy the form of the mind, inquire into the ego, the delusion, and enter the Heart. Only this is the puja [worship] to the lotus feet of the Guru's holy form, he who abides in the *Mauna* that is beyond the mind.”

~ Guru Vachaka Kovai, David Godman edition, verse 319, page 147

THE TRANSCENDENT, NON-DUAL MAUNA

“In a Heart in which the mind is dead the lustrous Padam excels as the Transcendent, non-dual *Mauna*.”

~ Padamalai, by Muruganar, pg. 45, verse 65

ONLY EXISTENCE ITSELF REMAINS – YOU ARE ETERNAL EXISTENCE ITSELF

“You have been given a concept by most of the teachers that there is darkness, and that you have to spend your whole life clearing this darkness. No one speaks about light; everyone is trying to remove darkness and ignorance when it does not really exist.

First of all, look for yourself! Has anyone seen any ignorance? Sometimes when people who come to see me come closer to keeping *Quiet* they say, "I do not understand." What is there to understand? Simply keep *Quiet* - this is what you really are. How can there be any doubt? In keeping *Quiet* you discover what you really are. Through spiritual practices you overlook the one who is causing this to happen. Who is involving your limbs in the practice, your intellect in the practice? Who is causing your mind to be involved in trying to get understanding? If the one causing activity is not there you cannot conduct any practice. This is why I tell you to simply keep *Quiet*. Then you will know what you truly are and what you have always been, and this is indestructible. All else will be destroyed, only Existence itself remains. The Truth will always remain - it 'Is' - it is eternal. That which is not this Truth does not exist at all.

You have two choices. Either you follow most teachers and spend your life trying to clean out the mind. First you will have to find out if the mind exists. No one has seen the mind. Even if you found it, how do you propose to clean it? Everyone is practicing cleaning the mind but there is no one so far who has cleaned it. Where is this mind to be cleaned? The second choice is to keep *Quiet* and you will know who really you are. This is very simple. It is not going to take you time; in fact, time does not appear. There is nothing outside that can help you, you have just to keep *Quiet* - that's all - and you will know then you are eternal. You are Eternal Existence itself.”

~ H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage

SOAKED IN THE PERFECT AND NATURAL STATE OF SILENCE

“Only those who have known their Reality to be Shiva [the Self], are those who are soaked in the perfect and natural state of *Silence*. Therefore, having removed the 'I'-sense in anything other than Shiva [that is, having given up one's identification with all adjuncts such as the body], abide without action in Shiva.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

CRAZY FOOLS WITH CONFUSED MINDS...

“Many are the evils [that arise] if one associates with crazy fools with confused minds who babble with their 'holy' mouths. Know that only association with those in whom the mind has died and pure *Mauna* shines, is excellent association.”

~ Guru Vachaka Kovai, David Godman edition, verse 329, page 151

ABSOLUTELY FREE FROM THE LEAST MOVEMENT OF THOUGHT

“Instantly, there arose from the ashes a radiant being with four arms like lord Visnu. Uddalaka [a Vedic sage] shone like a divinity, his whole being transmuted into a divinity. The life-force filled the inner kundalini which was spread out like a spiral. Uddalaka’s body had thus been completely purified. Then he, who was already seated in the lotus posture, made the posture firm, ‘tied up’ his senses and proceeded to make his consciousness absolutely free from the least movement of thought. With all his strength he restrained his mind from distraction. His half-closed eyes were still and motionless. With his mind established in inner *Silence*, he equalized the movement of the twin life-forces (prana and apana), and he withdrew his inner senses from contact with their objects, even as oil is separated from the seed. Thereupon he became directly aware of the mental conditioning created by past experiences, and unconditioned the awareness and made it pure.”

~ *Yoga Vasistha, Swami Venkatesananda (Special Paper; 27, State University of New York Press)*

THE POWER OF THE SILENCE IS AT WORK

“When you sit in the *Silence* the power of the Self is at work. Even though your mind is still thinking thoughts. As long as you're sitting in your *Quiet* and you don't talk, no noise is going on, even though the mind may be busy, the power of the *Silence* is at work. When you talk a lot, have too many conversations maya [illusion] is at work. Maya rules over you. I'm not speaking of in satsang [gathering in a group to inquire into our True nature] in particular. I'm speaking of in your home, at work, always have very little to say and you'll be safe.”

~ *Robert Adams, 20th Century American-born Advaita Sage*

ANCHOR OF THE UNIVERSE

“When there is *Silence*, one finds the anchor of the universe within oneself.”

~ *Lao Tzu, 571 BC, Chinese-born philosopher and author of the Tao Te Ching*

AS EYES IN SILENCE

"Don't wish for union! There's a closeness beyond that... Fall in love in such a way that it frees you from any connecting. Love is the soul's light, the taste of morning; no me, no we, no claim of being... As eyes in *Silence*, tears, face: love cannot be said."

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic*

THE HIGHEST FORM OF UPADESA (TEACHING)

“*Quiescence*, or *Mauna [Silence]*, is the exalted state of abidance in the Self. It also constitutes the highest form of upadesa [teaching].”

~ Sri Ramana Maharshi, text, *Origin of Spiritual Instruction (Cf. Dakshinamurti Stotram)*

EVERYTHING ELSE IS YOUR IMAGINATION

“Remember one thing: except for *Silence*, everything else is your imagination.”

~ Osho (Bhagwan Shree Rajneesh), *20th Century Indian-born Mystic and Spiritual Leader*

NO INTERMEDIARY

“*Silence* is joyful, not pleasurable. It is not psychological. It is feeling without a feeler. *Silence* needs no intermediary.”

~ *The Book of Listening*, by Jean Klein, *20th Century French-Born Teacher of Advaita Vedanta*

THE TALK IS IN YOUR WORLD

Q: What distinguishes your world from mine?

M: “My world has no characteristics by which it can be identified. You can say nothing about it. I am my world. My world is myself. It is complete and perfect. Every impression is erased, every experience - rejected. I need nothing, not even myself, for myself I cannot lose.”

Q: Yet we are talking.

M: “The talk is in your world. In mine - there is eternal *Silence*. My *Silence* sings, my emptiness is full, I lack nothing. You cannot know my world until you are there.”

~ Sri Nisargadatta Maharaj, book, *I Am That*, chapter 23, *Discrimination Leads to Detachment*

IMPOSSIBLE TO THINK ABOUT

“The True vision of Reality that is free from the veiling ignorance is the state in which one shines in the Heart as the ocean of bliss, the inundation of grace. In the *Mauna* experience that surges there as wholly Self, and which is impossible to think about, not a trace of grief or discontent exists for the jiva.”

~ *Guru Vachaka Kovai*, David Godman edition, verse 350, page 158

THE STILLNESS WAKES YOU UP AND YOU BECOME FREE

“For a complete awakening the words have to go. There are really no words. As an example, Self-Inquiry brings you to the place where you inquire, "Who am I?" But it is not the "Who am I?" that wakes you up. It is the *Silence* after you say, "Who am I?" And you keep still. Then the time comes when the stillness wakes you up and you become free.”

~ Robert Adams Satsangs, *The Collected Works*, pg. 1,352

SPONTANEOUS FUNCTION OF SILENCE

“When *Silence* functions, it is beyond any speech. It is beyond any action. It is spontaneous. It is the spontaneous function of *Silence*. Everything comes to our lap. Everything comes to our lap in the waves of thought, in the waves of our understanding, in the waves of realization.”

~ Maharishi Mahesh Yogi, *Parliament of Invincible Nations of Europe*, November 20, 2007

THE SILENCE OF THOUGHT

“The death that meditation brings about is the immortality of the new. The new is not within the area of thought, and meditation is the *Silence* of thought.”

~ Jiddu Krishnamurti, book, *The Only Revolution*

NEITHER REMEMBERING NOR FORGETTING

“Padam, the nature of *Mauna*, can only be experienced in the pure tranquility where there is neither remembering nor forgetting, and not by the rising, objectifying consciousness.”

~ *Padamalai*, by Muruganar, pg. 52, verse 109

CRYSTAL CLEARNESS

“In the attitude of *Silence*, the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness.”

~ Mahatma Gandhi, 19-20th century Indian-born Spiritual Leader of India

YOU HAVE SIMPLY TO REMOVE THE THINGS OF THE WORLD

“It is only in the *Silence* that the ultimate Truth comes to you. It is only when your mind becomes *Quiescent*, calm, like a motionless lake. A motionless lake reflects the stars, the moon, the sun. But a lake that’s noisy, vibrating, reflects absolutely nothing. In the same instance, a being whose mind has become motionless, whose mind has become calm, relaxed, peaceful, begins to reflect their own divinity, begins to reflect pure awareness, nirvana, emptiness. That always comes by itself. The ultimate Reality is already there. You do not have to search for it. No one can give it to you. You have simply to remove the things of the world.”

~ Robert Adams, *20th Century American-born Sage and Teacher of Non-duality*

SILENCE OF THE HEART

“Even as the wonder of the stars in the heavens only reveals itself in the *Silence* of the night, so the wonder of life reveals itself in the *Silence* of the Heart.”

The Bhagavad Gita (Classics of Indian Spirituality) by Eknath Easwaran

THE END POINT OF JNANA

“Only *Silence*, which is the end point of Jnana [the direct knowledge of the Reality that is the Self], is that True vision which is the profound Truth of Vedanta.”

~ Sri Ramana Maharshi, *20th Century Indian-born Advaita Sage*

SILENCE, THE LANGUAGE OF HEAVEN

“There is a huge *Silence* inside each of us that beckons us into itself, and the recovery of our own *Silence* can begin to teach us the language of heaven.”

~ Meister Eckhart, *13th Century German-born Catholic priest, poem, ‘The Language of Heaven’*

IF THOUGHTS ARISE, BE INDIFFERENT TO THEM

“I told you that if thoughts arise, to be indifferent to them. Keep *Quiet* and make no effort and there will only be Awareness of Awareness. Don't repeat the things that I speak of, but have an experience.”

~ H.W.L. Poonja, ‘Papaji’, *20th Century Indian-born Advaita Sage*

THE SILENT STATE OF MOUNA ALONE

“O’ Thou art the One Essence of everything in the cosmos. Thou art the Ether, Thou art the five elements, Thou art the sound, Thou art the Vedas and the Vedanta, Thou art the final end and fruit of all inquiries and researches, and, in short, Thou art immanent in all objects of the senses and of the intellect. The *Silent* state of *Mouna alone* can realize Thy own Divine nature.”

~ *Thayumanavar, (the ‘Silent Sage’), Thayumanavar’s Poems, pg. 42, verse 52*

THE REAL ‘I’ WILL RISE UP SPONTANEOUSLY

“The ego that has reached the expanse of *Mauna* and perished there, shines as the space of Jnana. Therefore, when the false ego reaches the source and perishes like a false dream, the real ‘I’ will rise up spontaneously.”

~ *Guru Vachaka Kovai, David Godman edition, verse 364, page 164*

THERE IS NO SUCH THING AS A PERSON

"There is nothing to figure out, and nothing to understand. You are not a person. There is no such thing as a person. The so-called person is merely a thought in the mind of God. In Truth, it is not even that. There is only pure Awareness, Consciousness, formless, unborn, and undying, and that is who you are. How can the apparent mind possibly comprehend this? It is not possible. The finite can never understand the infinite. The mind does not exist. You are free now. You have always been free. You have absolutely nothing to let go of, nothing to overcome, and nothing to attain. You have no samskaras, no problems, and no karma. Whatever seems to happen to your mind and body has nothing to do with you (the 'Real' you). When you truly understand this, you are free. Seek the Source of the mind, the Source of the I-thought, by constant patient self-inquiry. When the mind is *Quiet*, you shine in all your glory. Be yourself and be happy."

~ *Robert Adams, 20th Century American-born Advaita Sage*

OF WHAT VALUE IS IT?

"If a spiritual experience fails to engender humility, charity, mortification, holy simplicity, and *Silence*, etc., of what value is it?"

~ *St. John of the Cross, text from "The Ascent to Mount Carmel" Bk. 2. Ch. 29. Verse 5*

GOD IS THE FRIEND OF SILENCE

“We need to find God, and he cannot be found in noise and restlessness. God is the friend of *Silence*. See how nature-trees, flowers, grass-grows in *Silence*; see the stars, the moon and the sun, how they move in *Silence*.”

~ *Mother Teresa, 20th Century Albanian-Indian Catholic Nun*

THE SILENCE BEFORE WORDS

“The *Silence* before words were spoken, is it different from the *Silence* that came after?”

~ *Sri Nisargadatta Maharaj, book, I Am That, p. 359*

INSIDE THE CENTER OF YOUR OWN BEING

“You are all searching for the *Silence* of the mountain. But you’re looking for something outside. This *Silence* is accessible to you right now, inside the center of your own being.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

WORSHIP

"The first stage of worship is *Silence*."

~ *Prophet Muhammad (Hadith, Essential Sufism, p.89)*

YOU GO DEEPER AND DEEPER INTO THE SILENCE

“One day, as you keep following the 'I,' as you keep abiding in the 'I,' you find that your mind stops working. I don't mean you drop dead. I mean your thoughts have dissipated and you have found the *Silence*. Now you stop abiding in the 'I' and you begin to abide in the *Silence*. You sort of realize you're finished with the 'I.' Now you've got another battle, so-to-speak. You go deeper and deeper into the *Silence*.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

OFFERING THE MIND TO THE TEACHER

“Padam [the Self] cannot be gained except through the method of dana* [offering]. Other than through *Mauna*, Padam is entirely unattainable.”

*Dana is the offering that a disciple gives to his teacher... dana is giving the *mind* to the teacher, and remaining in *Silence* thereafter. Bhagavan [Ramana Maharshi] himself never encouraged or accepted any other form of dana in return for his teachings.

~ *Padamalai*, by Muruganar, pg. 53, verse 116

YOU BECOME AWARE OF THE ESSENTIAL CORE OF YOUR BEING

“Become conscious of your consciousness. And in that very becoming, in that very *Silence* - when you are only conscious of your consciousness and not of any other content - no thought, no desire, no dream - you are just conscious of your being conscious, the mirror is reflecting itself and nothing else... in that moment, something immensely miraculous happens. You become aware of the divine, you become aware of the essential core of your being.”

~ *Osho (Bhagwan Shree Rajneesh), 20th Century Indian-born Mystic and Spiritual Leader*

WITHOUT DESIRE AND FEAR

“The body has its urges and mind its pains and pleasures. Awareness is unattached and unshaken. It is lucid, *Silent*, Peaceful and unafraid, without desire and fear. Meditate on it as your True being and try to be in it in your daily life and you shall realize its fullness.”

~ *Sri Nisargadatta Maharaj, book, 'I Am That'*

THE FINAL TRUTH

“O’ the Ninamala one, possessing the Divine Grace and wearing the cool moon as Thy Head ornament! Thou didst manifest Thy spiritual nature to Thy devotees under the banyan tree in the North and revealed to them Thy sacred symbol of chinmudra [yogis hand gesture] which changed and deified their human nature. This *Silent* teaching of Thine disclosed to us at once the final Truth that the next step or Sadana to moksha consists in the harmonious state of Thy *Silent* Meditation, wherein *alone* Thou wilt be manifest and discernible to Thy devotees.”

~ *Thayumanavar, (the 'Silent Sage'), Thayumanavar's Poems, pg. 124, Verse 135*

ALL RELATIVE KNOWLEDGE IS A DREAM

Muruganar: “If I were to declare the experience that arose through the instructions of my guru, it would be: ‘All that I perceived before as a forest of attachments is none other than the unuttered expanse of *Mauna*, True Jnana. All relative knowledge, which is insignificant, is a dream.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1240, page 521*

QUIET MIND

“That which is eternal cannot be sought after; the mind cannot acquire it. It comes into being when the mind is *Quiet*, and the mind can be *Quiet* only when it is simple, when it is no longer storing up, condemning, judging, weighing. It is only the simple mind that can understand the real, not the mind that is full of words, knowledge, information. The mind that analyzes, calculates, is not a simple mind”.

~ *Jiddu Krishnamurti, book excerpt from: ‘The Book of Life’*

WHAT IS MOUNA [SILENCE]?

“That state which Transcends speech and thought is *Mouna (Silence)*. That which is, is *Mouna (Silence)*. How can *Mouna (Silence)* be explained in words? Sages say that the state in which the thought ‘I’ [the ego] does not rise even in the least, *alone* is Self [swarupa] which is *Silence [Mouna]*.”

~ *‘Be As You Are’, book, The teachings of Sri Ramana Maharshi, edited by David Godman.*

ALL PROBLEMS ARE OF THE MIND

“The Sage will never interfere in your life. Remember the Sage is not a problem solver. All problems are of the mind. What does the Sage have to do with this? Nothing, all works out of the mind. The Sage is beyond the mind, beyond thinking, beyond thoughts, beyond doing, beyond appearances. This is why there is nothing more powerful than being with the Sage, and having a *Quiet* mind.”

~ *Robert Adams, 20th Century American-born Advaita Sage*

SIT IN SILENCE

“You should sit in *Silence* before deciding about any important matter, asking the Father for His blessing. Then behind your power is God's power; behind your mind His mind; behind your will His will.”

~ *Paramahansa Yogananda, 20th Century Indian-American Hindu Monk, Yogi and Guru*

THE ATTAINMENT OF LIBERATION

“To die [as an individual] in the unbounded *Silence* and to be resurrected [as the Self] in this unbounded *Silence* that is the non-dual Reality, is *alone* Kaivalya siddhi [the attainment of liberation]. The Transcendent and authentic bliss that manifests in that state of Jnana will flourish and remain forever as one’s own nature.”

~ *Guru Vachaka Kovai, David Godman edition, verse 366, page 164*

A NON-ENTITY

"Just this moment, this *Silence* pervades, who are you? A nobody, a non-entity. You don't have a name, don't have a form. You are neither man nor woman, Hindu nor Mohammedan. You don't belong to any country, any nation, to any race. You are not the body, not the mind. Then who are you? In this *Silence*, what is the taste of you? How does it taste to be? Just Peace... just a *Silence*... and out of that Peace and *Silence* a great joy starts surfacing, welling up, for no reason at all. It is your spontaneous nature."

~ *Osho (Bhagwan Shree Rajneesh), 20th Century Indian-born Mystic and Spiritual Leader*

MAUNA IS LIBERATION

“True realization is to cherish with one's understanding, without any obstruction, the first cause of all that is, that *Mauna* - which is liberation.”

~ *Padamalai, by Muruganar, pg. 95, verse 1*

NO FEAR IN SILENCE

“*Silence* is holy. It is healing. There is no fear in *Silence*. *Silence* is autonomous like love and beauty.”

~ *The Book of Listening, by Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta*

I AM INFINITE PEACE AND SILENCE

"All this is merely a flicker in the mind. I am infinite Peace and *Silence* in which nothing appears, for all that appears -- disappears. Nobody comes for help, nobody offers help, nobody gets help. It is all but a display in consciousness."

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

NETI-NETI (NOT THIS - NOT THIS)

D: 'Not this - Not this'. That is the teaching to the seeker. He is told that the Self is Supreme. How is it to be found?

M: "The Self is said to be the hearer, thinker, knower, etc. But that is not all. It is also described as the ear of ear, the mind of mind, etc.; and by what means to know the knower?"

D: But this does not say what the Self is.

M: "Not this - Not this".

D: It only negates.

M: (*Silence*).

The devotee complains that the Self is not pointed out.

M: "A man wants to know what he is. He sees animals and objects around him. He is told: 'You are not a cow, not a horse, not a tree, not this, not that, and so on'. If again the man asks saying 'You have not said what I am,' the answer will be, 'It is not said you are not a man'. He must find out for himself that he is a man. So, you must find out for yourself what you are. You are told, 'You are not this body, nor the mind, nor the intellect, nor the ego, nor anything you can think of; find out what truly you are'. *Silence* denotes that the questioner is himself the Self that is to be found."

~ Book, 'Talks with Sri Ramana Maharshi', Talk 620

STAY THERE

"Ground yourself, strip yourself down to a blind loving *Silence*. Stay there, until you see you are gazing at the light with its own ageless eyes."

~ Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic

THE INDESCRIBABLE SUPREME STATE OF SILENCE

"If even the desire for the attainment of the indescribable Supreme state of *Silence* is inimical to the perfection of [sat] achara [abidance in sat, being] then how can desire for the filth-generating body that has no consciousness, and [desire for] other objects, constitute achara [good conduct]? Pray tell!"

~ Guru Vachaka Kovai, David Godman edition, verse 376, page 167

YOUR BODY-MIND HAS BEEN TRANSCENDED

“Now, you see the world differently. You see the world as a superimposition upon your Self. You are the Self, and the world and the universe is an appearance. It is real to others, for they believe that they are the body-mind phenomena, but your body-mind has been Transcended. You have become space while in the body. You have become free. Wherever you look, you see yourself, and because you are an embodiment of loving kindness, Peace and harmony, that's all you can see. You cannot explain this to anyone for there are no words to describe it. People are looking through their senses. They see a war, they see man's inhumanity to man, and you keep *Silent* for they will not understand. For all you see is love. All you see is joy. You are free.”

~ *Robert Adams, 20th Century American-born Teacher of Non-duality*

THE TEACHER

“The teacher will not be recognized by the diamonds on his head or by the number of students he has. Know the Teacher to be the One whose presence gives you Peace and removes all craving, attachment, and desire. The Teacher is one who knows the Truth and can transmit this Truth to a humble one by look, by touch, by thought, or, as Arunachala does, by *Silence*. This *Silence* is the Light that does not move.”

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

I SPEAK YET I AM SILENT

I speak,
Yet am I *Silent*;
I am dead,
Yet do I live;
I am in the world,
Yet do I dwell beyond the world;

I have surrendered all things,
yet am I rich and joyful;

I am lonely
Yet am I not alone;

I am not what I seem to be;
If you would know what I am
Ask Him, my Lord.

~ *Sant Tukaram, 17th-century Indian-born Marathi poet, and Hindu Saint*

YOU DON'T 'BECOME' FREE - YOU AWAKEN TO THE FREEDOM THAT YOU ALREADY ARE

"All you have to do is remain still, that's all. Remain *Quiet*, still. Nothing to do. Nothing to become. If you try to become something you get caught in the world of cause and effect and you will have all kinds of problems. But if you've made the mind still and *Quiet*, then there is no one to identify with anything and you become free. You don't become free, you awaken to the freedom that you already are."

~ *Robert Adams, 20th Century American-born Advaita Sage*

THE GREAT REVELATION

"*Silence* is the great revelation."

~ *Lao Tzu, 571 BC, Chinese-born philosopher and author of the Tao Te Ching*

THE TRUE MEANING OF NAMASKARAM

The True meaning of 'namaskaram' (aka 'namaste') is the ego bowing its head and getting destroyed at the feet of the Guru. Namaskaram is a gesture of obeisance, often a full-length prostration on the floor.

Guru Vachaka Kovai, verse 207: "This is the significance of the namaskaram: when the jiva, the imperfect one, places his proud head beneath the divine feet of his possessor, he is subduing the ego consciousness that says 'I' and merging with the Siva consciousness, which then rises and flourishes."

Guru Vachaka Kovai, verse 310, Pozhippurai: "The ignorant ego is the cause of the appearance of the utter delusion, the profitless sense of difference that regards the non-dual supreme Reality, the Atma-swarupa, the real nature of Guru and Siva, as split up into Guru-disciple, Sivajiva, and so on. The True meaning of the namaskaram that one performs to them [Siva and the Guru], fully aware and in a fitting manner, is only the *Mauna* in which the ignorant ego does not arise even slightly in the Heart."

Vilakkam: "As only the knowledge of differences is ajnana, it is said to be 'the profitless sense of difference'. 'Knowledge of multiplicity is ignorance,' says Ulladu Narpadu. Unless the ego mind first rises, there will be no room for the appearance of differences, which are many. Therefore, the ego is the basis of all differences. Since the rise of the ego differentiates Guru and Siva from oneself, only the *Mauna* in which the ego ceases is the Truth of the upasana that unites them [Guru and Siva] with the Heart. While saying that *Mauna alone* is the meaning of namaskaram, in addition he [Bhagavan] has described [in this verse] the nature of that *Mauna*. It is this *Mauna* that is described as 'Pure *Mauna*' by Thayumanavar."

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 116, verse 16*

SPEECH OF THE SELF

“*Mouna [Silence]* is the speech of THE Self”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

WHO IS ASKING THE QUESTION?

The word ‘Brahmastram’ [meaning a divine weapon of the gods], was a phrase used by some devotees to describe Bhagavan’s habit of responding to questions by saying ‘Who is asking the question?’ The name originated with Ganapati Muni and Kapali Sastri:

Kapali Sastri: “Whenever a question is put to you, you say ‘Know first who it is to whom the doubt occurs. Does anyone doubt the doubter?’ Know yourself before you proceed to speak of others, etc. This is a veritable Brahmastra [supreme weapon] at your hands to deal with the questioner.”

Bhagavan himself spoke about the origin of this word [Brahmastra] in Letters from Sri Ramanasramam:

“Yesterday or the day before, a boy of about eighteen years of age came here on a cycle from some place. After sitting in the hall for a quarter of an hour, he went to Bhagavan and asked ‘After crossing Omkar [the sound of Om] where to merge?’”

With a smile Bhagavan said “Oh is that so? Wherefrom did you come now? Where will you go? What is it you want to know? Who really are you? If you first tell me who you are, you can then question me about Omkar.”

‘I do not know that even,’ said the boy.

The Bhagavan said, “You know for certain that you are existent. How are you existent? Where really were you before? What exactly is your body? First find that out. When you know all that, you can ask me questions if you still have any doubts. Why should we worry where Omkar merges and after it merges why worry about what comes next, when it ceased to exist? Where do you merge ultimately? How do you come back? If you first find out your state and your movements, we can think of the rest.”

When Bhagavan said all this, the boy could not give any reply and so went away after bowing before Bhagavan. What other Brahmastram [divine weapon] is there against a questioner? If only that weapon were used [asking ‘Who is asking the question?'], the questioner is *Silenced*.

~ Guru Vachaka Kovai, David Godman edition, verse 386, page 169

HIS VERY PRESENCE IS ACTION

“Immobility and *Silence* are not inactive. The flower fills the space with perfume, the candle - with light. They do nothing yet they change everything by their mere presence. You can photograph the candle, but not its light. You can know the man, his name and appearance, but not his influence. His very presence is action.”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

THE BEAUTY OF SILENCE

"*Silence* is difficult and arduous; it is not to be played with. It isn't something that you can experience by reading a book, or by listening to a talk, or by sitting together, or by retiring into a wood or a monastery. I am afraid none of these things will bring about this *Silence*. This *Silence* demands intense psychological work. You have to be burningly aware - aware of your speech, aware of your snobbishness, aware of your fears, your anxieties, your sense of guilt. And when you die to all that, then out of that dying comes the beauty of *Silence*."

~ *Jiddu Krishnamurti, 20th Century Indian-born Mystic and Spiritual Teacher*

SUPREME PEACE BEYOND COMPREHENSION

“I am the eternal Self that is omnipresent and subtle. I have reached that state of Reality which is unreflected in anything, which is beginningless and endless and which is utterly pure. Whatever is and whatever is not, the mind and the inner Reality are all the one infinite consciousness, which is Supreme Peace beyond comprehension and by which all this is pervaded. Let the mind continue to be or let it die. What is the sense of enquiring into all of this, when the Self is established in utter equanimity? I remained in a conditioned state as long as I was foolishly engaged in this enquiry. Now that through this enquiry I have reached the unconditioned being, who is the enquirer? Such thoughts are utterly useless, now that the mind is dead; they may revive this ghost known as the mind. Hence, I abandon all these thoughts and notions; contemplating the OM, I shall remain in the Self, in total inner *Silence*. Thus should a wise man investigate the nature of Truth at all times, whatever he may be doing.”

~ *Yoga Vasistha, Swami Venkatesananda (Special Paper; 27, State University of New York Press)*

DEEP, DEEP, DEEP WITHIN

“The fastest way to realization is to keep *Silent*. Yet you have to know why you are keeping *Silent*. This is why you can't tell this to the average person. If a person has no inkling of Advaita Vedanta, you cannot say keep *Silent*. For to them it means just to be quiet. They don't realize it means to go deep, deep, deep, deep within, to that place where absolute Reality lives, and that's the *Silence*.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

HE WAS SILENT

“Buddha, when asked if there is the ego, was *Silent*; when asked if there is no ego, he was *Silent*; asked if there is God, he was *Silent*; asked if there is no God, he was *Silent*. *Silence* was his answer for all these.”

~ *Ramana Maharshi, book, Talks 273, pg. 37*

FREE...

“It [*Silence*] is untouched by time. *Silence* is meditation, free from any intention, free from anyone who meditates.”

~ *The Book of Listening, by Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta*

LEARN TO BE QUIET

"How many more years do you think you've got in your body? Why go after the fleeting things that change and disappear? Forget about trying to win the lottery. Forget about who's hurt you. Forget about your sins of omission and commission. Let go of everything. Be yourself. Do not react to the world. Do not even react to your own body. Do not even react to your own thoughts. Learn to become the witness. Learn to be *Quiet*."

~ *Robert Adams, 20th Century American-born Advaita Sage*

BUT THERE IS NO FEELING OF THE 'I'

“In deep *Silence* there is no ego. It exists only when you are disturbed. It is part of disease. When you are deeply *Silent*, you are, but there is no feeling of the 'I'. It cannot exist in *Silence*. When you are totally calm and quiet, the 'I' is not there. But the more disturbed you are, the more you will have the feeling of the ego.”

~ *Osho; book, The Supreme Doctrine*

THE SEA OF SILENCE

“When the ego is totally destroyed at the feet of the Guru, it will then shine as the unsurpassed sea of *Mauna [Silence]*.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 116, verse 17*

YOUR TEACHER IS NONE OTHER THAN YOURSELF

“You have to come to terms with your life. It takes total honesty to do that. You can't go on fooling yourself. Look how you run around from pillar to post. You go here, you go there. You're always searching, you're always looking, you're always striving, for what? Some of you think that you're going to find a teacher up in the sky someplace, and you're going to go searching for that teacher until you find him or her. No such teacher exists. When you finally settle down and start going into the *Silence* more often, your teacher will appear to you and you will find he's none other than yourself.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THE PERFECT SILENCE OF MAUNA

“The thought ‘Who am I?’, destroying all other multifarious thoughts, will itself, like the long and sturdy pole used to stir the funeral pyre, finally die, leaving the perfect *Silence of Mauna*.”

Bhagavan comment: “The mind will subside only by means of the enquiry ‘Who am I?’. The thought ‘Who am I’, destroying all other thoughts, will itself finally be destroyed like the stick used for stirring the funeral pyre.”

~ *Guru Vachaka Kovai, David Godman edition, verse 401, page 177*

OUR GREAT TREASURE OF SILENCE

“Measureless is the horde of the confusing creeds. Seek Him who by the blessing of Parasakthi rains on his devotees joyous bliss like a heavy laden cloud flooding their Hearts and eyes; who is our Lord in Turiya state, who is our great treasure of *Silence* extolled in varied scriptures with adulatory epithets, who being ineffable is Endless Bliss, High Wisdom and Supreme Being. Let us all worship Him.”

~ *Thayumanavar, (the ‘Silent Sage’), Thayumanavar’s Poems, pg. 2, verse 2*

ALL DESCRIPTIONS CEASE

“All this discussion and argumentation take place only in and because of ignorance; when there is Knowledge there is no duality. When the Truth is known, all descriptions cease, and *Silence alone* remains. Then you will realize that there is only One, without beginning and without end. But as long as words are used to denote a Truth, duality is inevitable; however, such duality is not the Truth. All divisions are illusory.”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

HOW SWEET IS THE SOUND OF SILENCE

“HUSH! This is the hour of *Silence* when soul seeks its refreshment. Turbulent mind, thou art ever restive for sport and gain; Thou art ever mad for new sensation and art in feverish plight. Wouldst thou rob me of my True happiness?

Be still, that thou mayest not miss this new and blessed joy;

How sweet is the sound of *Silence*!

How tender is its touch!

How fragrant is its breathing!

How lovely is its form!

O’ be still yet awhile that my soul may see and feel, hear and touch its own in this realm of Peace Divine.”

~ *Swami Paramananda, 19th-20th Century Bangladesh-born Mystic, Poet, and Teacher of Vedanta*

WHAT IS SILENCE?

“We feel happy when we are successful. We are sorry when we fail. We understand that whatever happens, or fails to happen, is as per the wishes of Almighty. We shall remain in *Silence* in both the cases. This is the real *Silence*. Being in a steady state, not bothering the dualities like success and failure, happy and sorrow is *Silence*. This is the biggest penance. *Silence* is the way to Soul. The Soul shines through *Silence*.”

~ *The Testament of Sri Ramana Maharshi*

ONLY THROUGH THE POWER OF MAUNA (SILENCE)

“Sadasiva [The True Shiva], the Peace of the Self that cannot be denied, can only be known through the power of *Mauna [Silence]*, Being-Consciousness. No one can know it by means of objective knowledge, where the deceitful mind roams about, led by the ego's restless contortions.”

~ *Sri Muruganar, book, Sri Guru Ramana Prasadam, Verse 306*

THE DISAPPEARANCE OF THE DARKNESS OF DELUSION

“Through the clear knowledge of Reality, the target that is attained by the enquiry ‘Who is the ignorant “I” who experiences misery in profusion?’, the sun of Jnana shines, causing the disappearance of the darkness of delusion. The consequent welling up of *Mauna* is *alone* the bliss of Peace.”

~ *Guru Vachaka Kovai, David Godman edition, verse 404, page 178*

THE SILENCE OF NO-THOUGHTS

"People who successfully make efforts to *quieten* their minds are concentrating intensively on an object of 'thought' called 'silence'. This is not the '*Silence of no-thoughts*'. It is [just] the experiencing of a mental state by intense effort. When both the effort and the thoughts cease, enlightenment occurs."

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

NOTHING LEFT TO DO

"If the mere existence of the *Mauna* Jnanis who have swallowed the mind is service to God, what else is there [for them] to do?"

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 122, verse 5*

IT WILL NOT LEAD YOU ASTRAY

"Let yourself be *Silently* drawn by the strange pull of what you really love. It will not lead you astray."

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic*

THIS CAN ONLY COME WHEN YOU STOP THINKING

"There is no mind, there is no body, there is no condition. Do not try to analyze this. Just try to keep still. Do not try to figure it out, come to a conclusion about it, or have any opinion about it. Your duty is to keep still, to keep *Quiet*. Be still and know that I am God. Only when you're still is there a knowingness that says, 'I-am.' Only in *Quietness*, when the mind stops rambling, rattling, telling you all sorts of things.

Only when you become free of this will you feel the bliss I'm talking about, the joy, the '*Peace which passeth all understanding*'. This can only come when you stop thinking. This includes good thoughts, bad thoughts, all kinds of thoughts. The thoughts must go. The thinking *must* stop."

~ *Robert Adams, 20th Century American-born Advaita Sage*

OUR INNERMOST SELF

"The sacred attitude is, then, one of reverence, awe, and *Silence* before the mystery that begins to take place within us when we become aware of our innermost self."

~ *Thomas Merton, 20th Century American-born Trappist Monk*

THE UNKNOWN DESCENDS

“Where eyes bow down.... not only sounds, the echoing of the infinite *Silence* is also lost there. Get ready for this. Fill the heart with love for this. Learn to listen with sympathy. And keep in a treasure box what I am saying to you. Then you will not suffer. Then when the unacquainted, the unknown descends, you can understand it. You will be able to understand its hidden music. You will not drown or be frightened by its *Silence*, you will be liberated; otherwise it seems like death.”

~ *Osho, Mahageeta, Volume 1, pg. 124*

LESSONS OF SILENCE

“Few things under heaven are as instructive as the lessons of *Silence*.”

~ *Tao Te Ching*

FIVE VERSES ON THE SELF

1. When, forgetting the Self, one thinks that the body is oneself and goes through innumerable births and in the end remembers and becomes the Self, know this is only like awaking from a dream wherein one has wandered over all the world.
2. One ever is the Self. To ask oneself ‘Who and whereabouts am I?’ is like the drunken man enquiring ‘Who am I?’ and ‘Where am I?’
3. The body is within the Self. And yet one thinks one is inside the inert body, Like some spectator who supposes that the screen on which the picture is thrown is within the picture.
4. Does an ornament of gold exist apart from the gold? Can the body exist apart from the Self? The ignorant one thinks ‘I am the body’; The enlightened knows ‘I am the Self’.
5. The Self *alone*, the sole Reality, exists forever. If of yore the first of teachers revealed it through unbroken *Silence*, who can reveal it in spoken words?

~ *Translated by Prof. K. Swaminathan ‘Five Verses on the Self’. (These are the last verses composed by Sri Bhagavan Maharshi. They were written at the instance of a devotee, Suri Nagamma, the author of Letters from Sri Ramanasramam. Bhagavan decided to call his composition ‘Ekatma Panchakam’).*

EVERYTHING TAKES CARE OF ITSELF

“When you become *Quiet*, everything takes care of itself.”

~ *Robert Adams, 20th Century American-born Advaita Sage*

ONLY THROUGH MAUNA ONE BECOMES THE REALITY

“Only *Mauna*, the experience of Sivam that shines as consciousness, the Supreme, is the True tapas [practice] through which one becomes the Reality, the Supreme.”

~ *Guru Vachaka Kovai, David Godman edition, verse 412, page 180*

ONE ATTAINS ILLUMINATION

“...those who have sharpened the axe of knowledge on the whetstone of holy company can chop down this tree of ignorance and enter into the *Quiet*, serene park of Brahman, where there is freedom from the thorny plants of craving and the blinding dust of desire. Here all mental waves cease to function, and one attains illumination.”

~ *Avadhuta Gita of Dattatreya, translated by Swami Chetanananda, pg. xxii*

NO PLACE FOR A ‘WAY’

"Stay open and *Quiet*, that is all. What you seek is so near you, that there is no place for a way."

~ *Sri Nisargadatta Maharaj (20th century Indian Advaita mystic)*

THE HOUSE OF SILENCE IS IMMENSE!

“What is the ground in which inner *Silence* may come about? What is necessary for the state of the brain to be utterly *Silent*? When you observe/perceive something; if you have no reaction to it/respond to it... just observe; then that observation itself is *Silence*, naturally.

The ground in which *Silence* can come about is not through practice; not through determination, will nor desire: but, it comes naturally when there is freedom... freedom from conflict. The immense depth of *Silence* comes when there is complete freedom. So, it's not the quality of *Silence*, or how it comes about, but rather; can one be free; free from conflict; free from being hurt; free from fear; free from anxiety/loneliness/sorrow etc.

Then, the house of *Silence* is immense!”

~ *Jiddu Krishnamurti, 20th Century Indian-born Mystic and Spiritual Teacher*

THOUGHT IS THE NATURE OF MIND

Q. What is the nature of the mind?

A. What is called 'mind' is a wondrous power residing in the Self. It causes all thoughts to arise. Apart from thoughts, there is no such thing as mind. Therefore, thought is the nature of mind. Apart from thoughts, there is no independent entity called the world. In deep sleep there are no thoughts, and there is no world. In the states of waking and dream, there are thoughts, and there is a world also.

Just as the spider emits the thread (of the web) out of itself and again withdraws it into itself, likewise the mind projects the world out of itself and again resolves it into itself. When the mind comes out of the Self, the world appears. Therefore, when the world appears (to be real), the Self does not appear; and when the Self appears (shines) the world does not appear.

When one persistently inquires into the nature of the mind, the mind will end leaving the Self (as the residue). What is referred to as the Self is the Atman. The mind always exists only in dependence on something gross; it cannot stay alone. It is the mind that is called the subtle body or the soul (jiva).

Q. What is the path of inquiry for understanding the nature of the mind?

A. That which rises as 'I' in this body is the mind. If one inquires as to where in the body the thought 'I' rises first, one would discover that it rises in the heart⁸. That is the place of the mind's origin. Even if one thinks constantly 'I' 'I', one will be led to that place. Of all the thoughts that arise in the mind, the 'I' thought is the first. It is only after the rise of this that the other thoughts arise. It is after the appearance of the first personal pronoun that the second and third personal pronouns appear; without the first personal pronoun there will not be the second and third.

Q. How will the mind become *Quiescent*?

A. By the inquiry 'Who am I?', The thought 'who am I?' will destroy all other thoughts, and like the stick used for stirring the burning pyre, it will itself in the end get destroyed. Then, there will arise Self-realization.

~ *Who Am I? (Nan Yar?)*, *The Teachings of Bhagavan Sri Ramana Maharshi. Verses 8-10.*

THIS IS ENOUGH

"Just be *Quiet*. This *Quiet* does not involve talking or not talking. It does not involve any doing whatsoever. Just let the mind fall into *Silence*. This is enough."

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

⁸ Here, Ramana uses the 'physical heart' for those still identified with their bodies, to direct the seeker inwardly, into the depths of their being. 🙏

WHEN THERE ARE NO QUESTIONS

"There is no answer. There are only two ways for the mind to be: full of questions, or empty of questions. Maturity is coming to a point where you can live without answers; that is what maturity is. And to live without answers is the greatest and most courageous act. Then you are no longer a child. A child goes on asking questions, wanting answers for everything. A child believes that if he can formulate a question, then there must be an answer, there must be somebody to supply the answer.

I call this immaturity. You think that because you can formulate a question, there is bound to be an answer; maybe you don't know it, but somebody must know the answer, and some day, you will be able to discover it. That's not so. All questions are man-created, manufactured by man.

Existence has no answer. Existence is there, with no answers, completely *Silent*. If you can drop all questions, a communication happens between you and existence. The moment you drop questions, you drop philosophy, you drop theology, you drop logic, and you start living. You become existential. When there are no questions, that state itself is the answer."

~ Osho (*Bhagwan Shree Rajneesh*), *20th Century Indian-born Mystic and Spiritual Leader*

THE DESTRUCTION OF THE SENSE 'I' AND 'MINE' IS THE GOAL

Question: What is the end of the path of knowledge [Jnana] or Vedanta?

Bhagavan: "It is to know the Truth that the 'I' is not different from the Lord [Iswara] and to be free from the feeling of being the doer [kartrutva, ahamkara]."

Question: How can it be said that the end of both these paths is the same?

Bhagavan: "Whatever the means, the destruction of the sense 'I' and 'mine' is the goal, and as these are interdependent, the destruction of either of them causes the destruction of the other; therefore in order to achieve that state of *Silence* which is beyond thought and word, either the path of knowledge which removes the sense of 'I', or the path of devotion which removes the sense of 'mine', will suffice. So there is no doubt that the end of the paths of devotion and knowledge is one and the same."

~ *Guru Vachaka Kovai*, *David Godman edition*,, verse 414, page 182

YOU SOMETIMES SAY THE SELF IS SILENCE. WHY IS THIS?

Bhagavan: "For those who live in Self as the beauty devoid of thought, there is nothing which should be thought of. That which should be adhered to is only the experience of *Silence*, because in that Supreme state nothing exists to be attained other than oneself."

~ *Be As You Are*, *The Teachings of Sri Ramana Maharshi*, edited by David Godman.

THE TRUE SELF IS SILENCE - IT HAS NO VOICE

“When you keep still in the beginning, you will find that thoughts are running all through your mind, all kind of thoughts. You ask the question, "To whom do these thoughts come?" no matter what the thought is. Even if the thought tells you I am God, I am Brahman, I am nirvana, I am emptiness. It makes no difference what the thoughts tell you. If you were truly Brahman, if you were truly nirvana, consciousness, you would never voice it. The True Self is *Silence*. It has no voice.”

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

YOU FIND YOURSELF IN SILENCE

“The entity which looks for a way out belongs to that from which it is trying to free itself. When you see this, all effort stops and you find yourself in *Silence*.”

~ Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta, book, ‘*Blossoms In Silence*’.

NOT POSSIBLE EXCEPT IN MAUNA

“Except in *Mauna*, wherein veiling has been completely cleared away, union with the Self is not possible for the jiva.”

~ Padamalai, *Teachings of Ramana Maharshi*, by Muruganar, pg. 160, verse 20

THE SILENT INFLUENCE

Devotee speaking of Ramana Maharshi:

“He does not expound doctrine unless asked, but when asked, he answers all sincere questions graciously and often at length. The widespread idea that he will not answer questions perhaps comes from his own saying that he teaches in *Silence*. But that only means that the real teaching is the *Silent* influence on the Heart of the seeker. The doubts of the mind can take shape in words but that is not the essential teaching because, however much a man may argue, he is not really to be convinced in his mind but only in his Heart, and that teaching is *Silent*.”

Indeed, it has happened to many, as Paul Brunton relates, that when they sat *Silent* before the Maharshi such Peace flooded their Heart that the mind's doubts also disappeared and they found they had no questions to ask.

~ Excerpt from *The Silent Power*, by Arthur Osborne

AS LONG AS YOU CAN DESCRIBE IT, IT'S NOT THAT

Robert Adams: “Let me ask you a question. Where do you think you were, or what were you, prior to consciousness? What do you think you were? Who can tell me? Before you came into this body, before you became conscious, what were you?”

Student: You mean prior to individual consciousness...?

Robert: “Yes.”

Student: ...as opposed to consciousness itself?

Robert: “Both.”

Student: Anything that would be said would only be a concept and would be in phenomenality. It would miss the point entirely.

Robert: “That is the answer. You got it. As long as you can describe it, it's not that. It's a mystery. It's beyond description. The finite can never comprehend the infinite. So as long as you can describe it, and you can talk about it, it's not that. And this is something you should always remember.

So the answer is *Silence*. That's the correct answer. You are space, and now you appear to be the image superimposed on space. Now why do you identify with the image, but prior to consciousness you were not [even] the space, really, nor the image? The reason I say you were not the space is because we can talk about it. You have a concept of space, and again, as long as you have a concept of space, it's not that.

The only way you can find out is by not saying anything, by catching yourself between thoughts. When you have a thought, and you're trying to figure out what it is, and the thought stops, and before your next thought enters, that's it. The space between thoughts is what we are talking about. So the thing to remember again is as long as you can talk about it, as long as you can describe it, as long as you can argue about it, as long as you stick up for your rights and say it's this or it's that, you're wrong. Not really wrong, just on the wrong track, because if you are wrong, then something is right, and nothing is right, so there's nothing wrong. It goes beyond dualistic concepts.”

~ *Robert Adams, 20th Century American-born Advaita Sage*

IF WE LISTEN

“If we listen from the mind of *Silence*, every birdsong and every whispering of the pine branches in the wind will speak to us.”

~ *Thich Nhat Hanh, 20th Century Vietnamese-born Buddhist Monk*

ONLY MAUNA IS TRUE OMNISCIENCE

“You should know that the many varieties of dualistic differences that exist through *suttarivu* [seer and seen] are only a superimposition on the one Self whose form is pure consciousness. They are not real. Therefore, only knowledge of your real nature, whose form is *Mauna*, is True omniscience. All other kinds of knowledge that involve the triputis [the false consciousness that separates itself into a seer and the objects that are seen] are disgusting and insignificant.”

~ *Guru Vachaka Kovai, David Godman edition, verse 422, page 185*

ALREADY WITHIN YOU

“The inspiration you seek is already within you. Be Silent and listen...”

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, Poet, and Sufi Mystic*

PEACE AND SILENCE, SILENCE AND PEACE

"To go beyond the mind, you must be *Silent* and *Quiet*. Peace and *Silence*, *Silence* and Peace - this is the way beyond. Stop asking questions."

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

BOUNDARIES DISSOLVE

“Only in deep *Silence*, there is a merger and a meeting and the boundaries dissolve. Something of me enters you, and something of you enters me.”

~ *Osho (Bhagwan Shree Rajneesh), 20th Century Indian-born Mystic and Spiritual Leader*

THE PRE-EMINENT RELIGION

“How very many are the religions that are practiced! However, pre-eminent amongst all of these is the non-dual Truth of Advaita, the *Silent* Reality that is wholly consciousness, wherein the ruinous and ghostly ego, the seed of the other religions that are based on differentiation, is dead and gone.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1235, page 520*

SILENCE IS PRAYER

“*Silence* is Prayer, Prayer is Faith, Faith is Love, Love is Service, The Fruit of Service is Peace”

~ *Mother Teresa, 20th Century Albanian-Indian Catholic Nun*

CONFUSING THE REALITY WITH THE APPEARANCE

“With all the desires in the mind utterly *Silenced* and having well-grounded himself in the plane of non-dual consciousness, sage Vitahavya uttered the holy word Om. Contemplating the significance of the OM, he perceived the error of confusing the Reality with the appearance. By the total abandonment of all concepts and precepts, he renounced the three worlds. He became utterly *Quiescent*, as when the potter’s wheel comes to rest.”

~ *Yoga Vasistha, Swami Venkatesananda (Special Paper; 27, State University of New York Press)*

TRUE SILENCE CAN BE KEPT UP AT ALL TIMES

“It is not hard to get into [deep, total, beautiful] *Silence*. You simply begin to sit still and become oblivious to everything. It will happen by itself. You will go deeper, and deeper, and deeper, and deeper, until you're no longer aware of your body or your surroundings. The True *Silence* can be kept up at all times. You do not have to sit to go into the *Silence* any more. In the beginning stages you do, for you're learning how to keep *Silent*. But as time goes by, you can be shopping in the marketplace, you can be working in the factory, you can be washing dishes, you can be doing all kinds of things, and you will be in the *Silence*.”

~ *Robert Adams, 20th Century American-born Advaita Sage*

YOUR REAL NAME

“Your real me is the *Silence* of the Universe. This is what is known as the Fourth (Turiya).”

~ *Upanishads*

THE LANGUAGE OF SILENCE

“Man is uprooted because he has completely forgotten the language of *Silence*. Because it is the language of *Silence* that becomes a bridge between you and universe that surrounds you. The universe knows no other language except the language of *Silence*.”

~ *Osho (Bhagwan Shree Rajneesh), 20th Century Indian-born Mystic and Spiritual Leader*

FUTURELESS SILENCE

"Attempt - without effort, to live with death, in futureless *Silence*."

~ *Conversations with Jiddu Krishnamurti, when asked by Dr. Ruben Feldman-Gonzalez to summarize his entire teaching in one sentence.*

SILENCE MEETS SILENCE

The great *Silent* sage, Sadasiva Firahmam, sanctified the atmosphere of India in those days. He moved steeped in trance. The sky was his roof and earth his home. To see him was to know the Real. His songs were already popular among the learned. On his way to Pudukottah, Sage Sadasiva met Thayumanavar. Their meeting was like the meeting of Vedanta and Siddhanta.

"*Silence* is Peace; *Silence* is Bliss; *Silence* is Knowledge" wrote the sage. Thayumanavar, already a lover of *Silence*, became yet more *Silent*.

~ *Thayumanavar, book, Song of Thayumanavar*

A GREAT SOURCE OF STRENGTH

"Silence is a source of Great Strength."

~ *Lao Tzu, 571 BC, Chinese-born Taoist Philosopher and author of the Tao Te Ching*

SHOW YOUR DEVOTION BY KEEPING QUIET!

Prostration (namaskaram) is also widely used as an expression of veneration for Guru and God. With hands folded above the head the devotee throws himself flat on the ground, face downwards.

When devotees entered the Hall, they used to do namaskaram to Sri Ramana and occasionally they also overdid it. But the Maharshi repeatedly stressed that the real namaskaram is in the Heart. When a man prostrated innumerable times to him, he said, "Where is the need for all these gymnastics? It is better to show your devotion by keeping *Quiet!*"

~ *Book, Ramana Maharshi: His Life, pg. 134*

A GREAT SILENCE

"A Great *Silence* overcomes me, and I wonder why I ever thought to use language."

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic*

BE A SILENT WITNESS; INTURNED AND INTROSPECTIVE

"Take refuge in *Silence*. You can be Here, There or Anywhere. Fixed in *Silence*, Established in 'The Inner I', You can be as You ARE. The world will never perturb you, if you are well founded upon The Tranquility Within. Gather your thoughts Within.

Find out 'The Thought Centre', And discover your Self-Equipoise. In storm and turmoil, be Calm and *Silent*. Watch the events around, as a Witness.

The world is a drama. Be a Witness, Inturned and introspective."

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

SILENCE IS NOT A PROCESS

"There is no process to 'become' *Silent*. To disturb your mind - you need 'a process', But to stay *Silent*, there is 'no process'. Stay in Satsang - stay *Quiet*. Always have Love with your own Self. You are not to win it by any attempt, or effort. Simply stay *Quiet*. If any thought arises, simply find out where it came from."

~ H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage

BE TRUE TO YOURSELF

"See where you're coming from. Be True to yourself. Do not fool yourself. Whatever you're into, whatever you're going through, if you sit in the *Silence* and practice self-inquiry, things will begin to stir within you. Things will begin to happen. You will find that your feelings change, your reaction changes, you become less selfish, you develop loving kindness, you understand what this universe is all about, and you are at Peace."

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

THIS ALONE IS THE STATE OF JIVA-NIRVANA [EGO-EXTINCTION]

"When the jiva completely abandons the five sheaths ² that give rise to the ego-pride, this enables the jiva to experience fully the bliss of *Mauna*, the felicity of grace that is bestowed by the jiva's husband, who is the Self, the vast space of consciousness. This *alone* is the state of jiva-nirvana [ego-extinction]."

~ Guru Vachaka Kovai, David Godman edition, verse 442, page 192

² The five sheaths are: the food sheath; the vital sheath; the mental sheath; the intellectual sheath; the bliss sheath. ॐ

THE SKIN OF THE “I”

“These moments of inner Quiet will burn out all obstacles without fail. Don't doubt its efficacy. Try it. *Silence* is the main factor. In Peace and *Silence* you grow. In Peace and *Silence*, the skin of the ‘I’ dissolves and the inner and the outer become one.”

~ Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage

THIS EMPTY FULLNESS, THIS SILENCE

Q: What about emotions, all these automatic reflexes we have?

Yolande: It's exactly the same. Fear, sadness are like the rest: a movement within you that arises and then subsides. If there is no-one to take it on, there is no fear, no sadness. There is no reaction.

Q: So where do reactions come from, according to you? Is there any way we can free ourselves from them?

Y: They come from thought. From believing that you are somebody. When this belief falls away – and it happens in a split second, you don't need to practice it for twenty years – there is nothing but this *Silence*, this intensity, you let it be. This new perspective is always there, this empty fullness, this *Silence*, sometimes intense, sometimes gentle, but always constant.

It is a sensation, like a caress, a presence that never leaves you, even in the midst of action, or concentration. This omnipresent caress encompasses you, encompasses every instant and everything arising within it, prevents you from identifying with the thought, or the feeling, that arises. It is this that gives you this profound sense that there is nobody there. And it is this, this sensation that becomes sight, action... because this spontaneity, this constant sensation prevents you from being in your head. It's the sensation that sees everything directly. And this seeing is action.

Q: Seeing is action?

Y: When you are in this flow, there is action, without a filter, without thought. You see, you feel; action, gestures, words arise spontaneously, without your having to think about them.

Q: Is it as if Reality instantly responds with the appropriate gesture?

Y: You see that things happen of their own accord. There is no need to think about them... life does not need to be thought about.... just to be seen. The rest happens all on its own.

~ Yolande Duran-Serrano, 20th Century French-born woman with no interest in spirituality, was overwhelmed by a transformative spontaneous *Silence*. Author of the book '*Silence Heals*'.

THE ORIGINAL PERCEPTION OF THE REAL SELF

“Let your mind be very clear that when you are looking for your real self, it is It which is looking for Itself. That is why you can never find it; because it is the ultimate looker which looks for Itself. In other words, you are fundamentally already what you are. Any movement you undertake is a going away from It. You sit on this chair and you cannot find yourself on the chair by going somewhere else. So the inevitable question is, “How can I become aware of what I am?” But we cannot be aware of the “I am”. We can only be aware of things. All that we are aware of is an object, but what we already are, our real nature, is not an object. It is consciousness, the light behind all objects. It is the ultimate perceived in which the perceived appears and disappears. It is its own perceiving. So it can never be understood in terms of subject-object relationship. The perceiver can never be perceived, as the eye cannot see its seeing.

All that is perceived, you are not. When you understand this, you are no longer concerned with what you are not, and there is a natural giving up of what you are not. All the energy that was eccentric, spent in achieving, becoming, grasping and so on, comes to a stop. And there is only stillness, *Silence*, which is the original perception of the real self. It is your globality. In this globality, there is not a knower of the globality; otherwise, it could not be globality. We can only say, as in all the sacred sayings, It knows Itself by Itself.”

~ *Jean Klein: Open to the Unknown, pp.93-94*

THOUGHTS DO NOT ARISE...

“In the perfect Brahman that is *Silence*, thoughts do not arise. Since the three persons are restricted to thought alone, and since the second and third persons arise only after the rising of the first person, the first person is the original one.”

*[Book note: In English grammar we say ‘first, second and third person for I, you, he, she, and it].

~ *Guru Vachaka Kovai, David Godman edition, verse 447, page 193*

THE DEGRADED WORLD

“He who has not seen and embraced the infinite expanse of *Mauna* will be snared by the threefold gunas and suffer in the degraded world.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 145, verse 43*

EVENTUALLY YOU WILL BE IN A STATE OF SILENCE

“To get into a state of effortless *Silence*, you merely have to observe your thoughts and examine what is going on in your head and mind. You watch your thoughts, every time when they arise you ask, ‘To whom do they come?’ and you follow them to the source, as we explained before. As you keep on doing this, inquiring, ‘Who am I? What is the source? Where did it come from?’ And you keep inquiring this way. The thoughts subside, slowly but surely, every time you inquire, ‘Who am I, What is the source of the I?’ the thoughts become still, they stop fighting you and eventually you will be in a state of *Silence*.”

~ *Robert Adams, 20th Century American-born Advaita Sage*

ALL DIALOGUE IS OF THE IMAGINATION

“Ashtavakra’s sutra is this: be free of all projections, all beliefs, all imagination, all interpretations, all practices and rituals. Practices and rituals are always bondage. When no one remains within you – no devotee, no god – a *Silence* manifests. In that *Silence* a shower of bliss falls days and night. In that moment how can there be dialogue, how can there be debate? No, all dialogue is of the imagination.”

~ *Osho (Bhagwan Shree Rajneesh), Mahageeta Volume 1, pg. 219*

ALL IS THAT ALONE

“To make it quite clear; after Self-realization there is no body, no world, no action - not even the faintest possibility of these - nor is there such an idea ‘there is not’. To use words is exactly the same as not to speak; to keep *Silent* or not is identical - all is THAT *alone*.”

~ *Sri Anandamayi Ma, 20th Century Indian-born Saint, Mystic, and Teacher*

REMAIN SILENT WITHOUT DOING ANYTHING

Question: As we hold two different opinions, we are inquiring in order to find out what Bhagavan would like best.

Bhagavan: “Oh, I see. You want to know what Bhagavan would like best! What Bhagavan likes best is to remain *Silent* without doing anything!”

~ *Guru Vachaka Kovai, David Godman edition, verse 1190, page 507*

THE MIND MERGES INTO SILENCE

“All subsides and the mind merges into *Silence*.”

~ Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage

THEIR SILENCE IS THE REAL STATE

Lakshman Brahmachari from Sri Ramakrishna Mission asked: Enquiry of ‘Who am I?’ or of the ‘I-thought’ being itself a thought, how can it be destroyed in the process?

M: “When Sita was asked who was her husband among the rishis (Rama himself being present there as a rishi) in the forest by the wives of the rishis, she denied each one as he was pointed out to her, but simply hung down her head when Rama was pointed out. Her *Silence* was eloquent.

Similarly, the Vedas also are eloquent in ‘neti’ - ‘neti’ (not this - not this) and then remain *Silent*. Their *Silence* is the Real State. This is the meaning of exposition by *Silence*. When the source of the ‘I-thought’ is reached it vanishes and what remains over is the Self.”

D: Patanjali Yoga Sutras speak of identification.

M: “Identification with the Supreme is only the other name for the destruction of the ego.”

~ Talks with Sri Ramana Maharshi, Talk 130.

YOU TRACE THE ‘I’ AS IT RETURNS TO THE SPIRITUAL HEART CENTER AND DISAPPEARS

“You watch the ‘I’ returning from the brain. You abide in the ‘I’. You hold onto the ‘I’. You follow the ‘I’-thread. You trace the ‘I’ as it returns to the spiritual Heart center and disappears. Then you keep *Silent*. You just keep totally *Silent*. If thoughts do appear you inquire, "To whom do they come?" and you keep *Silent* again. As you practice this every day, day after day, week after week, month after month, year after year, something will give. Something has to give, and you will become free. Free in the *Silence*.”

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

ONLY SILENCE TALKS

“Of the unknowable only *Silence* talks. The mind can talk only of what it knows. If you diligently investigate the knowable, it dissolves and only the unknowable remains.”

~ Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage

KEEP QUIET

“Keep *Quiet*. Simply keep still. Don't give any thought to your mind for one second. Don't stir any thought and don't make any effort, for just one second. If you understand what I speak about tell me what will happen when you don't stir a single thought from the mind and you don't make any effort. Just these two things; no effort and not giving any thought to the mind! Just for one instant. What will happen?”

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

TRANSCENDENT SPEECH

Questioner: Sri Bhagavan's *Silence* is itself a powerful force. It brings about a certain Peace of mind in us.

Ramana: “*Silence* is never-ending speech. Vocal speech obstructs the other speech of *Silence*. In *Silence* one is in intimate contact with the surroundings. The *Silence* of Dakshinamurti removed the doubts of the four sages. *Mouna* [Vyakhya Prakatita Tattvam] means the Truth expounded by *Silence*. *Silence* is said to be exposition. *Silence* is so potent. For vocal speech, organs of speech are necessary and they precede speech. But the other speech lies even beyond thought. It is in short Transcendent speech or unspoken words [paravak].”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

THOUGHTS ARE NOT YOUR FRIEND

“When your mind begins to wander, creation begins for you. You lose the moment, and the world begins for you. According to your karma, your consciousness, your samskaras, you start creating this world, as soon as you begin to think. Thoughts are not your friend. They do not really belong to you. Do you feel the perfect *Silence*?”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

FOR THE YOGI WHO HAS GONE SILENT

Sage Ashtavakra said: Considerations like ‘I am this’ or ‘I am not this’ are finished for the yogi who has gone *Silent* realizing “Everything is my Self” ¹⁰.

~ *Ashtavakra Gita, XVIII, 'The Wise', Verse 9/10.*

¹⁰ “Everything is myself” is not meant to take “my Self” as a personal ‘I’. In authentic non-dual Advaita Vedanta the Self ‘alone’ is. See the ‘snake and the rope’ analogy in the Glossary. ॐ

NO MENTAL MOVEMENTS

“To abide in Swarupa [one’s True nature] is to cease to exist as a slave; it is to remain without even the rising of the thought ‘I am a slave’; it is egoless *Mauna*, utterly still, having no mental movements. The unlimited consciousness that shines in this state is the [True] consciousness.”

~ *Guru Vachaka Kovai, David Godman edition, verse 472, page 204*

THIS COMES FROM SITTING IN THE SILENCE

“You see, we’re not trying to do these things physically. We just let ourselves fall into the space where all these things happen by themselves. And this comes from sitting in the *Silence*. You see how all these things are connected to each other?”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

TURIYATITA – BEYOND THE FOURTH

“The state in which firm Jnana has been attained, in which turiya [the fourth state] has become ‘atita’ [turiyatita – beyond the fourth state], is pure *Mauna*.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 185, verse 28*

FORMS OF SELF CONTROL

“Serenity of mind, contentment, *Silence*, restraint of the senses, kindness, generosity, faith, tenderness, straightforwardness, patience, sincerity, harmlessness, continence, reflection, fortitude, these among others are said to be Yamas, forms of self-control to be exercised by the mind.”

~ *Dakshinamurti Stotra of Sri Sankaracharya*

THE LIGHT OF SILENCE

“A mind that has experienced the light of *Silence* will not readily accept the conceptual drama, consisting of the trinities ¹¹, that appears in the other light [chidabhasa].” ¹²

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

¹¹ *The trinities – the seer, seeing, and seen (knower, knowing and known).* ॐ

¹² *Chidabhasa - The false duality seemingly created by the reflected consciousness of Brahman (Reality).* ॐ

STRENGTH TO THE SOUL

“Patience, prayer and *Silence* - these are what give strength to the soul.”

~ *Saint Faustina, 20th Century Polish-born Catholic Nun and Mystic*

BY YOUR VERY SILENCE YOU HAVE BLESSED SOMEONE

“A rose need not declare, ‘I am fragrant.’ By its very nature, it is fragrant. So you need not declare, ‘I’m doing a good deed, I am helping others.’ By your very nature you can’t help helping others, by your very presence. And as you continue to unfold you notice that you’re getting less and less involved in the games of this world. You’re playing less and less games. You leave others alone to an extent. If you can’t say a good word, or help in any way, you say nothing, and by your very *Silence* you have blessed someone else.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

I FIND IT HARD TO UNDERSTAND

Nisargadatta: “What is it to be universal -- not as a concept, but as a way of life? Not to separate, not to oppose, but to understand and love whatever contacts you, is living universally. To be able to say truly; ‘I am the world, the world is me, I am at home in the world, the world is my own’. Every existence is my existence, every consciousness is my consciousness, every sorrow is my sorrow and every joy is my joy -- this is universal life. Yet, my real being, and yours too, is beyond the universe and, therefore, beyond the categories of the particular and the universal. It is what it is, totally self-contained and independent.”

Questioner: I find it hard to understand.

Nisargadatta: “You must give yourself time to brood over these things. The old grooves must be erased in your brain, without forming new ones. You must realize yourself as the immovable, behind and beyond the movable, the *Silent* witness of all that happens.”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage, book, “I Am That”*

A HUNDRED SILENT WAYS

"I closed my mouth and spoke to you in a hundred *Silent* ways."

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic*

THE DAY WILL COME WHEN YOU SAY, "WHO AM I?" YOU WILL KEEP SILENCE FOR HOURS

“Think about this. Those of you who wish to practice atma-vichara (Self-inquiry), start doing this in the morning when you first wake up. Inquire, ‘Who am I?’ and keep still. Never answer that question. As thoughts come into your mind, you begin to think, inquire, ‘To whom do these thoughts come? To whom do these thoughts come? Who's thinking these thoughts? To whom do they come? Why, they come to me of course. I think these thoughts. I, I, I. Who am I?’ You continue the process. You remain still again. As more thoughts come into your mind, you inquire, "To whom do they come? They come to me. I think these thoughts. Well, who am I?" As you continue to practice this method, you will notice that the space in between ‘Who am I?’ becomes larger and larger, more extensive. There is a vast gap between ‘Who am I?’ whenever you say it. That gap is your Reality. The day will come when you say, ‘Who am I?’ you will keep *Silence* for hours. The mind will no longer move. The thoughts will no longer come. The feelings will become Transcended, and you will be totally free and liberated.”

~ Robert Adams, *20th Century American-born Sage and Teacher of Non-duality*

THE SILENT PORTAL

"That *Silence* which is not the silence of the ending of noise, is only a small beginning. It is like going through a small hole to an enormous, wide, expansive Ocean, to an Immeasurable, Timeless State. But this you cannot understand verbally, unless you have understood the whole structure of Consciousness."

~ Jiddu Krishnamurti, *20th Century Indian-born Mystic and Spiritual Teacher*

REMAINING IN OUR SOURCE, THOUGHT-FREE

“God abides in the Heart of everyone, as the Heart, *Silently* enabling, through his mere presence, all the things that should be done for everyone in the way that they have been ordained. If we therefore also remain in our source, the Heart, thought-free and without slipping from it, and merged with his swarupa that is also the Heart, whatever is to happen to us will happen without any impediment.”

Ramana commentary: As Reality exists free of thought in the Heart, Reality is termed ‘the Heart’ (ullam).

~ Guru Vachaka Kovai, *David Godman edition, verse 473, page 205*

GROWS IN SILENCE

“The seed of spiritual life grows in *Silence* and in darkness until its appointed hour.”

~ Sri Nisargadatta Maharaj, *20th Century Indian-born Advaita Sage*

WAVES OF SPIRITUAL INFLUENCE

Question: How can *Silence* be so powerful?

Ramana: “A realized one sends out waves of spiritual influence, which draw many people towards him. Yet he may sit in a cave and maintain complete *Silence*. We may listen to lectures upon Truth and come away with hardly any grasp of the subject, but to come into contact with a realized one, though he speaks nothing, will give much more grasp of the subject. He never needs to go out among the public. If necessary, he can use others as instruments.”

~ ‘*Be As You Are*’, *The Teachings of Sri Ramana Maharshi*, David Godman edition.

SILENCE ALONE REMAINS

“Rama, in the scriptures, words have been used in order to facilitate the imparting of instruction. Cause and effect, the self and the Lord, difference and non-difference, knowledge and ignorance, pain and pleasure – all these pairs of opposites have been invented for the instruction of the ignorant. They are not real in themselves. All this discussion and argumentation take place only in and because of ignorance; when there is knowledge there is no duality. When the Truth is known, all descriptions cease, and *Silence alone* remains.”

~ *Yoga Vasistha (III:84)*

THE SONG OF GOD WITHIN US

"Then in the deep *Silence*, wisdom begins to sing her unending, sunlit, inexpressible song; the private song she sings to the solitary soul. It is his own song and hers - the unique, irreplaceable song that each soul sings for himself with the unknown spirit as he sits on the doorstep of his own being, the place where his existence opens out into the abyss of God.”

~ *Saint Teresa of Avila, 16th Century Spain-born Carmelite Nun*

A SILENT ROSE RADIATES BEAUTY

“Do not speak to foolish people about the Truth, just share the Love and Happiness, because the greatest gift is an empty mind. But even if you do not speak, your *Silence* will reach the whole planet as a *Silent* rose radiates beauty. Sit *Quietly* and send Peace from your Heart to all beings of all the worlds. Oceans may empty, but there is no end to Love and Peace, so share it always in selfless service; this is worship.”

~ *H.W.L. Poonja, ‘Papaji’, 20th Century Indian-born Advaita Sage*

THE TRUTH IS SILENCE. THAT IS THE HIGHEST TRUTH.

“In this teaching you do not have to give up anything. You simply have to know the Truth about these things. It's knowing the Truth that sets you free. And the only place you have to know is in your mind. Therefore, you use your mind to know the Truth and the Truth is *Silence*. That is the highest Truth. By all means do everything in your power to make yourself *Silent*.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THE LANGUAGE OF HIS GAZE

“The Jnana-Guru actually abides as both the Atma-swarupa and the Siva-swarupa within the Hearts of devotees, although in their externalized view he appears and moves around as if he is different (from them). True Jnana will not dawn for anyone who has not known experientially, through investigation in the Heart, the essence of the upadesa ‘You are That’ which (the Guru) *Silently* and unceasingly conveys to his devotees though the language of his gaze.”

~ *Guru Vachaka Kovai, David Godman edition, verse 503, page 219*

THE FOOTSTEPS OF GOD

“You can hear the footsteps of God when *Silence* reigns in the mind.”

~ *Sathya Sai Baba, 20th Century Indian-born Guru*

THE EPITOME OF COMPASSION

“As you sit in the *Silence* without desire, without want, without trying to change bad for good. All of a sudden you will feel yourself surrendering. Surrendering all of your ego. The body-mind surrenders. Everything lets go. And you become the epitome of compassion. A tremendous humility wells up within you. When you can feel these things the next step is to awaken totally.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

BRINGING SILENCE INTO MANIFESTATION

"*Silence* is the only music there is. All music is an effort to bring this *Silence* somehow into manifestation."

~ *Osho (Bhagwan Shree Rajneesh), 20th Century Indian-born Mystic and Spiritual Leader*

CLING ONLY TO SILENCE

“The complete giving up of the other three objectives [wealth, desire and righteousness] of human existence beginning with righteousness, is the glorious state of Peace, which is the nature of liberation [the fourth and only True goal]. Therefore, completely giving up all thought of the other three false objectives, cling only to *Silence*, the knowledge of the Supreme Self, which is Shiva.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

IT IS NOT THE DEAD STATE OF MIND THAT SPIRITUAL SEEKERS THINK

"You can never understand the tremendous Peace that is always there within you, that is your natural state. You're trying to create a Peaceful state of mind is in fact creating disturbance within you. You can only 'talk' of Peace, create a state of mind and say to yourself that you are very peaceful - but that is not Peace; that is violence. So there is no use in practicing peace, there is no reason to 'practice' silence. *Real Silence* is explosive; it is not the dead state of mind that spiritual seekers think."

~ U.G. Krishnamurti, 20th Century Indian-born spiritual philosopher

WHERE THERE ARE NO WORDS

“The only way you can really understand what I am saying is in the *Silence*, where there are no words. This is why I say to you, "When I appear to speak to you, I am really *Silent*." There are no words. The only one who can hear the words that I speak to you is your mind. And if you're listening to me with your mind, you will attempt to analyze everything I say, and there will be total chaos and confusion.”

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

THE DEEP INNER VOICE

“Not all are called to be hermits, but all need enough *Silence* and solitude in their lives to enable the deep inner voice of their own True Self to be heard at least occasionally.”

~ Thomas Merton, 20th Century American-born Trappist Monk, *The Silent Life*

THE GREAT GESTURE

“*Silence* is when action has gone, knowledge has gone, time has disappeared... and you too. Finally you are gone. One day... suddenly, you find that everything has disappeared, nothing remains. In that nothingness – the great gesture – you are infinite.”

~ Osho (Bhagwan Shree Rajneesh), book, *The Tantra Vision, Vol. 2, Chapter 5*

IGNORANCE-DISPELLING WORDS

“Know that the essence of Supreme Truth that is churned (like butter from milk) from the four Vedas, which are pregnant with many ignorance-dispelling words, is the one unique word *Mauna* [that denotes] the identity of the jiva with the Supreme.”

~ *Guru Vachaka Kovai, David Godman edition, verse 505, page 221*

COMPLETE SILENCE

The means that appear different are only Consciousness.
The contemplation as Consciousness is only Consciousness.
The delusionless Knowledge of the Supreme is only Consciousness.
The worship based upon ripe Knowledge is only Consciousness.
The sorrowless state of happiness is only Consciousness.
Complete *Silence* is only that Consciousness.
Remaining as the One is only Consciousness.
Remaining actionless is only Consciousness.

~ *Ribhu Gita, Ch. 13, Verse 35*

MAKE YOUR LIFE A ROSE

“*Silence* is the speech of the spiritual seeker. Make your life a rose that speaks *Silently* in the language of fragrance.”

~ *Sathya Sai Baba, 20th Century Indian-born Guru*

HUMILITY AND SILENCE ARE ESSENTIAL

Q: Sharada Devi, wife of Sri Ramakrishna Paramahansa, used to scold his disciples for too much effort. She compared them to mangoes on the tree which are being plucked before they are ripe. 'Why hurry?' she used to say. 'Wait till you are fully ripe, mellow and sweet.'

M: “How right she was! There are so many who take the dawn for the noon, a momentary experience for full realization and destroy even the little they gain by excess of pride. Humility and *Silence* are essential for a sadhaka, however advanced. Only a fully ripened Jnani can allow himself complete spontaneity.”

~ *Sri Nisargadatta Maharaj, book, 'I Am That', Ch. 26*

WATCH

“Notice how the thoughts come to you when I stop talking. You begin to think. All of these years you have believed in your thoughts. Whenever there is *Silence*, whenever there is *Quietness* thoughts begin to do their work. Watch.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THE FALSE ‘FIRST’ PERSON

“The glory of the state of *Silence* – in which one has merged and died in the real principle, God, who is the egoless Self, by inquiring ‘Who am I, the false first person?’ – *alone* is the nature of the observance of self-surrender.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

WISE STUDENT KEEPS SILENT

“Anything that happens to you, you have earned. Therefore, the wise student keeps *Silent*. When I say, “Keep *Silent*,” I don't mean just not to talk, but cause the mind to be *Silent*. For you can be *Silent* and you can be cursing under your breath, as you know. And you can be saying statements like, “he's crazy, he doesn't know what he's talking about.” Your mind is working. *Silence* refers to [*Silencing*] the mind.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

A STATE OF EQUILIBRIUM

“Once the mind stops trying to grasp, once there is no effort to attain and become something, once energy is no longer projected in strategy and end-gaining it returns to a state of equilibrium where everything remains Peaceful and points towards *Silent* awareness, within which all thoughts and perceptions come and go.”

~ *Jean Klein, 20th Century French Born Teacher of Advaita Vedanta, book, ‘I Am’*

SILENCE IS THE ROOT

“Why are you so afraid of *Silence*? *Silence* is the root of everything. If you spiral into its void, a hundred voices will thunder messages you long to hear.”

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic*

THE OBSTACLE TO THE MAUNA EXPERIENCE

“A mind that has attained *Mauna* is indeed an immaculate crystal lingam that, if worshipped, grants endless happiness. Since all the things that the worthless senses bring to you while you have the deluded idea that you are the physical body become an attachment, an obstacle to that *Mauna* experience, spurn them all and eradicate them from the mind.”

~ *Guru Vachaka Kovai, David Godman edition, verse 517, page 224*

OSHO SPEAKS ON THE TECHNIQUE OF REMAINING IN SILENCE

Questioner: Osho, many people are in *Silence* now. Do you recommend this? What is the purpose? Can it be helpful?

OSHO: “I don’t recommend, but they understand. I don’t recommend anything in particular – except understanding. But if you understand, you would love *Silence*!”

I don’t say, ‘Be *Silent*,’ because then it will become suppressive. If you understand me, if you look towards me, you will see *Silence* before yourself, and you will have a deep desire arising in you to be *Silent*. Because in deep *Silence* all that is beautiful and True becomes available....

But you are in a constant chattering, inner talk continues. And you are talking with people or you are talking with yourself – you are talking the whole day. Even in the night you are talking, in dreams you are talking. This continuous talking functions as a barrier and you cannot see through it. It is like a fog that surrounds you, densely. Your intelligence is destroyed because of this constant talk.

I don’t recommend anything, because then it becomes a discipline; then because I say “You have to be *Silent*,” you force *Silence*. A forced *Silence* is already ugly, a forced *Silence* will not give you the right taste of it. No. Just understand. Try to understand me, feel me... and then you would like to be *Silent*. And when you would like to be *Silent*, only then can it be beautiful. When it arises from your own Heart, with a deep understanding, by and by you become *Silent*. In fact, then you don’t become *Silent*, you by and by drop the talk, the inner talk, the outer occupation. Then *Silence* is not the thing; you just understand that the whole talk is nonsense. Why go on talking? For what? There is nothing to say and you go on saying.”

~ *Osho (Bhagwan Shree Rajneesh), 20th Century Indian-born Mystic and Spiritual Leader*

FIRST OF THE SIX ESSENTIALS:

(1) *Quiescence*; which is the restraining of the mind from objects of senses.

~ *Avadhuta Gita of Dattatreya, as translated by Kanno Mal, M.A.*

TRUE SILENCE VERSUS FALSE SILENCE

“When you're sitting in the *Silence* and the world is still available to you that is not *Silence*. That's a false *Silence*. The True *Silence* is when the whole world, the whole universe, people, places and things have all disappeared. You have pulled them back into the Heart center. That is the True *Silence*. For there is no longer anything to think about. Everything is gone. There is just the void. The beautiful precious void. And you're beginning to sit in that void, in that *Silence* for longer and longer periods.”

~ Robert Adams, *20th Century American-born Sage and Teacher of Non-duality*

DROP THE CAMOUFLAGE

"Innocence is your inherent nature. Cleverness is something you have acquired. You have acquired your cleverness from your parents, from your society and from your religion. They all make you so clever, you end up forgetting your innocence. You were born innocent. You never noticed any differences between your own people and the neighbors. You were loving everyone, and everyone loved you. People loved you so much, they came up to you and kissed you and gave you chocolate.

As you slowly grew up, all this changed. You learned to be clever; you lost your innocent nature; you even lost God. And that's when your suffering started. Now, you have acquired all this cleverness. You have discovered cheating and deception. You see differences between one man and the next and make negative judgments.

Who told you about all these things? When you were a young child, you didn't see any differences between your family and the neighbors, between one country and another, between one religion and another. You didn't see differences in those days.

Look at the children who come here and play. They still have it. You can see it in them. But you have lost your innocence because of the society you live in, the parents and the priests who told you things that are not true.

Now you want to return to your original innocence. You are not going to gain anything new, are you? You are just going to return back to your original innocence. When you give up all the things that have made you clever, you will go back to your own nature, your own state.

That's what we call freedom. This freedom is 'freedom from'. You are free of everything you have acquired, everything that you have learned, everything that you have known, everything that you have read, everything that you have heard. Innocence will come back to you if you don't impose any of these things on yourself.

Just keep *Quiet*. Don't have any expectation whatsoever. Don't even have the expectation of freedom, or realization. Don't expect anything and innocence will show up by itself. Your nature will reveal Itself once all this camouflage has been dropped.”

~ H.W.L. Poonja, 'Papaji', *20th Century Indian-born Advaita Sage*

THIS IMMENSE SENSE OF SILENCE

“One can only find out what is sacred when thought has discovered its right place, without effort or will, and there is this immense sense of *Silence*; the *Silence* of the mind without any movement of thought.”

~ *Jiddu Krishnamurti, book, The Wholeness of Life*

TRUE WORSHIP, PERFORMED NATURALLY AND WITHOUT BREAK

“Enthroning the Lord upon the seat of the Heart and fixing the whole mind at his feet, worship him as your own Self, without a sense of difference, because he is your own swarupa. You should know that this True worship, performed naturally and without break, is the fair nature of divine *Silence*.”

~ *Guru Vachaka Kovai, David Godman edition, verse 520, page 227*

NEITHER IGNORANCE NOR ILLUSION EVER HAPPENED TO YOU

The mind covers up Reality without knowing it. To know the nature of the mind you need intelligence, the capacity to look at the mind in *Silent* and dispassionate awareness.

Neither ignorance nor illusion ever happened to you. Find the self to whom you ascribe ignorance and illusion, and your question will be answered.

You talk as if you know the Self, and see it to be under the sway of ignorance and illusion. But, in fact, you do not know the Self, nor are you aware of ignorance.

By all means become aware - this will bring you to the Self and you will realize that there is neither ignorance nor delusion in it. It is like saying, "If there is sun, how can darkness be?" As under a stone there will be darkness however strong the sunlight, so in the shadow of the "I-am-the-body" consciousness there must be ignorance and illusion.

Don't ask, "Why?" ask "How?" It is in the nature of creative imagination to identify itself with its creations. You can stop it any moment by switching off attention, or through investigation.

~ *Book, Nisarga Yoga: The Self Knowledge Teaching of Nisargadatta Maharaj*

ONCE YOU ARE IN THAT PLACE, THE SELF WILL REVEAL ITSELF AS YOU

“You can only find the Self when you become *Quiet*. This is why the procedures that you learn such as *atma-vichara*, self-inquiry is to bring you deeply into the *Silence*. To get you to a place where there is total *Quietness*. Total Peace. Once you are in that place, the Self will reveal itself as you.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

YOU MUST COME TO ABSOLUTE SILENCE WHERE ALL SELF-IDENTITY HAS BEEN LOST

Questioner: Gurudev, your words pierce my heart. I feel really restless. Gurudev, who are you really?

Avadhootanand Maharaj: “Son, I am the one who is asking this question itself. What I am cannot be said to you in words. That's because to speak, the tongue has to be used. Each of the five elements (Earth, Sky, Fire, Water and Air) is already an illusion. All these 5 elements have combined to form this great illusion of a body. An illusion cannot be used to state the Reality. All words fall short of it. Therefore, to state what I am, I have to keep using not that, not that.”

Questioner: Yes, please tell me.

Avadhootanand Maharaj: “Anything what you perceive, I am not that. I am not this body nor the sense organs nor the five elements. I have absolutely no sense of 'I' but for communication only, it becomes relevant to use the word 'I'. I am not the mind nor am I any feeling associated with the mind. Neither am I the ego nor the intelligence.

I just am! Eternal, effortless, non-dual bliss. I am the source of all existence yet I am completely aloof; I have no ego or feeling even that I exist. Everything happens spontaneously through me yet I have no ego of it. I just am! Only I am and I am only! It cannot be even said that I am the only one, I have no ego of being the only one! I have no determination, for, I am already complete but I have no ego of being complete.

For the sake of devotees hungry for me, I Transcend my natural state of 'Unmani' to the 'Turiya' state wherein I can tell them about the devotees' True identity.

I am the killer as well as the killed; knowledge as well as ignorance; yet, I am neither of them. I am the enjoyer and enjoyment yet I am neither of them. I am the sufferer and the suffering also, yet I am neither of them. I am birth and death, yet I am neither of them. I am peace and war, yet neither of them. I am desire and dispassion yet neither of them. I just am! But I do not possess any ego or concept of my existence.

I have no relations, no form, no birth or death, neither bondage or freedom. I am neither these words and talks, I am the one who makes these talks possible. I just am! Eternal, effortless, unconditional, non-dual bliss.

All these words are still meaningless. To know me, you have to know yourself. You must come to absolute *Silence* where all self-identity has been lost. That's the *only* way! Know yourself and thus, know me!”

~ Avadhootanand Maharaj, 20th Century Indian-born Advaita Sage

THIS IS WHY SILENCE IS REALITY

“As long as you feel you have to do something in this world then by all means do something. As long as you feel that you have to do nothing in this world by all means do nothing. Yet the something and the nothing are two sides of the same coin. For there is somebody who has to do something and there is somebody who has to do nothing. You cannot say, "I am nothing." For again if you say, "I am nothing," it means that you are something. This is why *Silence* is Reality. Can you see this now?”

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

MAUNA, WHEREIN NAUGHT ELSE EXISTS

“Clinging to that pure state [turiya or suddha], which remains without any attachments, is clinging to divine grace. This *alone* is one’s own state of *Mauna* wherein naught else exists. To know and merge in this state of *Silence* through vichara, and to remain always as the That, is True mental worship. This you should know.”

Book note: Suddha nilai, the pure state, sometimes indicates the state between sleep and waking, before the 'I' has arisen, and sometimes it refers to turiya, the substratum of the states of waking, dreaming and sleep. In verse 265, it was described as follows: The pure state [suddha-nilai] exists and shines as unceasing pure being in the Heart [ullam] after the other thoughts that rise from oneself [vikshepa] and the Self-forgetfulness [avarana] that is the basis for their rising are fully destroyed.”

~ Guru Vachaka Kovai, David Godman edition, verse, 521, page 227

THERE IS NEITHER THINKING NOR KNOWING

“In the state of *Silence* one merely abides as ‘I-I’ ¹³. Apart from this, there is neither thinking nor knowing.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

REMAIN UNINVOLVED

“Old habits and body karma persist for some time, but you remain uninvolved. *Peace* is your nature. How could behavior of mind and body affect you? All arises from Peace, from *Silence*.”

~ H.W.L. Poonja, ‘Papaji’, 20th Century Indian-born Advaita Sage

¹³ ‘I-I’ is not to be interpreted as a ‘personal I’. It could be said that ‘I-I’ is abiding at the threshold where all pointings merge and disappear into the wordless, undifferentiated, non-dual Reality pointed to by sages and texts. ॐ

THE 'PURE' WITNESS

Q: What is the use of a *Quiet* mind?

M: "When the mind is *Quiet*, we come to know ourselves as the pure witness. We withdraw from the experience and its experiencer and stand apart in pure awareness, which is between and beyond the two. The personality, based on self-identification, on imagining oneself to be something: 'I am this, I am that', continues, but only as a part of the objective world. Its identification with the witness snaps."

~ *Guru Sri Nisargadatta Maharaj, book, 'I Am That', Chapter 6, Meditation*

A SILENCE, A QUIETNESS

"As you keep practicing the answer will come, "No one gave it birth, and it never came into existence." Then there will be a *Silence*, a *Quietness*, and you will feel blissful. You will feel a happiness that you never dreamed existed."

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THERE IS A SILENCE

"There is a *Silence* into which the world cannot intrude. There is an ancient Peace you carry in your Heart and have not lost. There is a sense of holiness in you which the thought of sin has never touched. All this today you will remember."

~ *A Course in Miracles*

ASHAMED OF WORDS

"Be *Silent*. That Heart speaks without tongue or lips. When I hear words of the Heart I am ashamed of words of the mouth."

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, Poet, and Sufi Mystic*

REMAIN SILENT

"It is not possible for anyone to do anything opposed to the ordinance of God, who has the ability to do anything and everything. Therefore to remain *Silent* at the Lord's Feet, having given up all the anxieties of the wicked, defective and delusive mind, is best."

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

LEFT IN SILENCE

"Perhaps the deepest reason why we are afraid of death is because we do not know who we are. We believe in a personal, unique, and separate identity - but if we examine it, we find that this identity depends entirely on an endless collection of things to prop it up: our name, our "biography," our partners, family, home, job, friends, credit cards... It is on their fragile and transient support that we rely for our security. So when they are all taken away, will we have any idea of who we really are? Without our familiar props, we are faced with just ourselves, a person we do not know, an unnerving stranger with whom we have been living all the time but we never really wanted to meet. Isn't that why we have tried to fill every moment of time with noise and activity, however boring or trivial, to ensure that we are never left in *Silence* with this stranger on our own?"

~ *Sogyal Rinpoche, 20th Century Tibetan-born Dzogchen Lama*

FREE FROM ALL MENTAL PERVERSIONS AND FROM THE BLINDING TAIN OF ILLUSION

"The Self and the world are neither identical nor are they different (dual). All this is but the reflection of the Truth. Nothing but the one Brahman exists. 'I am different from this' is pure fancy; give it up Oh, Rama. The Self perceives itself within itSelf as the infinite consciousness. Therefore, there is no sorrow, no delusion, no birth (creation), nor creature; whatever is, is. Be free from distress, Oh Rama. Be free of duality; remain firmly established in the Self, abandoning even concern for your own welfare. Be at Peace within, with a steady mind. Let there be no sorrow in your mind. Rest in the inner *Silence*. Remain *alone*, without self-willed thoughts. Be brave, having conquered the mind and the senses. Be desireless, content with what comes to you unsought. Live effortlessly, without grabbing or giving up anything. Be free from all mental perversions and from the blinding taint of illusion. Rest content in your own Self."

~ *Yoga Vasistha, Swami Venkatesananda (Special Paper; 27, State University of New York Press)*

DO NOT REFUTE OTHER RELIGIONS

"Instead of merging in the clear state of *Mauna* by enquiring and subtly experiencing in the Heart the Reality, some people jump up angrily, mouthing arguments that refute other religions and substantiate their own creed, merely as a display of debating prowess."

~ *Guru Vachaka Kovai, David Godman edition, verse 523, page 228*

WHEN THE CONCEPT AND THE PERCEPTION HAVE COMPLETELY VANISHED IN SILENCE

“When you say, ‘I understand’, in Reality you haven’t understood, because the understanding has been localized in a concept in your brain. Real understanding is when the concept and the perception have completely vanished in *Silence*, in your totality, in your globality, in your wholeness. You can never force the understanding, you can never try to understand; you can only live with your question. Living with your question means to have a *Silent* relationship with your question. When you have that *Silent* relationship, the question unfolds, and vanishes in the living answer. What you are fundamentally can never become an object, something perceived. But everything you are looking for can only be an object. However, you know you are the ultimate subject, the knower, the subject of all objects. So looking for an answer in a world of objects is a complete waste of time. When this really hits you, what happens? There is a stop and automatically, spontaneously, the subject refers to itself, that is your wholeness, your globality. The energy which was projected returns to you. That is only to say, ‘Hello’ to you!”
(laughter).

~ Jean Klein, book, ‘*Transmission of the Flame*’, p. 175.

SURRENDER IN SILENCE

“A day of *Silence* can be a pilgrimage in itself. A day of *Silence* can help you listen To the Soul play Its marvelous lute and drum. Is not most talking a crazed defense of a crumbling fort? I thought we came here to surrender in *Silence*, To yield to Light and Happiness, To Dance within, in celebration of Love's Victory”

~ Hafez, 20th Century Persian-born Poet and Mystic, *I Heard God Laughing; Poems of Hope and Joy*

SEER-SEEING-SEEN AND KNOWER-KNOWING-KNOWN

“*Silence* will manifest itself when the clarity of Self-knowledge, which overflows with the exalted direct experience, causes the trinities of seer-seeing-seen and knower-knowing-known to depart.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

IMMOVABLE AND PERFECTLY ESTABLISHED

“Realizing, at a blessed moment, the Supreme Truth through the instructions of the Guru, the authority of the Scriptures and his own reasoning, with his senses *Quieted* and the mind concentrated, (the disciple) became immovable in form and perfectly established in the Atman.”

~ Vivekachudamani of Sri Shankaracharya, transl. Swami Turiyananda, verse 479

SUPERIOR INTELLIGENCE IS IGNORANCE

“Those who have learned the Truth of the Supreme Self through scriptures alone, who have a high opinion of themselves because of their superior intellect, but who fail to attain *Quiet* repose by enquiring into the one who has learned the scriptures, thereby immersing themselves in bliss – these people test those who are established in *Mauna*. What else can one say of their ignorance?”

~ *Guru Vachaka Kovai, David Godman edition, verse 600, page 255*

THE STATE OF GRACE

An article about Bhagavan, written by a devotee, was entitled, "Where *Silence* is an inspired sermon". On seeing this, Bhagavan wrote the Tamil verse, which is translated below:

“*Silence*, the unique language, ever surging in the Heart [*a synonym for the Self*], is the state of grace.”

~ *Devotee Recollection*

THAT GREAT SILENCE IS OUR HOME

“So, first move with logic towards love and then move with love towards *Silence*. That Great *Silence* is our home.”

~ *Osho, Mahageeta, Volume 1, pg. 210*

YOU MUST INQUIRE INTO YOURSELF

“When your mind has become *Silent* it means your mind has been destroyed, because the mind is only a bundle of thoughts. When there is no mind, there is emptiness. That emptiness is *Silence*, and that *Silence* is consciousness. How do I make my mind *Silent*? How do I *Silence* my mind? By inquiring ‘Who am I?’ or ‘Where does the mind come from? How did the mind originally appear?’ In other words, you must inquire into yourself.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

TRUTH MAY COME TO A SILENT MIND

“The mind cannot go to Truth, but Truth may come to a *Silent* mind”.

~ *Jiddu Krishnamurti, 20th Century Indian-born Mystic and Spiritual Teacher*

ALL OTHER KNOWLEDGE ARE ONLY PETTY AND TRIVIAL KNOWLEDGE

“That *Silent Self alone* is God; *Self alone* is the jiva [individual soul]. *Self alone* is this ancient world. All other knowledge are only petty and trivial knowledge; the experience of *Silence alone* is the real and perfect knowledge.”

~ *Be As You Are*, book, *The Teachings of Sri Ramana Maharshi*, edited by David Godman.

PEACE IN UNDERSTANDING THE NATURE OF MIND

“When there is no movement of any kind inwardly or outwardly, no demand for experience, no demand for awakening, no seeking, then the energy is at its height. When there is *Silence*, the mind is transforming itself. The mind, the brain, which is a vessel of movement, is completely *Quiet* when the movement has no form, no 'me', no vision, no image and in it there is no memory.

The brain cells are used to movement in time; they are the residue of time. When the self sees the futility of all movement as time, all movement ceases. When the mind denies totally all movement and therefore all time, all thought, all memory, there is absolute *Quietness*.

The realization that any movement from the brain cells gives continuity to time itself, puts an end to all movement. Movement is always in the past or in the future - movement from the past through the present to the future. So, mutation is understanding of movement and ending of movement in the brain cells themselves.”

~ *Jiddu Krishnamurti*, *20th Century Indian-born Mystic and Spiritual Teacher*

YOU ARE NOT DISTURBED INSIDE

“*Silence* is something that comes from the Heart, not from the outside. *Silence* doesn't mean not talking and not doing things: it means that you are not disturbed inside. If you're truly *Silent*, then no matter what situation you find yourself in you can enjoy the *Silence*.”

~ *Thich Nhat Hanh*, *20th Century Vietnamese-born Buddhist Monk*

ABIDE FIRMLY IN MAUNA

“You should redeem yourself by thinking-without-thought of the divine grace of God. How can this be accomplished by sprouting forth and rising up as 'I'? To destroy the [outward-moving] attention of the ghost-like ego that proclaims itself as 'I', seek the 'I' and abide firmly in *Mauna*, wherein you remain as That.”

~ *Guru Vachaka Kovai*, *David Godman edition*, verse 633, page 269

IT IS MAYA, THE GRAND ILLUSION

“If you only knew what was inside of you, what you really were, you would laugh hysterically. You would be full of bliss, full of joy, full of happiness, full of harmony. There is that within you which is unspeakable, which cannot be explained. It’s such beauty, such joy.

When you know who you are, and you call upon that, you'll have everlasting happiness. This is the reason I always say to you at the end of the lesson, “Worship your-self¹⁴, bow to your-self, pray to your-self.” After all, to whom shall you pray? To the sky? To the moon? To the stars? Yet they also come out of you. You are the one.

You have to turn within yourself. And I know how many times I say this to you, some of you still go home, and you worry, and you pray to God for help, for assistance. You pray to some anthropomorphic deity up in the sky, to have mercy on your soul, and so forth. This is OK if you're in kindergarten. But once you get past kindergarten you have to somehow understand who you really are. You are not a body as you appear. This is not you. The appearance is a lie. It's a false appearance. It is maya, the grand illusion. Yet we appear to live in maya.

So why not use the best of maya to make yourself happy? Call upon the power within you, the light within you, to relieve you of your distress, to relieve you of your unhappiness, and all the things that seem to trouble you, and annoy you, and bother you. Call upon the God of your own being. Better still, do not call upon God at all, but rather sit in the Truth, sit in the *Silence*, in your own swarupa, your own Reality, your own nature.

Sit in that *Silence*, where you are the one, and there are no others. One day you'll have to do this, so why not do it now? Why keep on playing these games you're playing with yourself, hide and seek, believing God came out, and created you, and I have to see God again. You don't want to play hide and seek any longer. You want to realize that God never went anywhere. God never created anything. God is none other than your ‘Self’, the absolute Reality.

You are that, beauty, everlasting joy, happiness, Peace, bliss. This is your nature. This is the only existence. There is nothing else.”

~ Robert Adams, *20th Century American Advaita Mystic, The Collected Works of Robert Adams, ‘You Are The One’*

¹⁴ Here he is using ‘your-self’ in a way in which he is meeting seekers at the level of their experience and understanding.

He is using a pointer to direct the seeker ‘inward’ for those still identified with the body. Such a pointing becomes transparent upon realization; i.e., becomes your ‘Self’ alone. Notice that if we capitalize the ‘S’, it would also be correct from that

higher level of experience. ॐ

BE STILL WITHOUT WORDS

“The moment he said ‘Be still without words (in the state of *Mauna*),’ nothing remained for me to know. What a wonder is this?”

~ *Guru Vachaka Kovai, David Godman edition, verse 647, page 276*

THE OBJECT OF SITTING IN THE SILENCE

“In the real *Silence* there is no thought. When you sit in the *Silence* you are freeing yourself from thought. You do certain practices, certain things to yourself so thoughts come less and less, and less and less, and they disappear completely. That is the object of sitting in the *Silence*. Consequently if you sit in the *Silence* for a long enough time, inquiring now and again, "Who am I? What is life? Where did I come from?" You will become more and more *Silent*. *Quietness* will pervade. It will happen by itself. Then you will be in the True *Silence*. But sitting down is not the True *Silence*, until you Quiet the mind. Until the mind has become totally *Quiescent*, totally still, totally free.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

IT CEASES TO EXIST AND FINDS PURE BEING ITSELF

Q. What is mind?

Sri Papaji: “Never mind! [laughing] Show me the mind. You have used the word ‘mind’. No one has seen what the mind is. Mind is thought existing as subjects and objects. The first wave is ‘I’, then ‘I am’, then ‘I am this, I am that’ and then, ‘This belongs to me’. Here the mind begins. Now, keep *Quiet* and do not allow any desire to arise from the Source. Just for this instant of time, don't give rise to any desire. You will find you have no mind and you will also see that you are somewhere indestructible, in tremendous happiness. And then you will see who you really are. So when you enquire ‘Who am I?’, this will take you home. First reject the ‘who’, then reject the ‘am’, then you are left with the ‘I’. When this ‘I’-thought plunges back into its Source, it ceases to exist and finds pure being itself.”

~ *H.W.L. Poonja, ‘Papaji’, 20th Century Indian-born Advaita Sage*

NOT THROUGH INTELLECT

“Harmony among religions prevails only in *Mauna*, and not through subtlety of intellect. After the experience of *Mauna*, it will be known as clearly as an amla [berry] in one’s palm that all religions and doctrines uniformly have as their goal the attainment of the Self.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1242, page 522*

TO REMAIN SILENT IS BEST

“According to the *prarabdha* [karma that is working itself out during the present life] of the individual self, the Supreme makes the individual act until the *prarabdha* comes to an end. Efforts made will be a failure due to *prarabdha*; even in spite of obstructions, the *prarabdha* will bear fruit. Therefore to remain *Silent* [without trying to oppose one's *prarabdha*] is best.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

YOU WILL NOT BE AFRAID

“Yours is the desire that creates the universe. Know the world as your own creation and be free. Be aware that whatever happens, happens to you, by you, through you; you are the creator, enjoyer and destroyer of all you perceive, and you will not be afraid. Unafraid, you will not be unhappy, nor will you seek happiness. In the mirror of your mind all kinds of pictures appear and disappear.

Knowing that they are entirely your own creations, watch them *Silently* come and go, be alert, but not perturbed. This attitude of *Silent* observation is the very foundation of Yoga. You see the picture, but you are not the picture.”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

OUT OF THAT SILENCE COMES YOUR LOVE

“Meditation is not a conditioning; it is simply sitting *Silently*, doing nothing, just enjoying the *Silence* - the *Silence* of the night, the *Silence* of the early morning... And slowly, slowly you become acquainted with the *Silence* that pervades your inner being. Then the moment you close your eyes you fall into the pool of a *Silent* lake, which is fathomless. And out of that *Silence* you are rejuvenated every moment. Out of that *Silence* comes your love, comes your beauty, comes a special depth to your eyes, and a self-respect.”

~ *Osho (Bhagwan Shree Rajneesh), 20th Century Indian-born Mystic and Spiritual Leader*

NEITHER DIFFERENCE, NOR NON-DIFFERENCE...

“In that great *Silence* there is no sense of difference. But is there then feeling of non-difference? No. The non-duality extolled by Seers is nothing but the absence of *all* sense of difference.”

~ *Sri Ramana Maharshi, Guru Vachaka Kovai verse 1080*

I NEVER THINK

Q: Do you live in a state of emptiness? I mean, when you are in meditation or even walking down the road, are you always in a state of emptiness?

A: “Emptiness is not a state; I correct you; it is a non-state.”

Q: I’m curious to know whether, when thoughts spring up out of that emptiness, do they go on a quarter of your time, or three-quarters of your time, and if they do, how can you keep your mind still all the time like that? Aren’t you wanting to think about things?

A: “I never think ¹⁵.”

Q: You never think. When you answer a question, are you not thinking?

A: “No. I hear the question in *Silence*, and the answer comes out of *Silence*.”

~ Jean Klein, 20th Century French Born Teacher of Advaita Vedanta, book, ‘Living Truth’, p. 4

WHAT IS THE SOURCE OF THIS ‘I’

“Keep yourself spiritual all the time. When you wake up you can immediately ask yourself, ‘Who am I?’ Where did the ‘I’ come from? ‘I... ‘I’ had a dream, and now ‘I’ am awake. ‘Who is this ‘I’?’ The ‘I’ slept soundly, it dreamt, and now the ‘I’ is awake. Interesting. And you ask, ‘Then, who am I?’ Which really means, ‘What is the source of this I?’ You always pause, and remember you never answer the question. When you ask yourself, ‘What is the source of the ‘I’?’ and you rest in the *Silence*, thoughts will start to come to you. So you inquire, ‘To whom do these thoughts come?’”

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

STOP THINKING

“I think 99 times and find nothing. I stop thinking, swim in the *Silence*, and the Truth comes to me.”

~ Albert Einstein, 19th-20th Century German-born Theoretical Physicist

¹⁵ His meaning here is critical; he means that it is only the mind which thinks, and he is Transcendent of that – although he is aware of the thinking. One could say that he has become the ‘eye of the eye’, the ‘ear of the ear’, etc. 🙏

BLISS WILL ARISE

“If the trinities that have risen from *Silence* subside in *Silence*, then bliss will arise.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

WHY EFFORT IS NECESSARY

Bhagavan: “Of course everybody, every book says, ‘Be *Quiet* or be still.’ But it is not easy. That is why all this effort is necessary. Even if we find one who has at once achieved the *Mauna* or Supreme state indicated by ‘summa-iru’ [‘be *Quiet*’ or ‘be still’], you may take it that the effort necessary has already been finished in a previous life.”

~ *Guru Vachaka Kovai, David Godman edition, verse 696, page 302*

NOTHING TO HOLD ONTO

“The point is, when you have nothing to hold onto, when you realize you're not something, you're not nothing, there has to be complete *Silence*. You have nothing else to say to yourself. The thoughts stop. You should find that happening right now. The thoughts just stop by themselves, for there is no one left to think anything. The thinker has been totally destroyed.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

CLOSER TO HEAVEN

“There is something greater and purer than what the mouth utters. *Silence* illuminates our souls, whispers to our Hearts, and brings them together. *Silence* separates us from ourselves, makes us sail the firmament of spirit, and brings us closer to heaven.”

~ *Khalil Gibran, 20th Century Lebanese-American writer, Poet, Philosopher*

IT IS YOUR OWN FRAGRANCE

“In meditation, *Silence* comes on its own accord. You simply go on watching the mind without any control, without any repression, and *Silence* comes suddenly just like a breeze, and with the *Silence*, the fragrance of flowers; it is your own fragrance which you were not capable of knowing because there was so much noise.”

~ *Osho (Bhagwan Shree Rajneesh), 20th Century Indian-born Mystic and Spiritual Leader*

HE TAUGHT IN SILENCE

“Lectures may entertain individuals for a few hours without having an effect upon them, whereas the result of *Silence* is permanent and benefits all. Even though it is not understood, that does not matter. Oral lectures are not so eloquent as *Silence*. It is unceasing eloquence. The primal master Dakshinamurti is 'The Ideal', and he taught in *Silence*.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

SILENCE ALONE

“All other knowledges are defective and petty; the experience of *Silence* [i.e., Self-Knowledge] is *alone* Perfect Knowledge. The different objective knowledges are merely superimposed on Self, the Pure Knowledge, and hence they are not True.”

~ Guru Vachaka Kovai, by Sri Muruganar (Micheal James edition), verse 422

THE 'I' HAS DISAPPEARED

“When a person is awake, when a person is aware, when a person is liberated, they really cannot say, ‘I've been liberated.’ Because the 'I' has disappeared. The 'I' that says, ‘I am liberated’ does not exist. There is no longer such a thing at all, doesn't exist at all never did exist. Who is to say, ‘I am liberated?’ Only the ego can say that. So there's *Silence*.”

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

A DISPASSIONATE WITNESS

“Be alert, but not attracted or repelled. It is important not to be involved. This attitude of *Silent* witnessing will have the effect, gradually, of driving away all useless thoughts, like unwanted guests that are ignored.

By being thus within yourself, that is, in the 'I-am-ness', by watching the flow of mind, without interfering or judging, as a dispassionate witness, the 'deep' unknown will be encouraged to come to the surface of consciousness and release its unused energies to enable you to understand the mystery of the origin of life.”

~ Book, *Pointers from guru Nisargadatta Maharaj*, By Ramesh S. Balsekar

GREATNESS IS ALWAYS HUMBLE, LOVING, SILENT, AND SATISFIED

“Spiritual life is so great, so deep, so immense, that energy pales into insignificance before it, yet this energy tries to understand it again and again. Those who try to understand it with the help of the intellect are lost to it. Rare is the one who, having concentrated on the source atom of the cosmic energy, enjoys the bliss of spiritual contemplation. But there are scores of those who take themselves to be spiritually inspired and perfect beings. They expect the common herd to honor and respect their every word. The ignorant people rush towards them for spiritual succor and do their bidding. In fact, the pseudo-Saints are caught in a snare of greed, hence what the people get in return is not the blessings of satisfaction, but ashes.

The self-styled man of God, speaking ad nauseum about spiritual matters, thinks himself to be perfect, but others are not so sure. As regards a Saint, on the other hand, men are on the lookout for ways to serve him more and more, but as the ever-contented soul, steeped in beatitude, desires nothing, they are left to serve in their own way, which they do with enthusiasm, and they never feel the pressure.

Greatness is always humble, loving, *Silent* and satisfied. Happiness, tolerance, forbearance, composure and other allied qualities must be known by everyone; just as one experiences bodily states such as hunger, thirst, etc., one must, with equal ease, experience in oneself the characteristics connoted by the word ‘Saint’.

As we know for certain that we need no more sleep, no more food, at a given moment, so too we can be sure of the above characteristics from direct experience. One can then recognize their presence in others with the same ease. This is the test and experience of a tried spiritual leader.”

~ *Self Knowledge and Self Realization, By Sri Nisargadatta Maharaj, Edited by Jean Dunn*

INQUIRY

“For those who cannot, through *Mauna*, their subtle consciousness, dive into the Heart by seeking the place from where the ‘I’ rises, it is better to enquire from where the paravak [Transcendental speech] arises while performing mental japa.”

~ *Guru Vachaka Kovai, David Godman edition, verse 706, page 307*

JUST KEEP QUIET

“You are the unchangeable awareness in which all activity takes place. Always rest in Peace. You are eternal being, unbounded and undivided. Just keep *Quiet*. All is well. Keep *Quiet* here and now. You are happiness. You are Peace. You are freedom. Do not entertain any notions that you are in trouble. Be kind to Yourself. Open to your Heart and simply be.”

~ *H.W.L. Poonja, ‘Papaji’, 20th Century Indian-born Advaita Sage*

THE EGO-FREE STATE OF MAUNA

“The Supreme Reality exists as the undivided space of True Jnana. When we become different from it and rise as the false ‘I’ that frolics about and suffers, this constitutes the sin of destroying that non-duality by cleaving it into two, the ‘I’ and God [tan], thus bringing ruination upon the way of dharma.

Muruganar commentary: As Swarupa-Jnana is free from distinguishing attributes, it is undivided and unlimited. Since the ego splits the non-dual Reality, the Atma-swarupa, into two, jiva and Iswara, its rising becomes the sin of killing it [the Reality] by severing it into two. So, the foremost dharma is only the ego-free state of *Mauna*.”

~ *Guru Vachaka Kovai, David Godman edition, verse 777, page 335*

OBJECTLESS PRESENCE

“*Silence*, the stillness of which we are speaking, does not belong to the mind. The mind is a functional tool which works in discontinuity. So from time to time the mind can be still, but the nature of the mind is function. Consciousness, *Silence*, stillness, is a continuum. This continuum is not affected by the functional mind.

There are moments in life when there is no anticipation or thinking about the past, when we spontaneously live in *Silence*. But because we only know ourselves in activity and are not informed otherwise, we take the *Silent* moment for an absence, an absence of activity. Then, because we do not know the *Silence* behind activity, when we follow the inner need to be still or to meditate, we get stuck on the level of the mind as we try not to think, try to empty the mind of objects in an effort to create *Silence*. But this absence of activity is also an object. Many books have been written about stilling the mind, stilling thoughts, but all this is effort, a waste of energy. A disciplined mind can never be a free mind.

When we are invited to meditate, we can go into meditation as we go into a laboratory, on the condition that we already know that the meditator is the stuff of the mind, a mind which is looking for an experience of God, or beauty, or *Silence*. In the realization that the mind can never reach what is beyond it, the meditator has no more role to play, and there is no object of meditation. When this is profoundly understood, there is a spontaneous giving up of the reflex to try to experience what is beyond experience, and one is in meditation, continual meditation. Understanding is the only way to reach beyond the mind.

In meditation without a meditator there is no introversion or extroversion. There is a popular image in India of a monkey covering its eyes, nostrils and ears in an attempt to meditate, and there is another monkey laughing at him. The organs - seeing, hearing, tasting, smelling, touching - go on functioning until the end of our life, but this has nothing to do with meditation. In meditation the eyes are open, but there is nothing seen; there is what could be called a sense of visibility. (cont'd)

There is hearing but there is nothing heard; there is audibility, and so on. In other words, there is seeing and hearing, without a specific object seen or heard. But the background, *Silence*, continues.

In this laboratory you should also be aware of the coming and going of your breath. Neither control nor direct it; simply listen to it, be aware of it. I would say, go knowingly into the process of breathing; go knowingly into the exhalation, which is a natural giving up of all effort. Let the exhalation die in *Silence*, and let the inner need of the body to inhale come up. In this breathing the whole psychosomatic body comes to a very deep relaxation, and there comes a moment when there is a spontaneous giving up of the voluntary process of breathing, and we remain as objectless presence, as objectless awareness. What is important is that we have a glimpse of this objectless presence so that we can later recognize it. It happens very often before the body wakes up in the morning or in the interval between two thoughts or between two perceptions. And it is also in the state of admiration or wonderment or astonishment. Finally, there is a switchover, and one is established in objectless presence in all activities, whether sleeping, eating, thinking or walking. It is a constant meditation. One must be informed of this and keep it in view, or meditation will become a bad habit, and one day you will find you are locked in your so-called meditation, stuck in a subtle subject-object relationship which you cannot break out of. Have you anything to say?"

~ Jean Klein, 20th Century French Born Teacher of Advaita Vedanta, book, *Open to the Unknown*, pp.53-55

THE SILENT MAGNETIC VIBRATION THAT EMANATES

"We become like the people we mingle with, not only through their conversation, but through the *Silent* magnetic vibration that emanates from them. If a man wants to become a spiritual giant, he should associate with devotees of God."

~ Paramahansa Yogananda, 20th Century Indian-American Hindu Monk, *Yogi and Guru*

THE SILENT BREATH

"The soul lives there in the *Silent* breath."

~ Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic

MAUNA BESTOWS LIBERATION

"In the ecstasy of devotion one may sing and one may dance, but it is *Mauna* that bestows liberation".

~ Padamalai, *Teachings of Ramana Maharshi*, by Muruganar, pg. 195, verse 36

INDISTINGUISHABLY MERGING

“Only the divine *Silence [Mauna]*, wherein the ego that rises belligerently has perished, is liberation. Evil forgetfulness [pramada] is vibhakti [separation, the opposite of bhakti devotion]. You should know that subsiding and indistinguishably merging the mind [with sivam] is True bhakti.”

~ *Guru Vachaka Kovai, David Godman edition, verse 721, page 313*

IT IS EXPRESSED IN SILENCE

“THE KING said: Your questions, O noble lady, relate to the eternal Brahman which is pure existence. It is known when the threefold modification known as waking, dreaming and deep sleep cease and when the mind-stuff is rid of all movements of thought. The extension and withdrawal of its manifestation are popularly regarded as the creation and the dissolution of the universe. It is expressed in *Silence* when the known comes to an end, for it is beyond all expression.”

~ *Yoga Vasistha, Swami Venkatesananda (Special Paper; 27, State University of New York Press)*

ONLY UNIDENTIFIED BEING REMAINS

“Call it *Silence*, void, or abeyance. The fact is that the three - experiencer, experiencing, and experience are not. In witnessing, in awareness, self-consciousness (the sense of being this or that), is not. Only unidentified being remains.”

~ *Sri Nisargadatta Maharaj, book, I Am That, Ch. 37*

YOU ARE BEYOND CONDITIONING

“When you remain in the *Silence* and you do not talk much then the appearance of this world begins to dissolve. The appearance of the body begins to dissolve. You begin to feel differently. You begin to see things differently. You are no longer surviving, trying to make ends meet, trying to improve your condition. You begin to understand there is no condition to improve. You are beyond conditioning. Good or bad. Sickness or health. Lack or limitation or riches. It's all the same. It's neither good nor bad. It's an appearance.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THERE IS NOT THE SLIGHTEST TRACE OF THE NOTION OF 'I'

“Jnana-Silence is that state wherein the mind remains merged in the Self or Swarupa (own nature). In this state, there is not the slightest trace of the notion of 'I.' As there is no mental activity and as there is no doer, all the Karmas are burnt in the Jnan-agni (fire of wisdom). The Jiva feels that he is entirely different from the five Koshas or sheaths, as he identifies himself with the Self *only*.”

~ Swami Sivananda, 20th Century Indian-born Spiritual Teacher of Vedanta (*Description of the Jnana State*)

STRIVE EARNESTLY

“True wealth is but the gracious *Silence* of steady, unswerving Self-Awareness. This bright, rare treasure can be gained only by those who earnestly strive for the extinction of all thoughts.”

~ Translation of Verse 1066 of Guru Vachaka Kovai, from the book 'The Most Rapid and Direct Means to Eternal Bliss' by Michael Langford.

TRANSCENDING THE MIND

“To subside in the state of liberation, Siva swarupa, Transcending the surface of the mind, is *Mauna*.”

~ Padamalai, *Teachings of Ramana Maharshi*, by Muruganar, pg. 195, verse 37

THE FIELD OF SILENCE

“That bliss that grows in the field of *Silence* is not attained and experienced in any other field.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

YOU ARE ONE WITH LISTENING ITSELF

“It is like being in the desert. At first you listen to the absence of sounds and call it *Silence*. Then suddenly you may be taken by the presence of stillness where you are one with listening itself.”

~ Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta

THE SIGNIFICANCE OF SUPREME SILENCE

Sri Bhagavan once told the story that follows to Sri Muruganar. This brings out the profound significance of the Supreme *Silence* in which the First Master, Sri Dakshinamurti is established.

Sri Bhagavan said, “When the four elderly Sanakadi rishis first beheld the sixteen-year-old Sri Dakshinamurti sitting under the banyan tree, they were at once attracted by Him, and understood that He was the real Sadguru.

They approached Him, did three pradakshinas [circles] around Him, prostrated before Him, sat at His Feet and began to ask shrewd and pertinent questions about the nature of Reality and the means of attaining it.

Because of the great compassion and fatherly love (*vatsalya*) which He felt for His aged disciples, the young Sri Dakshinamurti was overjoyed to see their earnestness, wisdom and maturity, and gave apt replies to each of their questions.

But as He answered each consecutive question, further doubts arose in their minds and they asked further questions. Thus, they continued to question Sri Dakshinamurti for a whole year, and He continued to clear their doubts through His compassionate answers.

Finally, however, Sri Dakshinamurti understood that if He continued answering their questions, more doubts would arise in their minds and their ignorance (*ajnana*) would never end. Therefore, suppressing even the feeling of compassion and fatherly love which was welling up within Him, He merged Himself into the Supreme *Silence*.

Because of their great maturity (which had ripened to perfection through their year-long association with the Sadguru), as soon as Sri Dakshinamurti assumed *Silence*, they too automatically merged into Supreme *Silence*, the True state of the Self.”

~ Text: ‘*The Silent Power*’ (selections from *The Mountain Path and The Call Divine*)

TO REMAIN SILENT IN ONE’S ‘I’

“How can one’s source which can be experienced only after the ego-self has been completely annihilated, be thought of, via the ego, as ‘I am That’? To remain *Silent* in one’s ‘I’ [the Self] with the ego destroyed, is the proper [course].”

~ *Guru Vachaka Kovai*, David Godman edition, verse 740, page 321

MIND COMES UPON THE ETERNAL

"In total *Silence* the mind comes upon the eternal."

~ *Jiddu Krishnamurti, Saanen, Switzerland, 1979, Public Talk 7*

YOU JUST BECOME IT WHEN THE MIND ENDS

“By nirvikalpa samadhi the True nature of Brahman is clearly and definitely manifest, never otherwise, for then, the mind being unsteady, is apt to be mixed with other perceptions.”

Swami Chinmayananda's Commentary:

“In the condition of nirvikalpa samadhi *alone* can this great Reality be apprehended with certainty. With certainty you apprehend the Truth when all the waves and ripples in your mind have ended. Sankara is positive and declares, 'Never by any other method'; bringing the mind to *Quietude* is the only method.

To *Quieten* the mind there are many methods. You may *Quieten* your mind through devotion, or through knowledge, or through karma-yoga or through pranayama. Whether standing on the head or sitting down, whether by going to the Himalayas or by living in your own home - you have the freedom to choose these - but your mind you must *Quieten*.

The mind's nature is to be constantly active. 'Thought flow', it is called. Therefore, it is impossible to realize the changeless Self with the mind, which, by its very nature is unstable. Whenever you try to grasp anything through the mind and intellect, the object of knowledge gets entangled in your own thought patterns. Pure Self can never be understood, so all that you understand about the Atman through the mind and intellect is Saguna Brahman and not Nirguna Brahman.

The unconditioned Absolute is never understood; you just become It when the mind ends. As long as you look at It through the mind. It is only the conditioned, the limited (Saguna) version of the eternal absolute Self.”

~ *Shankara's Vivekachudamani, verse 366, (edition with commentary by Swami Chinmayananda).*

THIS IS THE WAY

“Just keep *Quiet*. This is the way. Without this, you will not find Peace anywhere. Doing and thinking will not produce Peace.”

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

THERE IS SOMETHING INSIDE OF YOU THAT KNOWS HOW TO DO ALL THIS

If you really want to become a part of those few people in this world that have Transcended the world, you have to do what they did:

First:

Shut up. Shut up. Stop discussing. Stop arguing. Stop trying to prove something. Even if someone knows something you don't, whether they share it with you or not, there is no difference, because you have to come up with your own Truth. There really is no one in this universe who can give you realization on a silver platter.

Number two:

You have to let it be. You have to let it go so completely that it gets scary. You have to let it go mentally. You need to stop depending on the person, place, or thing for your own worth. You must begin to depend on the infinite invisible, on what you cannot see, taste, touch, smell or touch.

Number three:

You have to look at the world, but never react to anything. You have to watch your feelings and emotions, watch them, and when they come in contact with you, you have to become a witness, realize that you are not those emotions. You are not in a bad mood. You are not depressed. You are nothing that is happening in this world.

Number four:

You must develop great humility, great humility. This is more important than anything else. If someone tells you something you don't like to hear, you won't be angry. You don't keep it to yourself. You let it pass with you and it dissolves because it has no energy other than the energy you give it. You are responsible for yourself. If you deceive yourself, you will eventually become disgusted and give up all spiritual life, because you will say that you have got nowhere, nothing has happened, it is not working. It does not exist. I guess this is why I'm with you. To tell you, "Yes, there is an invisible realm of perfection beyond this world, penetrating this world, which makes this world look like a nursery." Yet you must be able to see for yourself.

Number five:

You have to want it so bad you don't want it. You must have such a strong desire to be free so that all desire stops. When all desire stops, there is Peace, *Silence* that takes place within you. It is only when this Peace, this *Silence*, comes when you are able to see clearly, not with the physical eyes, but with the spiritual eye.

~ *The Collected Works of Robert Adams, Volume I*

THE CORE OF LIFE

“Let *Silence* take you to the core of life.”

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic*

THE ‘I AM THE DOER’ IDEA

“Those who have seen the light of *Silence* are without any attachment to the world, which is an infatuating snare that rises from the ‘I am the doer’ idea, the feeling that there is a person who is performing the actions that the body engages in.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

THE DESTRUCTION OF THE ‘I AM THE BODY’ DELUSION

“Learning, listening, reflection, nididhyasana, clinging to grace, divine *Silence*, Supreme abode, unassailable Peace, [performing] yage [ritual oblations], devotion, distributing gifts, tapas, dharma and yoga - all of them mean the same thing, [the destruction of the ‘I am the body’ delusion].”

Bhagavan commentary: “Know that the eradication of the identification with the body is charity, spiritual austerity and ritual sacrifice; it is virtue, divine union and devotion; it is heaven, wealth, Peace and Truth; it is grace; it is the state of divine *Silence*; it is the deathless death; it is Jnana, renunciation, final liberation and bliss.”

~ *Guru Vachaka Kovai, David Godman edition, verse 848, page 376*

MAUNA SHINES ALONE

“*Mauna*, which shines *alone* as consciousness of being, possesses the glory of being the highest and most potent tapas.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 195, verse 38*

FIND OUT WHO FEELS DEPRESSED

“Give up all desire. Give up all attachments to person, place or thing. Relax. Make your life very simple. Sit in *Silence*, investigate. Find out who has problems. Find out who feels depressed. Find out who is not enlightened and you will laugh.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

LOST IN MAHA-MAUNAM

“That mature Jnani who is lost in the *Maha-Maunam* (total stillness) of the pure effulgent Awareness-Brahman-Self, devoid of the least trace of nescience [ignorance], totally devoid of all consciousness of the body and its three states of waking, dream and sleep, devoid of all distinctions of name and form and devoid of any thought of bondage or freedom is a Videha-Mukta.”

~ *The Essence of Ribhu Gita, Ch. 43, Verse 29*

ONLY PEACE REMAINED AND UNFATHOMABLE SILENCE (*Nisargadatta's Realization*)

Nisargadatta: “I used to sit for hours together, with nothing but the 'I am' in my mind and soon Peace and joy and a deep all-embracing love became my normal state. In it all disappeared - myself, my Guru, the life I lived, the world around me. Only Peace remained and unfathomable *Silence*.”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Sage and Teacher of Non-duality, book "I Am That"*

THE MIND DOESN'T LIKE TO BE QUIET

Q: I see that I still have doubts that it can be so simple. I expect big experiences and bliss, and I expect it to be...

Papaji: “Hard and difficult.”

Q: Yes.

Papaji: “So go the Himalayas and hang by your feet [laughter]. All kinds of trainings are still being done, because it is easier to do them than to sit *Quietly*. You can stand on your head for an hour, or recite mantras and chant them for hours. All this is possible.

The mind is deceiving you; the mind doesn't like to be *Quiet*. The only way the mind can be beaten is not to give rise to a thought. Don't start a thought. So simple. This mind likes to engage in activities and exercises. When you are not active mentally, this is Peace.”

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

THE ADEPT HIMSELF DWELLS IN SILENCE

“Through the mind-pictures built up by works already entered on, the body of him who has reached freedom wanders among sensations, like an animal; but the adept himself dwells in *Silence*, looking on, like the center of a wheel, having neither doubts nor desires.”

~ *Crest Jewel of Wisdom, verse 551*

WHO AM I?

Ramana Maharshi made it a meditation to ask, to inquire, "Who am I?" and not to believe in any answers that the mind can supply. The mind will say, "What nonsense are you asking? You are this, you are that, you are a man, you are a woman, you are educated or uneducated, rich or poor."

The mind will supply answers, but go on asking. Don't accept any answer because all the answers given by the mind are false. They are from the unreal part of you. They are coming from words, they are coming from scriptures, they are coming from conditioning, they are coming from society, they are coming from others.

Go on asking. Let this arrow of "Who am I?" penetrate deeper and deeper. A moment will come when no answer will come. That is the right moment. Now you are nearing the answer. When no answer comes, you are near the answer because mind is becoming *Silent* - or you have gone far away from the mind. When there will be no answer and a vacuum will be created all around you, your questioning will look absurd.

Whom are you questioning? There is no one to answer you. Suddenly, even your questioning will stop. With the questioning, the last part of the mind has dissolved because this question was also of the mind. Those answers were of the mind and this question was also of the mind. Both have dissolved, so now YOU ARE.

Try this. There is every possibility, if you persist, that this technique can give you a glimpse of the real - and the real is ever-living.

~ *Osho, book, Vigyan Bhirav Tantra Volume 1, Chapter 35 "Turning Inward Toward The Real"*

REMAINING YOUNG FOREVER

“The feeling of remaining young forever is attained in nothing else other than *Silence*, the blossoming of Truth.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

A MATCHLESS MAGNIFICENCE

“*Mauna* - which is not only the means to liberation but also that which abides as the very nature of liberation itself - has a matchless magnificence.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 195, verse 39*

AWARE OF THE SELF, BUT UNAWARE OF THE WORLD OR THE BODY

Sahaja samadhi, which is *sattva Mauna* [the *Silence* of *sattva*] is perfection in the knowledge of Reality. Sahaja samadhi [natural samadhi] is the state in which one is in full and continuous communion with the Self, while at the same time being able to perform naturally and normally in the world. Bhagavan occasionally contrasted it with *kevala nirvikalpa samadhi* in which one is aware of the Self, but unaware of the world or the body.

Sattva, one of the three *gunas*, or qualities of mind, is the state of mental harmony or purity.

Muruganar commentary: Though Sahaja-samadhi Transcends the three *gunas*, because *sattva* [harmony, purity] is the original nature of the mind, it has been described as *sattva Mauna*.

Bhagavan commentary: It is impossible for the attribute-free Self to abide except in the Hearts of those in whom the mind, which takes the form of the three *gunas*, is dead.

He who has renounced the fraudulent mind has renounced the three *gunas*. He has emerged [into True vision] after completely ripping up the cataract of delusion. He who has not seen and embraced the infinite expanse of *Mauna*, will be snared by the threefold *gunas* and suffer in the degraded world.

Only he who has destroyed the *guna*-mind that wells up, burying the *swarupa*, is a *gunatita* [one who has Transcended the three *gunas*]. The magnificent nature of the life that has Transcended the mind is not disturbed in any way whatsoever by any of the *gunas*.

~ *Guru Vachaka Kovai, David Godman edition, verse 868, page 382*

GO BACK TO SILENCE

“If you have to talk to your employees or your employer, talk to them but shut it out of your mind. Do not entertain what you say. Get rid of it immediately after you finished. If you talk about a work problem, resolve the problem and then go back to *Silence*. In other words, do not carry it with you. Do not carry it with you at all.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

ABSOLUTE SILENCE

“Contemplate on that, which is absolute *Silence*.

Retrace back your steps until you arrive at a place from where you started in the beginning and found yourself engulfed with so many things and forgot to return to your kingdom.

Go on retracing back your steps. Only retrace back, not going forward.

You will return to a place where you once were in the beginning, before the beginning, where all these things come from.

And you will see, all things that exist, they exist from within you.

In the beginning was one *alone*. From one oneness, this multiplicity arose. So, if you retrace your steps and arrive at that *Silence*, Peace, existence and knowledge, you will see that, 'It is me who has become all this.'

And this step is going to be 'I'. Hold, hold on to this 'I'. This step will take you back to your home. Take this step and retrace back this step 'till it vanished, 'till it is finished.

Because when you arrive home there is no step, you simply sit *Quiet* at home. All of you simply sit *Quietly*, retrace, step is only 'I'. 'I have come from somewhere I do not know.'

So, this is your step, so go on retracing this step, before the step another step, 'till it is lost.

And when you forget the 'I' you have arrived home.”

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

THE FOURTH STATE (TURIYA AVASTHA) CORRESPONDS TO SILENCE

"Turiya is not that which is conscious of the inner (subjective) world, nor that which is conscious of the outer (objective) world, nor that which is conscious of both, nor that which is a mass of consciousness. It is not simple consciousness nor is It unconsciousness. It is unperceived, unrelated, incomprehensible, uninferable, unthinkable and indescribable.

The essence of the Consciousness manifesting as the self in the three states, is the cessation of all phenomena; It is all Peace, all bliss and non-dual. This is what is known as the Fourth (Turiya).

The fourth state (turīya avasthā) corresponds to *Silence* as the other three correspond to AUM. It is the substratum of the other three states. It is referred to as atyanta-shunyata (absolute emptiness)."

~ *Gaudapada, early medieval-era, Hindu philosopher and Scholar of Advaita Vedanta*

THE LOSS OF INDIVIDUALITY

“In order to attain the Supreme state of *Silence*, that which is worthy of attainment by seekers of Truth is the loss of individuality.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

YOUR SOLE GOAL

“Those ripe in Jnana say that the middle state [between sleep and waking], which is devoid of the ‘I’, is indeed abiding in *Mauna*, the ultimate pinnacle of Jnana. Until you attain *Mauna*-samadhi, where you become That, pursue as your sole goal only the annihilation of the ego.”

~ *Guru Vachaka Kovai, David Godman edition, verse 895, page 396*

THE YOUNG MAN REMAINED SILENT

Sutiksna, the sage, asked the sage Agastya:

O sage, kindly enlighten me on this problem of liberation - which one of the two is conducive to liberation, work or knowledge?

Agastya replied:

“Verily, birds are able to fly with their two wings: even so, both work and knowledge together lead to the Supreme goal of liberation. Not indeed work alone nor indeed knowledge alone can lead to liberation; but, both of them together form the means to liberation. Listen; I shall narrate to you a legend in answer to your question. There once lived a holy man by name Kārunya who was the son of Agnivesya. Having mastered the holy scriptures and understood their purport, the young man became apathetic to life. Seeing this, Agnivesya demanded why Kārunya had abandoned the due performance of his daily duties. To which Kārunya replied: ‘Do not the scriptures declare on the one hand that one should fulfil scriptural injunctions till the end of one’s life, and on the other that immortality can be realized only by the abandonment of all action? Caught between these two doctrines, what shall I do, O my guru and father?’ Having said this, the young man remained *Silent*.”

~ *The Supreme Yoga – Yoga Vasistha, by Swami Venkatesananda*

THE SUPREME STATE OF LIBERATION

“You should know that the Supreme state of liberation exists only in a mind who has attained the state of *Silence* and nowhere else.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

IF HE TALKS, HE TALKS ONLY TO INDICATE TOWARDS SILENCE

“God, Nirvana, Tao, Truth; just meaningless sounds, indicative, pointing towards the infinite, towards the beyond – fingers pointing to the moon. But fingers are not the moon. If I show you the moon with my finger, don’t catch hold of my finger – it has nothing to do with the moon. Don’t be attached to my finger, otherwise you will miss the moon. The finger has to be forgotten. You have to move away from the finger to see the moon.

So whatsoever a buddha has said has to be forgotten. Scriptures have to be dropped – they are fingers pointing to the moon. But you become a Christian, you become a Hindu, you become a Buddhist – there you miss. Suddenly you are caught by empty words, verbiage, rubbish, and the more you are caught in the verbiage, the further away you are from Truth.

Truth is an experiencing; it is not an intellectual effort. It has nothing to do with intellect. Your intelligence burns bright. Yes, your intelligence has a clarity, but the mirror is completely clean of words.

Once Goethe was asked, “What is the meaning, the secret, of life?” He replied, “That which the plant does unconsciously, do consciously – that is to say, grow.”

The meaning of life is in growth. The meaning of nirvana is in your growth. The meaning of Truth is in your growth; grow. There is no end to this growth. You go on growing, you go on growing. The journey is infinite. There never comes a goal. Many goals come and go, many peaks of experience come and go, but still the infinite waits and it goes on waiting. You cannot exhaust it.

That is the trouble with language: language is exhaustive. When I say to you “I love you,” I have said everything, exhausted – but love goes on. Love is a growth, an alive process. “I love you” is dead language. Something has died in the words. Words are like corpses.

A buddha, one who is enlightened, helps you to grow. If he talks, he talks only to help you to drop all talking. If he uses words, he uses them only to help you to become wordless. If he talks, he talks only to indicate towards *Silence*.

So always remember, when a buddha says anything, the container is not important at all, but the content. The word is the container and the meaning is the content. But that meaning can come to you only when you grow. Unless you taste something of Buddhahood, you will not understand.”

~ Osho, *Nirvana: The Last Nightmare, Chapter 7: The Infinite Journey*

A MATCHLESS MAGNIFICENCE

“*Mauna* - which is not only the means to liberation but also that which abides as the very nature of liberation itself - has a matchless magnificence.”

- *Padamalai, Teachings of Ramana Maharshi, by Murugnar, pg.195, verse 39*

JUST BE

"Look at your mind dispassionately, this is enough to calm it. When it is *Quiet*, you can go beyond it. Do not keep it busy all the time! Stop it - and just BE. If you give it a rest, it will settle down and recover its Purity and Strength. Constant thinking, makes it decay."

~ Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage

THE SUMMIT OF TRUE JNANA

"The radiance of consciousness-bliss [chid-ananda] that blossoms identically as the form of consciousness, both within and without, is the primal entity whose nature is the *Mauna* that is wholly Transcendental bliss, and which is established by Jnanis as the summit of True Jnana that can never be rejected."

~ Guru Vachaka Kovai, David Godman edition, verse 901, page 397

THERE IS NO SOURCE, THERE IS SILENCE

And you must ask yourself, "To whom does this come? Who sees all this?" and again the answer will be, "Well this all comes to me." Hold on to the 'me'. Follow the 'me' to the source. There is no source, there is *Silence*. And in that *Silence*, you become free and liberated. So, the highest teaching, is *Silence*.

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

SO SILENT

"I am so *Silent*, because I am constantly talking with you."

~ Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, Poet, and Sufi Mystic

SILENCE IS THAT SELF

Bāhva, being questioned about Brahman by Vakṣalin, explained it to him in *Silence*; he said to him, "Learn Brahman, O friend," and became *Silent*. Then, on a second and third question, he replied, "I am teaching you indeed, but you do not understand. *Silence* is that Self."

~ Viśuddha Vedānta Paribhāṣ (Su. Bha. 3.2.17)

THE QUIETUDE OF DESIRELESSNESS

“To the man who has realized his own nature, and drinks the undiluted Bliss of the Self, there is nothing more exhilarating than the *Quietude* that comes of a state of desirelessness.”

~ *Vivekachudamani of Sri Shankaracharya, transl. Swami Turiyananda, verse 526*

THE EGO-FREE MAUNA THAT IS THE CULMINATION OF LIBERATION

“That which shines as the residue is the Peace that is wholly consciousness. That indeed is the eternal Sivam. That residue, the consummate Supreme, is aham [‘I’], the ego-free *Mauna* that is the culmination of liberation.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1222, page 516*

THOUGHTS HAVE TO CEASE

“If you want self-realization all thoughts have to cease. And all practices have to make the mind cease thinking. All the practices are to stop your mind from thinking, just *Silence, Quietness.*”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

YOU ARE TAKEN BY THE RESONANCE OF STILLNESS

“When you become responsive to the solicitations of *Silence*, you may be called to explore the invitation. This exploration is a kind of laboratory. You may sit and observe the coming and going of perceptions. You remain present to them but do not follow them. Following a thought is what maintains it. If you remain present without becoming an accomplice, agitation slows down through lack of fuel. In the absence of agitation you are taken by the resonance of stillness.”

~ *Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta, book, ‘Who Am I? The Sacred Quest’*

ONLY BY PERFECT MAUNA

“The Supreme Reality that is liberation is experienced only by perfect *Mauna*. Indulging in thoughts drives it away.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 195, verse 41*

WHERE WORDS CEASE AND SILENCE PREVAILS

M: “By *Silence*, eloquence is meant. Oral lectures are not so eloquent as *Silence*. *Silence* is unceasing eloquence - It is the best language. There is a state when words cease and *Silence* prevails.”

D: How then can we communicate our thoughts to one another?

M: “That only becomes necessary if the sense of duality exists.”

~ *Ramana Maharshi, Maharshi's Gospel*

I ALWAYS WANT TO SIT IN THE SILENCE

“I don't know why I talk so much, it doesn't do you any good. I always want to sit in the *Silence*, but sometimes we have some new people and they do not understand the *Silence* yet, so I keep on chatting. I wonder if I know what I'm talking about. It doesn't matter anyway.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THOUGHT CREATES A SENSE OF DEFICIENCY

“Since it is thought that creates a sense of deficiency, only thought-free *Silence* is fullness.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

THERE IS THE SILENCE OF NO-SELF

“There is a *Silence* within, a *Silence* that descends from without; a *Silence* that stills existence and a *Silence* that engulfs the entire universe. There is a *Silence* of the self and its faculties of will, thought, memory, and emotions. There is a *Silence* in which there is nothing, a *Silence* in which there is something; and finally, there is the *Silence* of no-self and the *Silence* of God.”

~ *Bernadette Roberts, 20th Century American-born Carmelite Nun and Contemplative in the Catholic Tradition*

YOUR NATURE IS TO KEEP QUIET

“Your nature is to keep *Quiet*. You came from *Silence* and you have to return to *Silence*... you are dancing only for a little while you see... a little while you are dancing.”

- *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

AN END TO THE DELUSION OF THE EGO

“The concept-free experience of the vast emptiness of *Silence* will rise, putting an end to the delusion of the ego, the deceiving fixation.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

THERE IS ABSOLUTELY NO POSSIBILITY OF THINKING ‘I AM THAT’

“Since the Reality, the perfect One, is completely established as wholly *Mauna*, why suffer distress by continuously thinking ‘I am That’? When the mind has reached this state of *Mauna*, this indeed is establishment in the Supreme, which is abidance with the ‘I’ extinguished. Once the ‘I’ has completely died, there is absolutely no possibility of thinking ‘I am That’.”

Muruganar commentary: It is said in the Tiruvachakam: “Lord Siva of holy Perunturai, who wore me down, more, to an atom’s size, till I, becoming less and less, became one with Him!”

~ *Guru Vachaka Kovai, David Godman edition, verse 902, page 397*

CONSENT TO SILENCE

"Do understand, that the mind has its limits; to go beyond, you must consent to *Silence*."

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

THE DOOR TO LIBERATION

“To attain liberation, the door to which is *Mauna*, the ego that rises as a separate 'I' should be completely destroyed.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 195, verse 42*

THE REAL NATURE OF TRUE JNANA

“That which shines as 'I-I' in the Heart, *Mauna*, the real nature of True Jnana, is itself liberation.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 207, verse 24*

THERE IS NOTHING TO SEARCH FOR

You can tell if you're getting closer to this by the Peace that overwhelms you - the happiness that takes you over. It is not a happiness because there is a thing happening in your life that you feel. It is not a happiness of something that you own that you did not own before. It is not a Peace because you're in the right environment and you feel Peaceful.

It is a Peace and happiness that is always with you. You are that Peace. You are that happiness. It is always there. It never leaves you.

As long as you believe you're a body, it is virtually impossible to have this Peace and have this happiness. You cannot, for a body is part of the world conditioning. Therefore, you have to search for Peace. You have to search for happiness. You believe that if you do this, you'll be happy. If you do this you will become Peaceful. And when you do this and you do that, the happiness and Peace, how long will it last? For a short while. Things change. Environments change. Conditions change. Your family changes. Everything changes. Therefore, again, it is virtually impossible to have real Peace and real happiness as long as you believe you are a body.

Consequently, we do not go searching for peace and happiness. This is a mistake. What we do, is become our real Self by not trying to become our real Self. All this begins by *Quieting* the mind. By not allowing the mind to react to conditions and situations. I'm not only speaking of negative conditions and situations; I'm speaking of everything that arises in the mind. When you wake up in the morning and you see the beautiful trees, sun up, the mountains, the flowers, birds, this also is a false image. It is not the Truth about you. You're not trying to exchange bad for good. For the singing bird that you listen to will only last a fortnight. How long is a fortnight? Two weeks. That's enough. All the trees you see will die in the winter time, or change in the winter time.

Everything you see changes. The beautiful flowers you pick for your morning breakfast table die within twenty-four hours, or less. They're no longer beautiful flowers. What I'm trying to show you is, you cannot depend on anything in this world for your happiness or your Peace. It's a false premise. Things in this world only make you happy temporarily. When you come to the realization that you're not the body - and sometime you come to the realization that there is no world - there is no universe, there is no God. There is only That, which is indescribable.

You have to be very honest with yourself. Do I really want to become free? Am I really looking to awaken, to be liberated? What am I doing about it? Be honest with yourself. [laughter from kids nearby]. Listen to those kids having a birthday party. Whatever they're doing, they're so happy. Yet at the end of the party they have to go home. They have to go to school tomorrow, or they have chores to do, and then they have to do things they don't like. Soon their minds start thinking about partying again. They make more parties. And they keep this up until they grow up. It never stops. Party after party after party. They become party animals, searching for happiness, searching for peace. Searching for everlasting joy. Yet, they do not understand that nothing outside can give you this. Nothing! (cont'd):

You have to jump within yourself. You have to learn to sit in the *Silence*, to *Quiet* the mind. And it will come by itself. You do not have to pray for it or practice sadhanas, or, as I said before, do certain rituals or read certain books. You simply have to sit, *Quiet* the mind by observing it, inquire, "To whom do the thoughts come?"

~ Robert Adams, *Satsang Transcript. 165 'Great Truths' - June 25, 1992*

WHAT LIES BEYOND THE DOOR IS INDESCRIBABLE

"In that *Silence*, there is no observer, no experience, but only the quality of complete and total *Silence*. In that *Silence*, the door is open. What lies beyond the door is indescribable, it cannot be put into words."

~ Jiddu Krishnamurti, *20th Century Indian-born Mystic and Spiritual Teacher*

TALK, TALK, TALK, TALK, TALK... IT GETS YOU NOWHERE

"When you sit in the *Silence* you have to deal with your own thoughts. Most people do not like to do this, so they want to hear me talk. When they're finished here they go home and watch the TV, they hear someone else talk. Then they talk to their families, they go to a movie and there's nothing but talk, talk, talk, talk, talk. It gets you nowhere."

~ *The Collected Works of Robert Adams, Volume 1*

THE MORE ONE GIVES ONESELF, THE MORE THE POWER TO RECEIVE WILL GROW

"The Divine Love, unlike the human, is deep and vast and *Silent*; one must become *Quiet* and wide to be aware of it and to reply to it. He must make it his whole object to be surrendered so that he may become a vessel and instrument - leaving it to Divine Wisdom and Love to fill him with what is needed. Let him also fix this in the mind not to insist that in a given time he must progress, develop, get realization; whatever time it takes, he must be prepared to wait and persevere and make his whole life an aspiration and an opening for one thing only, the Divine.

To give oneself is the secret of sadhana, not to demand and acquire. The more one gives oneself, the more the power to receive will grow. But for that, all impatience and revolt must go; all suggestions of not getting, not being helped, not being loved, going away, of abandoning life or the spiritual endeavor must be rejected."

~ Sri Aurobindo, *19-20th Century Indian-born Philosopher, Poet, Yogi, and Maharishi*

SAYING OF SWAMI CHINMAYANANDA

“Out of purity and *Silence* come words of power.”

~ Book, ‘*Meetings With Sages and Saints*’ (*Lighthouses Guiding Seeker’s Journey Within*) by Sri V. Ganesan

SITTING IN THE SILENCE IS MORE POTENT THAN ANY WORDS

“Most of you have come here to hear me talk, and I say to you that sitting in the *Silence* is more potent than any words you can ever hear. If you came just to hear me talk you're going to be disappointed, for I am not a public speaker, I am not a lecturer and I really have nothing to say.”

~ *The Collected Works of Robert Adams, Volume 1*

DESTROY THE AGITATION OF THE MIND

“*Mauna* samadhi, the clarity of Peace devoid of the agitation of the mind, is the means for liberation. By focused effort to attain it, and by abiding as the Peaceful being-consciousness that is the Heart-clarity, destroy the agitation of the mind.”

~ *Guru Vachaka Kovai, David Godman edition, verse 919, page 404*

CHANGES THE HEARTS OF ALL

Question: Does Bhagavan give initiation [diksha]?

Ramana: “*Silence* is the best and the most potent initiation. That was practiced by Sri Dakshinamurti. Initiation by touch, look, etc., are all of a lower order. *Silent* initiation changes the hearts of all.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

THE NON-DUAL STATE OF MAUNA

“To be absorbed, through surrender of the self, in the non-dual state of *Mauna*, is the Supreme Truth.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 217, verse 5*

THE EYES OF THE GURU

“The Guru is the bestower of *Silence* who reveals the light of Self-knowledge, which shines as the residual Reality. Spoken words are of no use whatsoever if the eyes of the Guru meet the eyes of his disciple.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

IT CANNOT BE CONVEYED THROUGH WORDS

“What remains when my problems are gone? That which cannot change remains. The great Peace, the deep *Silence*, and the hidden beauty of Reality remains. While it cannot be conveyed through words, it is waiting for you to experience for yourself.”

~ Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage

WHEN THERE ARE NO THOUGHTS, THERE'S NO MIND

“Abide in the 'I.' Grab hold of the 'I.' And the work you do again is you ask, ‘To whom does this come?’ [you say] ‘To me.’ Me is the same as 'I.' You hold on to the sense of ‘me’. Remember it's only a *sense* of me. Me doesn't exist. And you follow it to its source. How do you follow it to its source? Through *Silence*. Then you ask, ‘What is the source of me?’ You keep *Silent*. And the answer will come by itself. Remember you never answer the question because it's your ego answering. Whatever answer you come to in your mind, it comes from your ego.

In this process we're trying to annihilate the mind and the ego together. And the only way to annihilate the mind and ego is through *Silence*. When there are no thoughts, there's no mind.”

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

SPEAKING THE LANGUAGE OF NO-WORDS

"The True Guru is always within you, but most people need to have an external Guru who can reveal this to them.... The True Guru is within, abiding in *Silence* and speaking the language of no-words. Try to understand this language, but if you can't, find someone who translates that *Silence* into words, words which will point you back to the *Silence* where no words are spoken.

This is all there is to the Guru-disciple relationship. If you can't discern the inner Guru, it will appear to you in a form you can see, and it will speak to you in a language that you can understand, saying, ‘I am within you as your own Self’.”

- H.W.L. Poonja, 'Papaji', 20th Century Indian-born Sage

IN DISCIPLINED SILENCE IT OPENS

“There is a way between voice and presence where information flows. In disciplined *Silence* it opens. With wandering talk it closes.”

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic*

MORE POSITIVE THAN YOU CAN IMAGINE

“*Silence* does not mean negation of activity or stagnant inertness. It is not a mere negation of thoughts but something more positive than you can imagine.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

FOLLOW SILENCE TO ITS SOURCE

“Go deeply into the urge to be *Silent* and not the mental interference of how, where and when. If you follow *Silence* to its source you can be taken by it in a moment.”

~ *Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta, book, ‘Who Am I? The Sacred Quest’*

EVERYTHING YOU'VE BEEN TOLD IS A LIE

“Many of you do not like to sit in the *Silence*, for your mind attacks you. It brings up all sorts of things about the past and worries about the future. So, you want to be entertained. You want to hear good words, profound knowledge. There is no profound knowledge. There are no good words. Everything you've been told is a lie.”

~ *The Collected Works of Robert Adams, Volume 1*

THE ABUNDANTLY PEACEFUL SILENCE

“So long as the mind survives, religion will also exist. No such religion can survive in the abundantly Peaceful *Silence* that results from the mind merging in the Heart as the result of turning within and scrutinizing its own nature.”

Bhagavan commentary: “Only as long as the mind survives will there be religion. When the mind attains *Silence*, religion will also cease.”

- *Guru Vachaka Kovai, David Godman edition, verse 993, page 431*

IN THAT STILLNESS ONE CAN EXPERIENCE SILENCE

“When there is real love, there is *Silence*. There cannot be any words. There is only stillness. Just like a perfectly calm lake, there cannot be any ripples or waves when real love is experienced. Ripples and waves are a distortion, a distraction, a disturbance in the mental lake.

Love ensues from stillness of mind. In that stillness one can experience *Silence*. The talking of the mind stops completely. Real love is felt in that *Silence*. *Silence, Silence alone*, is the language of pure love. Real love exists in the Heart.

The love that exists in the Heart cannot be spoken; it cannot be put in words. The Heart is not the place for words.”

~ Sri Mātā Amritānandamayī Devi, (Amma), 20th Century Indian-born Hindu Spiritual Leader

WHEN THE "I"-SENSE IS LOST

“The pure *Silence* which shines forth when the ‘I’-sense is lost by abiding in the Heart, knowing one's own real existing state instead of going outwards cherishing and attending to other things, *alone* is the limit of True knowledge [Jnana].”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

ALL YOU NEED

"A *Quiet* mind is all you need. All else will happen rightly, once your mind is *Quiet*."

~ Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage

THE SUMMIT

“The direct experience of the Self, *Silence*, is the axis of everything. This is the summit, the highest good.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

NO HIGHER JOY

“There is no higher cause of joy than *Silence* where no mind-pictures dwell; it belongs to him who has understood the Self's own being; who is full of the essence of the bliss of the Self.”

- Book, *Crest Jewel of Wisdom*

SPEECHLESS ELOQUENCE

“The one Self, the sole Reality, *alone* exists eternally. When even the ancient master, Dakshinamurti, revealed It only through speechless eloquence (*i.e.*, *Silence*), who else could convey it by speech or with words?”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

IN THE STATE OF TRUE MAUNA, THERE IS NO "I"

“Why, day and night, shout ‘I am That’ loudly, describing the Reality, whose bliss is ineffable. Those who have attained the auspicious Siva-Jnana say that in the state of True *Mauna*, there is no ‘I’.”
(Saint Thayumanavar)

Muruganar: In this verse [above] Thayumanavar beautifully describes Jnana, the non-dual attainment.

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 236, verse 41*

CANNOT BE DESTROYED BY ANY OTHER ACT

“Maya, which cannot be destroyed by any other act, is completely destroyed by this intense activity which is called ‘*Silence*’ [*Mauna*].”

~ *Guru Vachaka Kovai, David Godman edition, verse 921, page 405*

CONSCIOUSNESS IS SILENCE

“I don't know what consciousness is, but I am that. If I knew what consciousness was it wouldn't be that, because I would be voicing a word, and the word would be limited, by the very voicing of the word. So, consciousness is a no-thing. It's nothing you can pin down. It's nothing you can describe. It's nothing you can write a book about. Consciousness is *Silence*. Sometimes I say, "Consciousness is absolute Reality," and those are more words, and I have to explain absolute Reality. Consciousness is ultimate oneness, pure intelligence.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

ESCAPING THE MIND

“*Silence* is the only means, or instrument, that can penetrate into something that escapes the mind which is so contaminated.”

- *Jiddu Krishnamurti, 20th Century Indian-born Mystic and Spiritual Teacher*

YOU WILL QUESTION LESS AND LESS

“As you keep asking yourself, ‘Who am I?’ You become *Quieter* and *Quieter* until the day comes when you stop asking and you remain in *Silence*. You automatically do what you have to do. As you keep questioning you will find that you are becoming calmer and *Quieter* and more blissful and you will question less and less.”

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

BONDAGE AND LIBERATION ARE UNREAL AND A MERE PLAY OF ILLUSION

“Since, just as the activities seen within and by a dream-person become laughable and non-existent in the outlook of the waking person, even the activities of the individual self [such as his birth and death], which are an imagination seen by him within himself, become non-existent in the True awakened outlook of Self-knowledge, all of those activities, including his bondage and liberation are unreal and are a mere play of illusion. When the pure gracious Supreme reveals the nature of Self, he who was in the dark room of ignorance will merge in the *Silence* of Self-abidance, drowning in God-knowledge or existence-consciousness, which is the beauty of the Reality.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

STICK TO YOUR SADHANA

“Everything will be alright if you stick to your sadhana [practice]. If you take time out to practice self-inquiry, or surrender, or just to sit in the *Silence*. You can do these things while you are working. You really do not have to meditate formally.”

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

THE SUPREME OF THE SUPREMES

“The egoless state is *alone suddha Mauna* [pure *Silence*]. This is also termed as ‘Anandatita’ [Transcending bliss] and ‘Turiyatita’ [beyond the fourth state]. To those who have attained this state, which is the Supreme of the Supremes, there is no other state that deserves to be attained. Therefore, they are the ones who have done all that needs to be done.”

Thayumanavar has written:

“Can a full pot take on any more water? What more will they strive for, those who have already definitely realized the True state of divine *Silence*?”

- Guru Vachaka Kovai, David Godman edition, verse 949, page 416

THE LANGUAGE OF GRACE... SILENCE

“Only those who have not keenly listened to the Lord's language of Grace [*Silence*], which is the Supreme word, which shines forth when the wandering mind subsides, will say that the sound of a flute is sweet, that the sound of a veena is sweet, or that the prattling speech of their own babbling children is very sweet.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

FIND THE TIME TO BE IN THE SILENCE

“If you really want to find the Truth; If you really want to unfold, and that comes first in your life, something within you will tell you what to do to make it happen. Do not think that anybody is a burden to you or someone is in your way keeping you back from your unfoldment. This is not so. Something that seems to keep you back from practicing is really a blessing in disguise. For it makes you stronger. And it makes you want more than ever before to find the time to be in the *Silence*, to be free.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THROW AWAY EVERYTHING

“When mind is *Quiet*, all is Self. When the mind moves, the world rises. Throw away everything, and be free.”

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

SACREDNESS OF SILENCE

"All is known in the sacredness of *Silence*."

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic*

THE MOST POTENT PRACTICE

“*Silence*, which shines *alone* as consciousness of being, possesses the glory of being the highest and most potent tapas [spiritual practice].”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

THE TRANSCENDENTAL SILENCE

“The vision of Absolute oneness [kaivalyam] is only that which is free from the differences engendered by the ego, the great delusion that has contaminated you. The Transcendental *Silence*, the divine grace in which Jnanis disport and which is consciousness the Supreme, is the Supreme abode [parandama] that has been realized by them.”

~ *Guru Vachaka Kovai, David Godman edition, verse 964, page 420*

THERE IS NO LONGER A "YOU" - ONLY FREEDOM ITSELF

“As long as you really don't know what *Silence* is you feel insecure in *Silence*, because there's no place for ego. The ego can only exist in connection to situations and so it is always eager to look for a hold. But if you are acquainted with letting go, if you stop producing and just let things come to you, you will become completely free. Of course, then there is no longer a ‘you’ - only freedom Itself.”

~ *Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta, book, ‘The Ease of Being’*

BE EARNEST

“Words are of the mind and the mind obscures and distorts. The Absolute needs to go beyond words. You give Reality to concepts, while concepts are distortions of Reality. Abandon all conceptualization and stay *Silent* and attentive. Be earnest about it and all will be well with you.”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

THE MOST WORTHY ENDEAVOR

“Only the aspiration towards the fair firmament of Supreme consciousness, which has no final goal other than *Mauna*, is most worthy endeavor.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 230, verse 3*

LIBERATION ITSELF

“*Silence* – which is not only the means to liberation but also that which abides as the very nature of liberation itself – has a matchless magnificence.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

YOU WILL NOT FIND ANY 'I'

“When Krishna uses the word 'I' it is only practical. He has to speak so he uses it. He wants to communicate so he uses it. But after speaking, there is no 'I'. If you look into Krishna's eyes you will not find any 'I', only ultimate *Silence* is there, only emptiness. The 'I' has disappeared.”

~ *Osho (Bhagwan Shree Rajneesh), Mahageeta Volume 1, pg. 183*

LISTEN

"Listen to the wind, it talks... Listen to the *Silence*, it speaks.... Listen to your Heart, it knows".

~ *Native American Proverb*

FOR THE DEVOTEE THE FASTEST AND BEST WAY IS THE SILENCE

“The fastest and best way to awaken is not self-inquiry, is not observation, not being the witness. Those things are for disciples or for seekers but for the devotee the fastest and best way is the *Silence*. Keeping the mind *Quiet*, keeping the mind Peaceful.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THE SILENCE OF ALL RELIGIONS

“Since *Mauna (Silence)*, the culmination of Jnana, is their common nature, all religions are acceptable as a means to advaitic Truth, which shines unique and pure. They are therefore not opposed to the Vedanta that is the source of non-dual Brahma- Jnana.”

~ *Guru Vachaka Kovai, (David Godman edition), pg. 429, Verse 989.*

DON'T COMPLICATE

A friend: (confused/frustrated/overwhelmed about all the different practices):

Reply: “Don't complicate... Practicing “Who Am I?” brings one to *Silence*... practicing staying as the 'I Am' brings one to *Silence*... going into the space between two thoughts brings one to *Silence*... staying as 'Awareness aware of Awareness' brings one to *Silence*... you see?”

~ *From Maha Yoga by Lakshmana Samra on Silence (Chapter: The Egoless State)*

WORLDY PEOPLE DISCARD IT

“Eloquent, intelligent and industrious men become calm, *Silent*, and inactive after knowing the Truth so the people who are after worldly pleasure discard it.”

~ Ashtavakra Gita Ch. 15, verse 3

UNEQUALLED

“*Silence* is the unequalled eloquence – the state of Grace that rises within.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

UTTER QUIESCENCE

“The mind, with the utter *Quiescence* of modifications conferring upon the one Supreme Bliss, is said to be Asamprajnata Samadhi that is dear unto the yogis.”

~ Drg-Drasya Viveka, pg.35

GOD IS SILENCE

“For God is *Silence*. I am not speaking of the *Silence* of the tongue. There is a *Silence* of the tongue, there is a *Silence* of the whole body, there is the *Silence* of the mind, and there is the *Silence* of the spirit.”

~ Saint Evagrius Ponticus (345–399 AD) Christian monk and ascetic

THE TRUTH IS BEYOND THE MIND

“Abandoning vain disputation, which only deludes and torments the mind, accept the doctrine of the *Mauna* religion, which always remains undisturbed.”

Bhagavan commentary: “The conflict of teachings is only apparent, and can be resolved if one practices self-surrender to God; this will lead to the Self, to which everyone must come back in the end, because that is the Truth. The discord among the creeds can never be got rid of by discussing their merits; for discussion is a mental process. The creeds are mental - they exist in the mind alone, while the Truth is beyond the mind; therefore the Truth is not in the creeds.”

~ Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 297, verse 5

SERVICE OF ATMA SWARUPA IS ATMA SEVA

During the last two or three months, Bhagavan's personal attendants have been massaging his legs with some medicated oil to relieve the rheumatic pain. Some of the devotees, zealous in attention to Bhagavan's body, also began massaging by turn every half an hour, and this resulted in upsetting the usual Ashram routine.

Would Bhagavan tolerate all this? He was always considerate even to his personal attendants and would never say emphatically "No" to anything; so he said in a casual way, "All of you please wait for a while, I will also massage these legs a little. Should I too not have some of the punyam (merit)?"

So saying, he removed their hands and began massaging his own legs. Not only was I very much amused at this but what little desire might have still been lurking in me to touch Sri Bhagavan's lotus feet and thus perform pranam (salutation) was completely obliterated. Bhagavan's words have a peculiar charm of their own! Look! He too wants a little of the punyam! What a delicate hint to those who have the intelligence to take it!

It was about that time that a retired judge of ripe old age said, "Swamiji, I should also be given my share of service to the feet of the Guru." To this Bhagavan replied. "Oh, really? Atma-vai guruhu! (Service to Self is service to Guru.) You are now 70 years of age. You to do service to me? Enough of that! At least from now onwards, serve yourself. It is more than enough if you remain *Quiet*."

When one comes to think about it, what greater upadesa (teaching) is there than this? Bhagavan says it is enough if one can remain *Quiet*. It is natural for him to do so, but are we capable of it? However much we try we do not attain that state. What else can we do than depend upon Sri Bhagavan's Grace?

~ *Letters from Sri Ramanasramam 15*

SILENCE IS IMPERSONAL

"It is that stillness that is intelligence. Intelligence is not thought. Intelligence is this *Silence* and is therefore totally impersonal. It does not belong to any group, to any person, to any race, to any culture."

~ *Jiddu Krishnamurti, 20th Century Indian-born Mystic and Spiritual Teacher, 7th Public Talk, Saanen, August 01, 1971, Visiting Voices*

STAY IN IT

"When the mind is kept away from its preoccupations, it becomes *Quiet*. If you do not disturb this *Quiet* and stay in it, you find that it is permeated with a light and a love you have never known; and yet you recognize it at once as your own nature."

- *Excerpt from book, 'I Am That', by Sri Nisargadatta Maharaj, Part 65*

SIT WITHOUT THOUGHTS

“Self-inquiry is merely a method to bring you into the *Silence*, so you can sit without thoughts bombarding you from all directions.”

~ *Robert Adams, 20th Century American-born Teacher of Non-duality*

THE SOLE TRUTH OF AN ETERNAL SILENCE

“Shankara's wordless, inactive Self and his Maya of many names and forms are equally disparate and irreconcilable entities; their rigid antagonism can terminate only by the dissolution of the multitudinous illusion into the sole Truth of an eternal *Silence*.”

~ *Book, The Life Divine, by Sri Aurobindo*

FULLY EXPOUNDED IN SILENCE

Both Sri Dakshinamurti and Sri Ramana taught exactly the same, a teaching that can be fully expounded in *Silence*. As soon as words are used we are in the realm of the relative, and for Bhagavan there was no relative. It was only a fictitious appearance of Reality which is One (Advaita).

~ *Article, 'Sri Dakshinamurti and Sri Ramana', by Sadhu Arunachala, The Maharshi newsletter, Vol. 15, No. 2.*

'REAL' MAUNA

“If we have real *Mauna (Silence)*, that state in which the mind is merged into its source and has no more separate existence, then all other kinds of *Mauna (Silence)* will come of their own accord, i.e. the *Mauna (Silence)* of words, of action, and of the mind (or chitta). Such *Mauna (Silence)* is not inertness but great activity. It is the most powerful speech.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage (Day by Day with Bhagavan 29-4-46)*

THE STATE OF TRANSCENDING BLISS

“Those who are united with the Self can only experience it. It is impossible, even for them, to think about the bliss of [this] union. Having lost the ego-consciousness in the state of Transcending bliss, they cannot even think of the means by which they settled in *Mauna*.”

- *Guru Vachaka Kovai, David Godman edition, verse 999, page 433*

STAY AS THE SCREEN - DON'T REACT TO THE PROJECTIONS!

"Don't run at projections on 'the screen', Be very wise. Do not lose your Peace - at any cost. Things will rise and fall; So, do not be caught! Peace is most important! You have to be happy in 'Lila'; 'No-Mind-Limitless-Happiness'; With Freedom in your mind. Not problems!

Here - in 'this moment', there is no problem, and daily life is within 'this moment', You cannot walk out of IT. Just try to invite past and future problems into this moment - they cannot touch, 'HERE!' So do things of NOW - NOW! And do not touch yesterday, or tomorrow.

Remove all 'becoming' - you are 'BEing'.... Becoming is effort - 'BEing' is no effort. You are always 'THAT', so be like the breeze that is attached to neither the garbage - nor the garden, that it blows over. Do not run away from worldly activities, Only always keep in The 'I AM'/'Self'; Stay as 'The Screen', On which all projected activities take place!

In all activities, simply keep *Quiet*, and know: 'I AM HOME!' Your business, is to keep *Quiet!*”

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

ULTIMATE REALITY

“The highest teaching in the world is *Silence*. There is nothing higher than this. A devotee who sits with a sage purifies his mind just by being with the sage. The mind automatically becomes purified. No words exchanged, no words said. *Silence* is the ultimate Reality. Everything exists in this world through *Silence*.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THE SUMMIT OF JNANA

“Guru and disciple are only described as different through the imaginary feeling of upadhi [limitation]. In the *Mauna* union, the summit of Jnana in which these two ideas [Guru and disciple] merge through the True experience of the Self, is there even a trace of speech and breath? As the ego, the cause that creates the sense of difference, is destroyed, the minds of the two become one through their real nature, pure being, and cease. In such a situation the talking and listening consist of spoken words, which take place between the two and are of no use.”

Muruganar commentary: “The non-dual experience, the state of *Mauna* that arises through the Guru’s teachings, has already occurred. Therefore the spoken words have to be considered as those necessitated by worldly behavior, and not for any [spiritual] purpose.”

~ *Guru Vachaka Kovai, David Godman edition, verse 997, page 432*

INNER SILENCE

“Oneness is Inner *Silence*, which remains undisturbed by external factors. This *Silence* is not the opposite of noise. That is Inner Oneness.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

SELF-HIDDEN IN THE SILENCE

“But what then of that *Silent* Self, inactive, pure, self-existent, self-enjoying, which presented itself to us as the abiding justification of the ascetic? Here also, harmony and not irreconcilable opposition must be the illuminative Truth. The *Silent* and the active Brahman are not different, opposite and irreconcilable entities, the one denying, the other affirming a cosmic illusion; they are one Brahman in two aspects, positive and negative, and each is necessary to the other. It is out of this *Silence* that the Word which creates the worlds forever proceeds; for the Word expresses that which is self-hidden in the *Silence*. It is an eternal passivity which makes possible the perfect freedom and omnipotence of an eternal divine activity in innumerable cosmic systems. For the becomings of that activity derive their energies and their illimitable potency of variation and harmony from the impartial support of the immutable Being, its consent to this infinite fecundity of its own dynamic Nature.

Man, too, becomes perfect only when he has found within himself that absolute calm and passivity of the Brahman and supports it with the same divine tolerance and the same divine bliss a free and inexhaustible activity. Those who have thus possessed the Calm within can perceive always welling out from its *Silence* the perennial supply of the energies that work in the universe. It is not, therefore, the Truth of the *Silence* to say that it is in its nature a rejection of the cosmic activity. The apparent incompatibility of the two states is an error of the limited Mind which, accustomed to trenchant oppositions of affirmation and denial and passing suddenly from one pole to the other, is unable to conceive of a comprehensive consciousness vast and strong enough to include both in a simultaneous embrace. The *Silence* does not reject the world; it sustains it. Or rather it supports with an equal impartiality the activity and the withdrawal from the activity and approves also the reconciliation by which the soul remains free and still even while it lends itself to all action.”

~ Sri Aurobindo, 19-20th Century Indian-born Philosopher, Poet, Yogi, and Maharishi, book, ‘The Life Divine’

THE MEANS TO LIBERATION

“If you adhere to that path of *Silence*, the means to liberation, there will be no suffering of any kind.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

DEATH HAS NO REALITY

Q: How should I think of death, and how can I cope with the experience of death?

A: “Thought appears in *Silence* and vanishes in *Silence*. Likewise, what you believe yourself to be also appears and vanishes in *Silence*. What you understand by death is really nothing other than a pointer to *Silence*, to life itself. Death has no Reality. But if you don’t see it in this way, it remains a stagnant idea in which you are trapped. As long as you take yourself for an independent entity you are submitted to karma. Let us put it another way: before speaking of death, ask yourself what is life. All perception ‘is’, only because you are eternal present beingness. This is the background of waking, dreaming and deep sleep. In living knowledge, in this presentness, the problem of death has no meaning.”

~ Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta, book, ‘The Ease of Being’

THE LANGUAGE OF GOD

“*Silence* is the language of God, all else is poor translation.”

~ Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic

MIND CREATES WORLD

“Saivam is the excellence of the pure, Supreme light of *Mauna*. Saktam, though, belongs to the category of creation, preservation, destruction, and so on, which are associated with the mind.”

~ Padamalai, *Teachings of Ramana Maharshi*, by Muruganar, pg. 300, verse 17

THE SILENCE OF NO THOUGHTS

"The 'no-mind state' is where you come from practicing - to the place in *Silence*; where there are no thoughts to bother you any longer.

You get there through Self-Inquiry... That's the fastest way.

But that's not Self-Realization... Self-Realization is when the mind is pulled completely into the Spiritual Heart.

Liberation, Moksha, Self-Realization; is when the mind that's left over - in the *Silence*, is pulled completely into the Spiritual Heart.

At that time - the whole mind: the 'i', dissolves completely, and you are Free."

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

ONE WITHOUT A SECOND

“To the sage who has realized Brahman, the mind, which is the cause of unreal fancies, becomes perfectly tranquil. This verily is his state of *Quietude*, in which, identified with Brahman, he has constant enjoyment of the Bliss Absolute, the One without a second.”

~ *Vivekachudamani of Sri Shankaracharya, transl. Swami Turiyananda, verse 525*

THE SILENT WITNESS ONLY

"The mind shapes the language, and the language shapes the mind. Both are tools - use them, but don't misuse them. Words can bring you only unto their own limit; to go beyond - you must abandon them. Remain as 'The *Silent* Witness' only."

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

DEVOID OF ANY OTHER THING

“The pure state of ‘being’ attached to grace [Self], which is devoid of any attachment, *alone* is one's own state of *Silence*, which is devoid of any other thing.”

~ *Sri Ramana Maharshi, book, Be As You Are - The teachings of Ramana Maharshi, edited by David Godman.*

SUSTAINING THEM ALL

“On this battlefield all the religions retreat defeated when they stand before *Mauna*, which abides beneficently, sustaining them all.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 297, verse 2*

THE MIND RUNNING RIOT...

“A vow of *Silence* is but a vow. It may help in meditation to some extent, but what is the use of keeping the mouth shut and letting the mind run riot?”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

ETERNAL SILENCE

“Know that the all-pervading *Silence* is the form of God which [makes it] able to perceive through our senses. It is there with us all the time, between the sounds. Meditate on it to realize the all-pervading God. It’s present everywhere. The form of God beyond change. Eternal *Silence*.”

~ Swami Rama Tirtha Indian, 19-20th Century Pakistan-born Teacher of the Hindu philosophy of *Vedanta*

THE SAGE

“The Sage sits in *Silence*...”

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

MAUNA IS THE EXPANSE OF BEING WHEREIN THERE ARE NO OBJECTS

“The *Mauna* that is wholly and solely the Self is a state in which the consciousness that says ‘I’, being [revealed as] ignorance, dies away. This *alone* possesses excellence. If you ask why, the answer is: ‘The desire for objects is the true cause of sorrow, whereas *Mauna* is the expanse of being wherein there are no objects to desire’.”

~ Guru Vachaka Kovai, David Godman edition, verse 1012, page 437

WHERE THERE ARE NO WORDS

“God is hidden within you. Go in a little. Leave your idols, your thoughts, icons, beliefs... soap bubbles of the mind! Enter the depths. Where there are no waves, no words, where *Silence* ‘Is’. Where ultimate *Silence* takes voice. Where only *Silence* resounds.”

~ Osho (Bhagwan Shree Rajneesh), *Mahageeta, Volume 1, pg. 135*

INDULGING IN THOUGHTS

“The Supreme Reality that is liberation is experienced only by perfect *Silence*. Indulging in thoughts drives it away.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

THE EGO IS TOTALLY ABSENT

“Be knowingly *Silent* as often as you can and you will no longer be a prey to the desire to be this or that. You will discover in the everyday events of life the deep meaning behind the fulfilment of the whole, for the ego is totally absent.”

~ *Jean Klein, 20th Century French Born Teacher of Advaita Vedanta, book, 'I Am'*

SPEAKING THROUGH SILENCE

"*Silence* is a tremendous language that you can speak with. In fact, in *Silence* you can speak better than through any other language."

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

MAUNA IS YOUR NATURE

“Effulgent Padam, bounteous in his grace, placed me under the rule of his feet so that *Mauna* remained firmly established as [my own] nature in my Heart.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 340, verse 40*

DIFFERENTIATION

"We differentiate only in the mind. If the mind were made *Quiescent, Quiet*, there would be no differentiation between death and life. We make the differentiation because we think. It's a mental concept that someone dies, and that's bad, but someone lives and that's good. There's no such differentiation. There is only God, and everything that exists, everything, is God. There can be nothing apart from God."

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THE DELUSION OF 'I' AM THE BODY

“Those who have seen the luxuriance of that expanse will be consummated in Sivam, the Supremely blissful *Silence*. Their births – which waxed more and more through the delusion of ‘I am the body’ and the other delusion of regarding objects as ‘mine’ - will be uprooted.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1014, page 437*

WHOLLY SILENT

“Belief in any form is a hindrance. A man who 'believes' in God can never find God. If you are open to Reality, there can be no 'belief' in Reality. If you are open to The Unknown - there can be no 'belief' in IT. 'Belief' is a form of 'self-protection'.

When the mind is completely Empty - only then, is it capable of receiving The Unknown. Only when the mind is Wholly *Silent*; 'completely inactive' - 'not projecting'. When it is not seeking and is 'utterly still' - only then; 'That', which is Eternal and Timeless, Comes into Being.”

~ Jiddu Krishnamurti, 20th Century Indian-born Mystic and Spiritual Teacher

KEEP QUIET

“Keep *Quiet* until you are not aware of your *Silence*.”

~ Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage

THE GURUS SILENCE

Q: Can the Guru's *Silence* bring about realization if the disciple makes no effort?

A: “In the proximity of a great master, the *vasanas* [mental tendencies and desires] cease to be active, the mind becomes *still* and *samadhi* results. Thus, the disciple gains True knowledge and right experience in the presence of the master. To remain unshaken in it, further efforts are necessary. Eventually the disciple will know it to be his real being and will thus be liberated even while alive.”

~ Book, 'Be As You Are', *The Teachings of Sri Ramana Maharshi*, edited by David Godman.

TO BE AWARE MEANS TO BE THOUGHT-FREE

Q: What is 'turiya'?

A: “'Turiya' is the mind in *Quiescence* and aware of Self. There is the awareness that the mind has merged in its source. Whether the senses are active or inactive is immaterial. In 'nirvikalpa *samadhi*' the senses are inactive. To 'know' implies the subject and object. To be 'aware' means to be thought-free.”

~ From book, 'Conscious Immortality, Conversations with Sri Ramana Maharshi' (p. 104)

REST SILENT

“Therefore, bringing to an end the activity of the selfish personality, all passion being laid aside when the Supreme object is gained, rest *Silent*, enjoying the bliss of the Self, in the Eternal, through the perfect Self, free from all doubt.”

~ *Book, The Crest Jewel of Wisdom, by Shankaracharya*

ONE WILL HAVE TO FORGET ALL THAT ONE HAS LEARNED

“In order to *Quieten* the mind one has only to inquire within oneself what one's Self is; how could this search be done in books? One should know one's Self with one's own eye of wisdom. The Self is within the five sheaths; but books are outside them. Since the Self has to be inquired into by discarding the five sheaths, it is futile to search for it in books. There will come a time when one will have to forget all that one has learned.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage, text, 'Who Am I?'*

BLAZING FORTH IN MAUNA

“Splendorous Padam caused my target [the Self] to blaze forth in *Mauna*, which is the Peace granted by the power of his being.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 347, verse 188*

IT IS CONCENTRATED MAUNA

“It exists as the extremely subtle light of being-consciousness; it is without the rising of the ego that objectively knows alien [objects] as ‘this’. Trying to know it, the intellect, the jiva bodha, grows exhausted and laments, ‘I have not known it’. It is concentrated *Mauna*. Such is the Self, being-consciousness.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1046, page 450*

SILENCE ALONE IS LIBERATION

“*Silence*, which is devoid of the assertive ego, *alone* is liberation. The evil forgetfulness of Self which causes one to slip down from that *Silence*, *alone* is non-devotion [vibhakti]. Know that abiding as that *Silence* with the mind subsided as non-different from Self, is the Truth of Siva bhakti [devotion to God].”

~ *'Be As You Are, The Teachings of Sri Ramana Maharshi, edited by David Godman.*

THE VOW OF CONTINUED SILENCE

“O’ Ocean of Joy, the characterless Supreme Being of Transcendent Brightness! There are multifarious systems of Faith, not one of which agrees with the other. Hence it is that great sages do seclude themselves from the controversial world and set in to observe the vow of continued *Silence*.”

~ *Thayumanavar, (the ‘Silent Sage’), Thayumanavar’s Poems, pg. 71, verse 85*

WORDS BECOME MEANINGLESS

“There is really nothing to say. Words are superfluous. *Silence* is Truth. You cannot explain Truth in words. The words become meaningless, redundant.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THAT ALONE IS CALLED MAUNA

“Those ripe in Jnana will describe the state in which the thought ‘I’ does not arise at all, as *Mauna* and as Swarupa. Swarupa, which is *Mauna*, is indeed Iswara. Swarupa *alone* is the jiva and Swarupa *alone* is the ancient world.”

Bhagavan commentary: “The state where even the slightest trace of the thought ‘I’ does not exist, *alone* is swarupa. That *alone* is called *Mauna*... Self *alone* is the world; Self *alone* is ‘I’; Self *alone* is god; all is the Supreme Self (Siva Swarupa).”

~ *Guru Vachaka Kovai, David Godman edition, verse 1056, page 452*

THOUGHT VANISHES

“Now keep *Quiet*. Do nothing more, just keep *Quiet*. Stop, be *Silent*. When thought has no customers, thought vanishes.”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

THE LONGING TO BE MIND-FREE

“They [the Jnanis] say that true wealth is only the wealth of grace, the *Mauna* experience in which the contemplation of auspicious Sivam remains unbroken. That lofty treasure, which is full of Jnana, is the fortune that can be attained only by those who have the longing to be mind-free. It cannot be attained by others.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1066, page 455*

HE REMAINS SILENT, AS IF INACTIVE

Virocana said to Bali: “My son, there is a vast realm, wide enough to engulf the three worlds. In it there are no lakes, no oceans, no mountains, no forests, no rivers, no earth, no sky, no winds, no moon, no gods, no demons, no demi-gods, no vegetation, no heaven, no high and low, no words; not me, nor the gods like. Only *one* is there and that is the supreme light. He is omnipotent, omnipresent, he is all—and he remains *Silent*, as if inactive.”

~ *The Supreme Yoga - a new translation of the Yoga Vasistha - Swami Venkatesananda, Verse 23*

ONE’S REAL NATURE IS THE MOST EXALTED

“Because of the excellence of swarupa, the oneness in which the seer himself becomes the seeing, one’s real nature is the most exalted. The ‘I’ nature, the *Mauna*-light in which the ego, the seer ‘I’, has completely died, is the Self, consciousness Supreme.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1058, page 453*

SILENCE IS MOST POWERFUL

Questioner: Bhagavan says, “The influence of the Self-realized being [Jnani] steals into the devotee in *Silence*.” Bhagavan also says, “Contact with great men [mahatmas] is one efficacious means of realizing one’s True being.”

Ramana: “Yes. What is the contradiction? Do you differentiate between a Jnani and great men?”

Questioner: No.

Ramana: “Contact with them is good. They will work through *Silence*. By speaking their power is reduced. *Silence* is most powerful. Speech is always less powerful than *Silence*, so mental contact ¹⁶ is the best.”

Question: Does this hold good even after the dissolution of the physical body of the Jnani or is it true only so long as he is in flesh and blood?

Ramana: “Guru is not the physical form. So, the contact will remain even after the physical form of the Guru vanishes. One can go to another Guru after one’s Guru passes away, but all Gurus are one and none of them is the form, you see. Always mental contact is the best.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

¹⁶ This ‘mental contact’ is thought-free. Ramana clarifies this with his follow-up answer “Guru is not the physical form.” ॐ

SILENCE IS ALWAYS NOW

“Everything put together by thought is within the area of noise, and thought in no way can make it still. Thought itself must be still for *Silence* to be. *Silence* is always now, as thought is not. Thought, always being old, can't possibly enter into that *Silence* which is always new.

The new becomes the old when thought touches it. Out of this *Silence*, look and talk. This *Silence* is not out there but it is where the noise of the total observer is not.”

~ Jiddu Krishnamurti, *20th Century Indian-born Mystic and Spiritual Teacher*

THE NATURE OF THIS QUIETNESS

Papaji: A man wrote to me from Germany, saying: "Although we have never met physically, I have heard your words on a video tape. The words were, 'Keep *Quiet*, keep *Quiet*, keep *Quiet*.' I can't describe the effect these words have had, or what has happened to me since hearing them. I have never heard this *Quietness* described before in any of the books I have read in my life. Other teachers don't speak in this way. Some force has had a tremendous effect on me, such that I was able to keep *Quiet*."

We will examine this: The nature of this *Quietness*: How to have it.

Seven thousand years ago, Arjuna asked Krishna how to *Quiet* the mind. "It is just like the wind," he said. "You can't hold it in your fist. It is so turbulent; how can it be controlled?" Krishna's answer was simple: It can be done through detachment and practice. These two words are very significant. How can one easily discover viragya, [detachment]? Everyone wants to enjoy the objects of the senses - seeing, hearing, smelling, touching, tasting - that is all they are interested in.

So how can the mind be detached from its sense objects, and brought to *Quietness*? It will happen only when you know that all these objects do not bring abiding Peace and rest, that thinking again and again of your desires cannot bring satisfaction. Through repeatedly seeking pleasure and never finding Peace you are creating some sort of displeasure with these things. Naturally you want to detach yourself from the things which have not brought you Peace and rest.

There was a famous saint, a poor man, about five hundred years ago named Thyagaraya. People interested in music know his name. He is the king of artists, the king of singers and musicians. He says, '*Santham laka soukhyam ladu*'; When there is no *Quietness*, even kingdoms will not bring you happiness.

When we know that sense objects cannot bring us permanent happiness, the mind will slowly withdraw from these objects.

In the Vedas it is declared, "Neti, neti." [Not this, not that.]

~ H.W.L. Poonja, '*Papaji*', *20th Century Indian-born Advaita Sage*

WORDS ARE AN OBSTACLE TO THIS SILENT LANGUAGE

“*Silence* keeps *Silent*, it is an eternal current of ‘language.’ It stops when you start to talk, because words are an obstacle to this *Silent* ‘language.’ Speeches and conferences can distract people for hours without any benefit. *Silence* is permanent and advances all mankind. *Silence* is eloquence. Verbal instructions are never as eloquent as *Silence*. *Silence* is a constant eloquence... that's the best language.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

PARFUM

“The real parfum is in the *Silence*.”

~ Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta

ON BEING SILENT

“If you were to ask me why I do not speak, I would say I am not *Silent*, and that I speak more eloquently through gestures and the alphabet board. If you were to ask me why I do not talk, I would say, perhaps for three reasons. Firstly, I feel that through you all I am talking eternally. Secondly, to relieve the boredom of talking incessantly through your forms, I keep *Silence* in my personal physical form. And thirdly, because all talk, in itself, is idle talk. Lectures, messages, statements, discourses of any kind, spiritual or otherwise, imparted through utterances or writings, is just idle talk when not acted upon or lived up to.

If you were to ask when I will break my *Silence*, I would say when I feel like uttering the only real Word that was spoken in the beginningless beginning, as that Word alone is worth uttering. The time for the breaking of my outward *Silence* to utter that Word, is very near.”

~ Meher Baba, (Avatar) 20th Century Indian-born Spiritual Master and Spiritual Figure

IT MAKES NO DIFFERENCE WHERE YOU ARE

“*Quiet* and *Silence* are your real nature. If you don't react to conditioning, then you are always in the *Silence*. Therefore, it makes no difference where you are. It is how you react where you are that counts.”

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

SHINES PRE-EMINENTLY

“Swarupa, the unique, luminous Reality, exists flawlessly. My own experience, the direct understanding which is extremely pure, and which exists in this swarupa as *Silence*, without the twofold pride of ‘I’ and ‘mine’, shines pre-eminently, conquering, by transforming into itself, all triputi-knowledge [seer-seeing-seen].”

~ *Guru Vachaka Kovai, David Godman edition, verse 1068, page 456*

HIGHEST TEACHING

"*Silence* is the highest teaching!"

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

OFFER YOURSELF AS RECOMPENSE

“Padam declared that my offering myself to the *Mauna*, the profound Peace conferred [by Padam], is itself the recompense.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 348, verse 189*

SILENCE IS ALL I CAN SAY

"Be clear like a mirror reflecting nothing. Be clean of pictures and the worry that comes with images. Gaze into what is not ashamed or afraid of any Truth. Contain all human faces in your own without any judgment of them. Be pure emptiness. What is inside that? you ask. *Silence* is all I can say."

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic*

THE HIGHEST AND MOST EFFECTIVE LANGUAGE

“When one remains without thinking, one understands another by means of the universal language of *Silence*. What one fails to know by conversation extending to several years can be known instantly through *Silence*. Dakshinamurti is a good example of this. This is the highest and most effective language.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

DEVOID OF NAMES AND FORMS – WITHOUT ANY ATTRIBUTES

“That which shines in *Mauna*, the unique word, is the Supreme Brahman, the source that is devoid of names and forms which, like the azure blue of the sky, are all illusory and false. Contemplating that excellent and perfect Brahman through the Transcendental speech [paravak] that is uttered by the Heart when one remains *still* is *alone* praising it [Brahman] as it really is, without any attributes.

Therefore, the inner import of any kind of stotra [a hymn in praise of a deity] given out by the great ones, who are habitually established in that Jnana-observance of praising Brahman, is only the Brahman that is beyond all concepts. It [the inner import] is not the different names and forms that they [the Jnanis] merely employ as a representation of that Brahman.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1101, page 456*

THE LIVING TRUTH BEHIND WORDS

“When I repeat: 'I am', 'I am', I merely assert and re-assert an ever-present fact. You get tired of my words because you do not see the living Truth behind them. Contact it and you will find the full meaning of words and of *Silence* - both.”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

SILENCE IS LIBERATION

“True realization is to cherish with one's understanding, without any obstruction, the first cause ¹⁷ of all that is, that *Silence* which is liberation.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

THE MAUNA WHICH DESTROYS THE MIND

“Having experienced sorrow by wandering extensively in all directions of the world, it will be foolish to continue to remain fascinated by it [the world]. Merge with the feet of the Supreme Siva, the Mauna which is the eternal Sivam that destroys the sorrowful movements of the mind, which are engendered by the ego.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1103, page 466*

¹⁷ This 'first cause' is not to imply that the Self is a 'doer'. It is meant to direct one's attention back, back, back, to the fundamental experience of the Self – 'Silence' (thought-free being). ॐ

YOU WANT TO GO BEYOND ANYTHING THAT IS KNOWN TO MAN

“Your job is to keep the mind from wandering. The mind has to be held by you, to stop it from thinking. Stop it from going berserk. The mind is not your friend. It makes you human. It makes you believe you are a body, separate.

As soon as you can see that your body is an emanation of your mind, it has no existence whatsoever except in your mind, you also begin to see that the body of the universe is the same as your body. Therefore, it is a manifestation of mind. This brings a semblance of freedom. Bondage begins to break up, when you can see this. You look at the world and you realize the world is the Self. I am that Self. There is nothing else.

You want to share this Truth with your friends, with your family and with your associates, but you cannot, for there are no words to describe this. Everywhere you look, you see freedom. Everywhere you look, you see love. All the trivialities are gone. The judgments have dissipated. You have nothing to fear and nothing to fight. All is well.

It comes as an idea. Have you ever seen those cartoons of a light flashing when somebody gets an idea? Something like that happens to you. It's as if you're awakened from a long sleep. In this awakening there is no past and there is no future. There is just beingness. You have just become yourself. You have not become anything foreign or anything strange. You simply awakened to yourself, and you feel wonderful.

You have to ask yourself, "Who do I really think I am?" And you can tell by the amount of sorrows or happiness or human endeavors that you go through. If you believe you are human then you experience human happiness, human sadness, you go through human experiences. You can never know the Self that way.

There are people who tell me, "I've never had a bad day in my life." So I tell them, "You're just as stuck in your good days that you are in your bad days. For realization is not having good days." Try to understand that human goodness has nothing to do with this. Human goodness is karmic, and when the karmic patterns wear off you will experience the opposite. You want to go beyond, beyond all understanding, beyond all conceptual thinking, beyond all intellectual concepts, beyond anything that is known to man, and of course that's *Silence*. Everything leads to *Silence*. It is in the *Silence* that you experience pure awareness. It's in the *Silence* that you experience bliss. It's in the *Silence* that you are. You are not any 'thing' that you can describe. You have become the pure Godhead. You have awakened.

Why not awaken now? Why continue to play games? Wake up. Know who you are. Be yourself. *Leave the world alone*. Again, your body, as it appears to you, will function in the world. And it will do whatever it came here to do. But leave it alone. Do not interfere with the process. Do not react to any conditionings. (cont'd):

Keep identifying with the Self. The Self is I-am. You simply become aware that I-am. That's how you identify with yourself. You feel, "I-am, I-am, I-am." If anything comes after that, inquire, "To whom has this come?" I am not this and I am not that, "I am." Even if the word God comes after I am, your mind is playing tricks on you. Ask, "To whom does this come? The word God?" I am will suffice. That's all you have to be is 'I Am'. Everything else is redundant, superfluous. If your mind tells you, 'I am the body,' again inquire, 'to whom does this come?' Whatever words are put into your mind, get rid of them. Listen to the *Silence*. Listen to 'I Am'."

~ Robert Adams, *Satsang Transcript #51: Everything Leads To Silence*

REMAINS UNMOVED UNDER ALL CIRCUMSTANCES

“Who is the one who shines as Shiva-swarupa, the Self, having lost his ego through True awareness of the Heart? Know that he *alone* is the sthita prajna [inner-abidance] who is established in perfect *Mauna* and remains unmoved under all circumstances.”

~ Guru Vachaka Kovai, *David Godman edition, verse 1112, page 469*

WHEN THOUGHT IS SILENT THERE IS EMPTINESS

“Order comes out of a mind that is not cluttered up by the things of thought. When thought is *Silent* there is emptiness, which is order.”

~ Jiddu Krishnamurti, *Meditations 1969, part 11.*

OBSERVE THE OBSERVER

“Sit *Quiet* and do not move. Do not move the mind, do not activate the mind nor the intellect. Then observe the observer itself, and this will be your True nature, from where everything else comes. This is your own nature.”

~ H.W.L. Poonja, 'Papaji', *20th Century Indian-born Advaita Sage*

THE TRIVIAL LIFE OF THE FIVE SENSES

“Those who have attained the life of Jnana in their Heart will not at all desire the fragmented, transient and trivial life of the five senses. Is not that life of *Mauna* the unsurpassed and never-ending experience of undivided Brahman?”

~ Guru Vachaka Kovai, *David Godman edition, verse 1120, page 472*

THE NATURAL STATE

“If the mind falls asleep, awaken it. Then if it starts, make it *Quiet*. If you reach the state where there is neither sleep nor movement of mind, stay still in that, the natural (real) state.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

DEVOID OF ANY ATOM OF OBJECTIVITY

“Our original Buddha-Nature is, in highest Truth, devoid of any atom of objectivity. It is void, omnipresent, *Silent*, pure; it is glorious and mysterious Peaceful joy – and that is all.”

~ *Huang Po, book, The Zen Teaching of Huang Po, pg. 35*

THE RIVER OF SILENCE

“Only when you drink from the river of *Silence* shall you indeed sing. And when you have reached the mountain top, then you shall begin to climb. And when the earth shall claim your limbs, then shall you truly dance.”

~ *Khalil Gibran, 20th Century Lebanese-American Writer, Poet, Philosopher*

WORDS ARE THE GREAT-GRANDSON OF THE ORIGINAL SOURCE

“Again, how does speech arise? First there is abstract knowledge. Out of this arises the ego, which in turn gives rise to thought, and thought to the spoken word. So, the word is the great grandson of the original source. If the word can produce an effect, judge for yourself how much more powerful must be the preaching through *Silence*.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

THE DIVINE FIRST CAUSE

“Padam played upon me the trick of its abundance, making me expire in the embrace of *Mauna*, the divine first cause.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 348, verse 190*

THE SEA OF PERFECT MAUNA

“Will the deep surging sea allow a tiny insect that has fallen into it, and is about to die, to raise its head? Likewise, will the sea of perfect *Mauna*, True Jnana, allow the tiny body-ego that has sunk deeply into it to raise its head?”

~ *Guru Vachaka Kovai, David Godman edition, verse 1142, page 481*

WE REMAIN FIRMLY ESTABLISHED IN OUR TRUE BEING

“What we call the Self is not a soul-like thing, or a state, it is the uninterrupted flow of life. We cannot apprehend it with the faculties we use every day such as impressions, feelings or memory, which belong to the fractional, objective point of view. We cannot think of it because we ‘are’ it. In the *Silence* which is beatitude, directed energies such as concepts of time, space and the individual memory leave no trace. Things are lost in consciousness but consciousness is not lost in them. Thus, activities go on and we remain firmly established in our True being.”

~ *Jean Klein, 20th Century French-born Teacher of Advaita Vedanta, book, I Am, p.135*

NEVER VANQUISHED

“The perfect *Silence* in which the ego, the root, has been destroyed, is the True nature which will never be vanquished.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

THE LEVEL OF HEAVEN AND EARTH

“Emptiness, stillness, tranquility, *Silence*, non-action; this is the level of heaven and earth.”

~ *Zhuang Zhou, 4th Century BCE, Chinese Philosopher*

ABIDE IN THE STATE OF MAUNA

“The jiva is, in Truth, the unmoving screen, the source [Brahman] but he experiences suffering through the chitta-vritti [mind-activity] that makes him imagine he is a moving picture. The proper way [for him] to end his suffering is, therefore, to abide in the state of *Mauna* through complete stilling and subsidence of that chitta-vritti.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1220, page 515*

HEAD ADVAITA OR REALIZATION?

“How bad do you want realization?”

This is determined by what you do. If you're more interested in entertainment, TV, parties, drinking, going out a lot, spending time with the idiot friends, what do you expect?

You get out of life what you put into it. If you're really looking for enlightenment in this incarnation, before you leave your body it's possible, but you have to do certain things, and through investigation, we have found that the fastest way for the average person to feel the urge for enlightenment is to sit in satsang.

It tells you this in the Upanishads. Only those who sit in satsang will achieve the final goal. This means you do not even have to read. You do not have to practice meditation, formally. All you have to do is sit in Satsang and things begin to happen of their own accord. You automatically start inquiring yourself. You begin to investigate. It happens spontaneously.

Now this is an important point. Most people read books, Advaita Vedanta, Ramana Maharshi, Nisargadatta, whatever, and they see what they did, but yet they do not do anything like that themselves. They never inquire ¹⁸.

They read the books and they obtain intellectual knowledge, mind knowledge, head knowledge. If they have a good memory they can quote passages, remember phraseologies, certain clichés, certain sayings, but they never have the experience.

The experience only comes when you have complete humility. When you just let go of yourself, your little self. When you stop worrying about yourself. Stop thinking of your little self so much. Stop saying, "I need this and I need that," and "I've got to become this, and I got to get this." Give up all desire. Give up all attachments to person, place or thing. Relax. Make your life very simple. Sit in *Silence*, investigate. Find out who has problems. Find out who feels depressed.

Find out who is not enlightened and you will laugh. For you are a radiant light in a world of darkness. You are divine. You are a wonderful being. Never criticize yourself. Never put yourself down. Think of yourself as God and act the part.”

~ Robert Adams, *Satsang Transcript #8*

MEDITATION

“The *Silence* of the mind is meditation.”

~ Jiddu Krishnamurti, *20th Century Indian-born Mystic and Spiritual Teacher*

¹⁸ The inquiry referred to here is Ramana Maharshi's 'Who Am I?' Self-Inquiry practice. ॐ

THE EVER-FRESH AMBROSIA

“Swarupa shines radiantly in the state of pure *Silence*. Those who have experienced this swarupa, the ever-fresh ambrosia, and who thereby have bliss surging forth in their Heart, will not rot away in this world by paying attention to the defiled sense objects which yield the tiny intoxicating pleasures that arise through mental delusion.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1202, page 512*

SILENCE IS THE HIGHEST EXPRESSION OF THE REALIZED NON-DUALITY

In ‘Talks with Sri Ramana Maharshi’, talk 449, Bhagavan told the story of Kaduveli Siddhar, an ascetic who ‘proved himself an unswerving Jnani’ despite having an affair with a temple dancer and fathering a baby with her. Bhagavan concluded that ‘One should not be deceived by the external appearance of [a] Jnani,’ and then went on to summarize verse 181 of Vedantachudamani where a similar point is elaborated at some length.

Bhagavan commentary: “Although a jivanmukta associated with [a] body may, owing to his prarabdha [past karma], appear to lapse into ignorance or wisdom, yet he is only pure like the ether [akasa] which is always itself clear, whether covered by dense clouds or cleared by clouds by currents of air. He always revels in the Self *alone*, like a loving wife talking pleasure with her husband *alone*, though she attends on him with things obtained from others, by way of fortune, as determined by prarabdha. Though he remains *Silent* like one devoid of learning, yet this supineness is due to the implicit duality of the vaikhari-vak [spoken words] of the Vedas; his *Silence* is the highest expression of the realized non-duality, which is after all the True content of the Vedas. Though he instructs his disciples, yet he does not pose as a teacher, in the full conviction that the teacher and disciple are mere conventions born of illusion [maya], and so he continues to utter words [like akasvani]; if on the other hand he mutters words incoherently like a lunatic, it is because his experience is inexpressible, like the words of a lovers embrace. If his words are many and fluent like those of an orator, they represent the recollection of his experience since he is the unmoving non-dual one, without any desire awaiting fulfillment.

Although he may appear grief-stricken like any other man in bereavement, yet he evinces just the right love of and pity for the senses which he earlier controlled before he realized that they were mere instruments and manifestations of the Supreme Being. When he seems keenly interested in the wonders of the world, he is only ridiculing the ignorance born of superimposition. If he appeases indulging in sexual pleasures, he must be taken to enjoy the ever-inherent bliss of the Self, which, divided itself into the individual self and the universal Self, delights in their reunion to regain its original nature. If he appears wrathful, he means well to the offenders. All his actions should be taken to be only divine manifestations on the plane of humanity. There should not arise even the least doubt as to his being emancipated while yet alive. He lives only for the good of the world.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1150, page 487*

THE UNMOVING AXIS

“The eminent and powerful state of *Silence* can be reached in the Heart only by attaining the Self-state, the unmoving axis.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

PEACE IS THE ONLY REALITY

Bhagavan: “As I said already, that which is, is Peace. All that we need to do is to keep *Quiet*. Peace is our real nature. We spoil it. What is required is that we cease to spoil it. We are not going to create Peace anew. There is space in a hall, for instance. We fill up the place with various articles. If we want space, all that we need do is remove all those articles, and we get space. Similarly if we remove all the rubbish, all the thoughts, from our minds, the Peace will become manifest. That which is obstructing the Peace has to be removed. Peace is the only Reality.”

~ *Padamalai, Teachings of Ramana Maharshi, by Muruganar, pg. 97, verse 23*

INSIDE OF THE INSIDE

“The best use of this Moment is to drown in it. Keep *Quiet*. You are inside of the inside. Don't dwell anywhere and make no effort. The concept of effort and practice is bondage. Just keep *Quiet*, wherever you are”.

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*

THERE'S NOTHING ELSE, NOTHING ELSE EXISTS BUT 'I' AM.

“There's nothing to say about it. There are no speeches to make about 'I AM'. There is only 'I AM'. When you say 'I' AM to yourself, what happens? Isn't there a *Quietness* that comes over you, a stillness, because another name for 'I AM' is *Silence*.

Now you see what I mean when I've told you all these times, you follow the 'I' to the Heart. As you follow the 'I' to the Heart you're going through the molecules, and the atoms, and the sub-atomic particles, going deeper and deeper, back to your Source. Back, back, to the Source, to the energy waves, to the void, and finally your entire body is totally dissolved and Consciousness stands *alone*.

When I say Consciousness stands *alone*, I do not mean that Consciousness is something else from you. You have not died; you are just the way you were always. You're the same person, except something wonderful has happened to you. You realize with all your Heart, with all your soul, with all your being, that you never were the body or the mind.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

NOT KNOWING ANYTHING ELSE

“He who is firmly established in the state of *Mauna* that has taken the form of Brahman, and which rises and soars following the destruction of the ego, is a Supreme enjoyer, reveling in True Jnana. It is impossible for anyone to conceive of his experience of Bahaman which has the uniqueness of not knowing anything else.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1151, page 488*

THE IMMEASURABLE

“When the mind is no longer seeking, no longer breeding conflict through its wants and cravings, when it is *Silent* with understanding, only then can the immeasurable come into being.”

~ *Jiddu Krishnamurti, Commentaries on Living, Series III, Chapter 3*

PEACE IS THE SOLE CRITERION

When asked about the characteristics of a Jnani, Bhagavan said, “They are described in books, such as the Bhagavad Gita, but we must bear in mind that the Jnanis state is one which Transcends the mind. It cannot be described by the mind. Only *Silence* can correctly describe this state and its characteristics. *Silence* is more effective than speech. From *Silence* came the ego, from the ego came thought, and from thought came speech. So, if speech is effective, how much more effective must be its original source!” Then, in this connection Sri Bhagavan related the following story:

Tattvaraya composed a bharani (a kind of poetic composition in Tamil) in honour of his Guru Swarupananda and convened an assembly of learned Pandit to hear the work and assess its value. The pandits raised the objection that a bharani was only composed in honour of great heroes capable of killing a thousand elephants, and that it was not in order to compose such work in honour of an ascetic. Thereupon the author said, “Let us all go to my guru and we shall have this matter settled there.”

They went to the guru and, after all had taken their seats, the author told his guru the purpose of their coming there. The guru sat *Silent* and all the others also remained in *Mauna*. The whole day passed, night came, and some more days and nights, and yet all sat there *Silently*, no thought at all occurring to any of them and nobody asked why they had come there. After three or four days like this, the guru moved his mind a bit, and there upon the assembly regained their thought activity. They then declared, “Conquering a thousand elephants is nothing compared to the guru's power to conquer the rutting elephants of all our egos put together. So certainly, he deserves the bharani in his honour!”

~ *Text: Spiritual Stories as Told by Ramana Maharshi (Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage)*

DISTINCTION-FREE SILENCE

“The Jnani who sleeps [consciously] in swarupa, remaining irrevocably immersed in the ocean of unsurpassed bliss, the *Silence* of distinction-free swarupa, will not suffer in his mind and be ruined in the world.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1154, page 489*

ENOUGH TALKING. BE QUIET AND LET THE WORDS DO THEIR WORK!

“I don’t think you really understand the purpose of my dialogues here. I don’t say things simply to convince people that they are true. I am not speaking about these matters so that people can build up a philosophy that can be rationally defended, and which is free of all contradictions.

When I speak my words, I am not speaking to your mind at all. I am directing my words directly at consciousness. I am planting my words in your consciousness. If you disturb the planting process by arguing about the meaning of the words, they won’t take root there. Once my words have been planted in consciousness, they will sprout, they will grow, and at the appropriate moment they will bear fruit. It’s nothing to do with you. All this will happen by itself.

However, if you think about the words too much or dispute their meaning, you will postpone the moment of their fruition. Enough talking. Be *Quiet* and let the words do their work!”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

WRAPPED IN SILENCE

“Be quiet. The secret cannot be spoken. It is wrapped in *Silence*...”

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, poet, and Sufi Mystic*

NEVER MISTAKENLY GO DOWN TO THE LEVEL OF THE PROBLEM

"Again, do not get down to the level of the problem. That's no way to solve a problem by getting down to its level. Merely rest in 'The I'. The I' will lead you to *Silence*, and in the *Silence* there's Consciousness. There's Pure Intelligence and Absolute Awareness, there's Emptiness, there's Nirvana. You will experience all these phrases of Consciousness, if you follow 'The I' to ITs Source.

When you identify with the cause, which is consciousness, the problem disappears of its own accord, due to the fact that it never really existed, and you become free."

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

NOTHING THAT NEEDS TO BE THOUGHT ABOUT EXISTS

“The only thing that deserves to be attained is the vision of the *Mauna* experience. In that fullness, the Self, nothing else arises. Therefore, for those who live in the state that is wholly Self, as the thought-free beauty, nothing that needs to be thought about exists.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1161, page 493*

SILENCE ‘ALONE’

“Know that one's ever abiding as that *Silence*, having experienced it as it is, *alone* is True mental worship [manasika-puja].”

~ *Sri Ramana Maharshi, Book, Be As You Are - The teachings of Ramana Maharshi, edited by David Godman.*

THE SILENT WITNESS OF ALL ACTIVITIES

Question: How can cessation of activity [nivrutti] and Peace of mind be attained in the midst of household duties which are of the nature of constant activity?

Bhagavan: “As the activities of the wise man exist only in the eyes of others and not in his own, although he may be accomplishing immense tasks, he really does nothing. Therefore his activities do not stand in the way of inaction and Peace of mind. For he knows the Truth that all activities take place in his mere presence and that he does nothing. Hence he will remain as the *Silent* witness of all the activities taking place.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1162, page 493*

A HINDRANCE TO YOUR SILENCE

"The disappearance of the mind is not something that you should be worried about. You will manage very well without it. In that place I am speaking of, the word ‘mind’ won't exist, and nor will any other word. You don't need words to be yourself, to speak to yourself. When the words arise, they take you away from the Self.

Words are always an obstruction, a barrier, a hindrance to your own *Silence*. When you enjoy yourself in your True home, no word enters to describe it or interfere with it. It is a continuous flow, uninterrupted by words or time."

~ *H.W.L. Poonja, ‘Papaji’, 20th Century Indian-born Advaita Sage*

‘BEING’ KNOWLEDGE

“True knowledge is ‘Being’ knowledge, this is the only knowledge worthy of its name. Truth, ‘Being’ knowledge, is not a part of ordinary thinking which depends on the subject/object relationship. Ordinary thinking stems from the known, but ‘Being’ knowledge is outside the realm of having knowledge. It cannot be “had” or “got”; it can only ‘be’. If we project the already known, we only close ourselves inside a vicious circle. This attitude will not reveal the unknown, our True nature. Become open to a new dimension. This will immediately result in non-projection, a *Silence* where you are open to Reality. Then thinking will lose its boundaries, and its contents will subside into its source, ‘Being-knowledge’.

When an object is recognized as an expression of consciousness, its substance dissolves into knowledge, living *Silence*, Peace, lucidity. This light is always there before the object appears. Divided, relative knowledge appears and disappears in undivided consciousness. Thus, the appearance of objects is discontinuous but consciousness is constant. Objective knowledge dies away into Pure Consciousness, global Consciousness, and sooner or later you become established in it.

Whatever you do you are always Consciousness, it cannot be otherwise. Confusion invades you once you believe yourself to be the doer, the thinker, the willer; but in Reality, you are purely the witness of your actions.

For example, let us suppose you remember a thought you had yesterday. You are now the witness of this present thought. When you recall a thought about the past it is an entirely new thought, which has nothing whatsoever to do with the thought developed in the past. If you realize that you are the witness of the thought you are remembering, you will cease to confuse the thought with the witness.”

~ *Jean Klein, 20th Century French Born Teacher of Advaita Vedanta, book, I Am, pp.93-94*

PETTY SENSE-OBJECTS

“Those whose Hearts are surging with joy by experiencing the ever-new ambrosia [amrita] of Self, which shines brightly in the pure *Silence*, will not be spoilt in the world by experiencing the petty sense-objects, which give a little mad pleasure caused by mental delusion.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

ATTAINING SUPREME PEACE, REMAIN QUIET

“Dualistic conceptions in the Atman, the Infinite Knowledge, the Absolute, are like imagining castles in the air. Therefore, always identifying thyself with the Bliss Absolute, the One without a second, and thereby attaining Supreme Peace, remain *Quiet*.”

~ *Vivekachudamani of Sri Shankaracharya, transl. Swami Turiyananda, verse 524*

WAITING ON GOD

"For God *alone* my soul waits in *Silence*; for my hope is from him."

~ *Bible, English Standard Version (ESV), Psalm 62:5*

IT IS LIKE MEASURING THE SKY WITH THE SKY

Bhagavan: "However much a Jnani might talk, he is still the *Silent* one. However, much he might work, he is still the *Quiet* one. His voice is the incorporeal voice, His walk is not on the earth, it is like measuring the sky with the sky."

~ *Guru Vachaka Kovai, David Godman edition, verse 1164, page 495*

WORSHIP THE SILENCE ('MAUNA'); 'INWARD PSYCHOLOGICAL SILENCE'

"Learn to Love The *Silence*. Treat The *Silence* as a Beautiful Entity. As The Divine Mother - Shakti!

The *Silence* is All-Power! Never take The *Silence* for granted! You should start feeling The *Silence* as God. Feel good, when you are in *The Silence*. It's Up to you.

Up to now, many of you have believed that The *Silence* is nothing - IT is a 'Divine Nothingness'! Remember, it's out of The *Silence* that everything comes! When you return to The *Silence*, this is actually a self-surrender. You are surrendering your ego, your lifestyle, your karma, everything, is surrendered to The *Silence*!

Remember, never believe that The *Silence* is a waste of time. Just as we Realize now, that Space is really Consciousness. There is no such thing as 'Space'. It appears to be Space, but IT's really Consciousness! The same way, the *Silence* is Consciousness! IT's a Living Entity! IT's Alive - IT's Reality! Therefore, sit in The *Silence*, and Rejoice!"

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

THE BEST OF ALL FORMS OF WORSHIP

"Know that the performance of the unceasing, True and natural worship in which the mind is submissively established as the one Self, having installed the Lord on the Heart-throne, is *Silence*, the best of all forms of worship."

~ *Book, Be As You Are - The Teachings of Ramana Maharshi, edited by David Godman.*

KEEP THE MIND SILENT AND YOU SHALL DISCOVER

Q: Sir, I am getting drowned in a sea of words! I can see that all depends on how the words are put together, but there must be somebody to put them together - meaningfully. By drawing words at random the Ramayana, Mahabharata and Bhagavata could never be produced. The theory of accidental emergence is not tenable. The origin of the meaningful must be beyond it. What is the power that creates order out of chaos? Living is more than being, and consciousness is more than living. Who is the conscious living being?

M: “Your question contains the answer: a conscious living being is a conscious living being. The words are most appropriate, but you do not grasp their full import. Go deep into the meaning of the words: being, living, conscious, and you will stop running in circles, asking questions, but missing answers. Do understand that you cannot ask a valid question about yourself, because you do not know whom you are asking about.

In the question 'Who am I?' the 'I' is not known and the question can be worded as: 'I do not know what I mean by 'I.' What you are, you must find out. I can only tell you what you are not. You are not of the world, you are not even in the world. The world is not, you *alone* are. You create the world in your imagination like a dream. As you cannot separate the dream from yourself, so you cannot have an outer world independent of yourself. You are independent, not the world! Don't be afraid of a world you yourself have created. Cease from looking for happiness and Reality in a dream and you will wake up. You need not know 'why' and 'how', there is no end to questions. Abandon all desires, keep your mind *Silent* and you shall discover.”

~ Sri Nisargadatta Maharaj, book, "I Am That" (Chapter 87)

MERE SCHOLARSHIP DERIVED FROM COPIOUS LEARNING, WITHOUT PUTTING IT INTO PRACTICE, WILL HARM THE WELL BEING OF THE JIVA

Bhagavan: “Ancients have said that the superabundance of book knowledge is the cause of the rambling of the mind. That will not carry you to the goal. Reading of sastras and becoming pandits may give fame to a person but they destroy the Peace of mind which is necessary for the seeker of Truth and deliverance. A mumukshu [a seeker of deliverance] should understand the essence of the sastras but should give up the reading of sastras as that is inimical to dhyana [meditation]. It is like accepting the grain and discarding the chaff. There will be many big almirahs [cupboards] with many books. How many of them can be read? There are so many books and religions that one life is not enough to read all the books relating to even one religion. Whenever then is the time for practice? The more you read, the more you feel like reading further. The result of all this is to go on discussing with other people who have books and spend time thus but that will not lead to deliverance. What books had I seen and what Vedanta discourses had I heard except to close my eyes and remain Peaceful and *Quiet* during the first two years of my coming here?”

~ Padamalai, *Teachings of Ramana Maharshi*, by Muruganar, pg. 301, verse 32

THE MAUNA-DISCOURSE

“The abundant greatness of Brahman is that it cannot be made to shine by all the [various] utterances, expositions and lectures. Because that Brahman shines forth through the rare and precious *Silence* of the Guru, that *Mauna*-discourse is the most powerful exposition.”

Bhagavan:

“Youthful *Mauna* Guru [Dakshinamurti], you who,
Shining as the divine manifestation of God,
As the head of the lineage Gurus,
Reveal the supreme Truth,
The unique speech of [*Mauna*]
That is the mind’s source,
Which is the mother of all language,
But which, unlike the spoken word,
Neither appears nor disappears.

All the ancient treatises on Jnana,
Are merely an introductory preface,
Enunciated by the learned,
To your book of *Mauna*,
Which confers True knowledge.
Are they not therefore alien to True understanding,
Those who, even though they have studied all the others,
Have lost their connection to that [book of] *Mauna*?”

~ *Guru Vachaka Kovai, David Godman edition,, verse 1174, page 500*

YOUR GREATEST ASSET

“*Silence* is another name for God. *Quietness* is a name for consciousness, Peace. Everything is found in the *Silence*, not too much in the words, but in *Quietness*. You should try to be *Quiet* for as long as you can, especially when you are at home. Try to sit in the *Silence* and *Quietness* for as long as you can. It's in the *Silence* where you will receive the message. It's in *Silence* where pure awareness reveals itself to you. Never be afraid to sit in the *Silence*. It's your greatest asset.”

~ *Robert Adams, Satsang "There Are No Problems", October, 1990,*

MY SILENCE

“You throw thorns, falling in my Silence they become flowers.”

~ *Gautama Buddha, 5th/6th BCE, founder of Buddhism*

THE SILENCE OF THE HEART

“In the *Silence* of the Heart God speaks. If you face God in prayer and *Silence*, God will speak to you. Then you will know that you are nothing. It is only when you realize your nothingness, your emptiness, that God can fill you with Himself. Souls of prayer are souls of great *Silence*.”

~ *Mother Teresa 20th Century Albanian-Indian Catholic Nun, In the Heart of the World: Thoughts, Stories and Prayers*

LIVE IN IDENTITY WITH THE SILENCE

Q. As everything a guru says can be meditated upon, can you give us a few sayings which you regard as essential to live with?

JK. “Certainly. I would say: What you are looking for is already there, before all physical appearance. It ‘Is’. So, all looking can only lead to an object. Don’t try to find a cause for happiness or moments of fulfillment. There is no cause. As long as you look for, and give, a cause, you turn your back on the fullness, the message of the moment. Come to understand clearly that there is no seen without seeing, no heard without hearing. Bring the seen back to the seeing, the heard back to the hearing. You are the openness and it is only in waiting without waiting that you become open to the openness. In the end openness is what it is open to, waiting is what it is waiting for. This is all. Live with these sayings. Let them become living understanding. This means, be aware how they act in you, how their perfume invades your body and your mind. Become one with this perfume. You can never remember this essence which is behind the words, you can only remember the sayings. But when you have once been attuned to the essence of the words they are no longer simply sayings but pregnant with their source. Then when you allow the words to be the Word, they have the power to transform. Live in identity with the *Silence* in the sayings.”

~ *Jean Klein, 20th Century French Born Teacher of Advaita Vedanta, The Book of Listening*

ARGUING IS IGNORANCE BORN OF ILLUSION

“Do not vainly argue through the reasoning power of the intellect, which ignores the Self and clings to the non-Self, i.e., that ‘reality exists’; ‘it doesn’t exist’; ‘it is form’; ‘it is formless’; ‘it is dual’; ‘it is non-dual’. Only the *Mauna* that shines forever as the unfailing experience of sat-chit-ananda [existence-consciousness-bliss] True religion.”

Bhagavan commentary: Without knowing within the Heart, wherein [the mind] merges, and remaining established there, to engage in disputes, arguing ‘it exists’; ‘it does not exist’; ‘it has form’; ‘it is formless’; ‘it is one’; ‘it is two’; ‘it is neither’, is ignorance born of illusion.”

~ *Guru Vachaka Kovai, David Godman edition,, verse 1176, page 501*

THE PURPOSE OF WORDS

"Only *Silence* is complete. Smiling with all the existence is *Silence*. The purpose of words is to create *Silence*."

~ Sri Ravi Shankar, 20th Century Indian-born Guru and Spiritual Leader

THE FLESHY AND FILTHY BODY

"Tell me, is not the vocal *Silence* observed by those who do not engage in Self-inquiry and who do not know the real goal, which is the *Silence* that shines forth when the ego, "I am the fleshy and filthy body", subsides and reaches the Heart, a mere mental endeavor?"

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

THE ANCIENT PRIMAL SOURCE

"The foundation of the transient world that associates with us, as if it is extremely real, is the 'I am the body' awareness. But the indestructible foundation for that 'I am the body' awareness is *Mauna*, the ancient primal source."

~ Guru Vachaka Kovai, David Godman edition, verse 1175, page 500

I HAVE BEEN ANSWERING YOU, BUT YOU ARE NOT LISTENING

Once upon a time, a student of meditation went to see a sage. The student began discussing philosophical concepts, such as God and the divine existence, but the sage didn't say anything. The aspirant talked on and on about God and asked many probing questions, but still the sage kept still. Finally, in frustration, the aspirant inquired why the sage wouldn't answer his questions. Then the sage smiled and said gently, "I have been answering you, but you are not listening: God is *Silence*."

~ Swami Rama Tirtha Indian, 19-20th Century Pakistan-born Teacher of the Hindu philosophy of Vedanta

MISTAKING MENTAL CONSTRUCTS FOR REALITY

"Non-distinction speaks in *Silence*. Words carry distinctions. The unmanifested (nirguna) has no name, all names refer to the manifested (saguna). It is useless to struggle with words to express what is beyond words."

~ Sri Nisargadatta Maharaj, book 'I Am That', Ch. 27

CONTRADICTION

“The doctrines of all religions contradict each other. They wage war, collide with each other, and finally die. On this battlefield all the religions retreat defeated when they stand before *Mauna*, which abides beneficently, sustaining them all. The rare and wonderful power of *Mauna* is that it remains without enmity towards any of the religions.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1177, page 501*

EXTRAORDINARILY SILENT

“When the mind is completely aware it becomes extraordinarily *Silent, Quiet*; it is not asleep, but highly awake in that Silence.”

~ *Jiddu Krishnamurti, 20th Century Indian-born Mystic and Spiritual Teacher*

ONLY IN THE SILENCE

“Only in the *Silence* will you find Reality. Self-Inquiry leads to *Silence*, surrender leads to *Silence*. Be still and know that I am God.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

NO THOUGHT RISING FROM YOUR MIND IS SILENCE

“What I mean by *Silence* is that there should be no thought rising from the mind. No thought rising from your mind is *Silence*.”

~ *H.W.L. Poonja, ‘Papaji’, 20th Century Indian-born Advaita Sage*

IT DOES NOT ADMIT OF EXPLANATION

Question: Can everyone benefit from this *Silence*?

Ramana: “*Silence* is the True teaching. It is the perfect instruction suited only for the most advanced seeker. The others are unable to draw full inspiration from it. Therefore, they require words to explain the Truth. But Truth is beyond words. It does not admit of explanation. All that it is possible to do is to indicate it.”

~ *Sri Ramana Maharshi Excerpt From: Spiritual Stories as Told By Ramana Maharshi*

THE MIND OF THE MUKTA

“The mind of the Mukta [liberated being] is in *Mauna* no matter what tapas [practices] he does, and no matter what Avastha [waking, dream, deep sleep] he is subjected to.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1177, page 502*

THE FINAL EXPLOSION

"As you rest in The *Silence* - when you inquire, 'Who am I?', one day something will happen! One day, you will - all of a sudden, feel a sort of explosion within yourself. You will feel your body melting. You will feel yourself becoming Nothing. And The Self, which is The Heart Centre, will become Everything, you will be Free! You will be Liberated!"

~ *Robert Adams Satsangs, Transcript #121, 'You Have To Desire Freedom'*

SUPREME SILENCE

Among Sri Bhagavan's teachings the following can be pointed out as highly important:

“Some having a thousand bags of doubts, who even after visiting a sadhu (sage) a hundred times do not get Peace. And there are some ripe souls, who having fallen a prey to the gracious glance of a sadhu, even in one visit only, get perfect Peace.”

The hidden meaning of this golden saying:

Those who are not able to understand that Supreme *Silence* spoil this rare opportunity through questioning, yet even such people, by visiting great ones will surely get their ego rooted out even though this may be delayed in the same way, as the fire though not burning the green tree at once - will dry it first and then burn it.

~ *Sri Sadhu Om Swamigal, 20th Century Indian-born poet and disciple of Ramana Maharshi, Letters to Friends, Part Three, Mountain Path, 2006 IV OCTOBER*

THE LOUDEST TEACHING

Questioner: Vivekananda has also said that *Silence* is the loudest form of prayer.

Ramana: “It is so for the seeker's *Silence*. The Guru's *Silence* is the loudest teaching. It is also Grace in its highest form. All other instructions are derived from the mind and are therefore secondary. *Silence* is the primary form. If the Guru is *Silent*, the seeker's mind gets purified by itself in the Guru's presence.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage, Talk 518*

REALITY IS ONLY MAUNA

Bhagavan quoted from the Bhagavad Gita, 'I am the Heart of all beings and am their beginning, middle, and end'. Bhagavan also said that the Reality is only *Mauna* and quoted Thayumanavar:

“Shining supreme!
If we scrutinize all the religions
That look so different,
We find no contradiction in their purpose.
They are all your sport.
Just as all rivers discharge into the sea,
They all end in the ocean of *Mauna*.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1178, page 502*

KEEP SILENT

“One who is Eternally Peaceful - while living, is a Jnani. He is pure Brahman! The world has been created from your 'I am-ness'. This Fact is known through the absence of thought. It is Perfect. Keep *Silent*.”

~ *Book, 'Meditations with Sri Nisargadatta Maharaj', Notes taken by Shri Dinkar Kshirsaga*

ALL TALK MUST END IN SILENCE

Somerset Maugham, a well-known English author, was on a visit to Sri Bhagavan. During his visit, he went to see Maj. Chadwick in his room and there he suddenly became unconscious. Maj. Chadwick requested Sri Bhagavan to see him. Sri Bhagavan went into the room, took a seat and gazed on Mr. Maugham. Mr. Maugham regained his senses and saluted Sri Bhagavan. They remained *Silent* and sat facing each other for nearly an hour. The author attempted to ask questions but did not or could not speak. Maj. Chadwick encouraged Mr. Maugham to ask any questions he had of Bhagavan. Sri Bhagavan said, “All finished. Heart-talk is all talk. All talk must end in *Silence* only.” They smiled and Sri Bhagavan left the room.

~ *Talks with Sri Ramana Maharshi, Talk 550*

FINDING STRENGTH

"In returning and rest you shall be saved; in *Quietness* and in trust shall be your strength."

~ *Bible, NKJV (New King James Version), Isaiah, 30:15*

REALITY WILL RUSH IN

“Don’t look at any spiritual literature! Just sit by yourself, as much as you can and watch your mind. Do whatever you have to do to slow down your mind, and then you’re going to be amazed! For when the mind becomes *Quiescent*, Reality will rush in!

And you’ll see - IT’s so simple! IT’s so simple! Why didn’t I know this all the time? I used to believe by reading volume after volume, I’ll become Enlightened. But it was so easy, I just had to *Quiet* my mind.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

CHANGE FOLLOWS EFFORTLESSLY OF ITS OWN ACCORD

“*Silence* does remain. It always is, but you part company with it. When you garden or drive, you simply function. There is nobody who says "I am digging, I am driving." Where, at that moment, is the person fabricated by others? It is totally absent. It only appears when thought of. It is an idea just like any other. You must see in the moment it happens, the very instant when the "I" pops up and appropriates the action. See it in the moment and change follows effortlessly of its own accord.”

~ *Jean Klein, 20th Century French-born Teacher of Advaita Vedanta, book, 'I Am', pp. 65-66*

THE PERENNIAL FLOW OF LANGUAGE

“*Silence* is ever-speaking. It is the perennial flow of language which is interrupted by speaking. These words which I am speaking obstruct that mute language. For example, there is electricity flowing in a wire. With resistance to its passage, it glows as a lamp or revolves as a fan. In the wire it remains as electrical energy. Similarly, *Silence* is the flow of language obstructed by words.”

~ *Book, 'Talks with Sri Ramana Maharshi', Talk 246*

WHEN MIND BECOMES COMPLETELY SILENT

"Hold on to the sense 'I am' to the exclusion of everything else. When this mind becomes completely *Silent*, it shines with a new light and vibrates with new knowledge. It all comes spontaneously.”

~ *Sri Nisargadatta Maharaj, book, 'I Am That', Part 6*

HEAR YE; NOTHING EXISTS

“The only reason the world exists is because you ‘think’ you are the body. You have created God in your own image and you worship that God. The Truth is that God should worship you. The universe is a big lie. And if you believe in the universe then you’re a bigger liar.

You are all waiting for something to happen. The Truth is what is already is happening has already happened. There is nothing else to happen, so let it happen. There is absolutely nothing for you to do to become self-realized, except *Shut-up*.

There is no one who can do anything for you and you can do nothing for yourself. It is better therefore to keep *Quiet* and do nothing. There is no teaching that can set you free and there is no teacher that can set you free. Just knowing this, you will already be free. Expect nothing, do nothing, be nothing and you will discover that you are everything. No one can save and you cannot save yourself. Knowing this, be still!

If you only knew who you were then all the Gods and Goddesses that you have been praying to would fall at your feet. Forget about affirming, ‘I am not the body,’ for if you were not the body why would you affirm you were not the body?

Consciousness, pure awareness are only words, go beyond that. To know the ultimate Truth, you first must know nothing. The whole universe is a manifestation of your mind. To remove the manifestation, examine your mind carefully, diligently by inquiring, "To whom does this come?"

It is virtually impossible for you to have a problem. How can you have a problem if you don't even exist? Do not complicate your life by reading voluminous books. Rather empty yourself up of all the book language you've ever had. Reading a book makes you feel good for a while. But diving within yourself removes all samskaras and samsaras and sets you free. To love yourself is better than reading books and going to lectures or hearing sermons or doing anything.

You are That which has always been. Discover what that is by turning within.”

~ Robert Adams, *20th Century American-born Advaita Sage, Satsang excerpt*

ONLY THE EVER-PRESENT SELF SURVIVES

“When a person dives into the Heart [by] focusing his efforts on the method ‘Who is the “I” who perceives the differences in the doctrines [of the various religions]?’ , the ego ‘I’ [which perceived the differences] dies, ceasing to exist. Only the ever-present Self survives. Can the feeling of difference be consistent with that state of *Mauna*?”

~ *Guru Vachaka Kovai, David Godman edition, verse 1179, page 502*

THE GURU'S TRANSMISSION

“The highest instruction is transmitted in *Silence*.”

~ Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage

KEEP QUIET, SIMPLY KEEP QUIET

“Stop a moment and see who you are. You have never allowed time to your own Self to reveal itself to you and to kiss and hug you. You have tried using your head for millions of years, now at least give time to your Heart. Keep *Quiet*, simply keep *Quiet*. If you keep *Quiet* your own Self will come and hug and kiss you. Allow time for your own Self...

...This thinking process, this burden, is a desire that we always carry with us. I am showing you how to drop this unwanted burden. When you ask the question, ‘Who is thinking?’ you arrest the process of thinking and return back to your True nature, your inherent nature, your spontaneous nature, the pure source that is empty. This is your own nature, and this is what you are always. The mind does not enter there. Time does not enter. Death does not enter. Fear does not enter.

This moment is free of time, of mind, of any notions. Introduce yourself to this moment.”

~ H.W.L. Poonja, ‘Papaji’, 20th Century Indian-born Advaita Sage

WITNESS OF YOUR THOUGHT PROCESSES

“I'm simply saying that there is a way to be sane. I'm saying that you can get rid of all this insanity created by the past in you. Just by being a simple witness of your thought processes.

It is simply sitting *Silently*, witnessing the thoughts, passing before you. Just witnessing, not interfering not even judging, because the moment you judge you have lost the pure witness. The moment you say ‘this is good, this is bad,’ you have already jumped onto the thought process.

It takes a little time to create a gap between the witness and the mind. Once the gap is there, you are in for a great surprise, that you are not the mind, that you are the witness, a watcher.

And this process of watching is the very alchemy of real religion. Because as you become more and more deeply rooted in witnessing, thoughts start disappearing. You are, but the mind is utterly empty. That's the moment of enlightenment. That is the moment that you become for the first time an unconditioned, sane, really free human being.”

~ Osho (Bhagwan Shree Rajneesh), 20th Century Indian-born Mystic and Spiritual Leader

NOTHING BUT SILENCE

“The Reality which is very clearly known by sages as the goal of all Vedas and Agamas, and the observance of Reality recommended by all the spiritual instructions, is nothing but *Silence*, the state of Supreme Peace.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

VOICE IN THE SILENCE

“Deafened by the voice of desire you are unaware the Beloved lives in the core of your Heart. Stop the noise and you will hear His voice in the *Silence*.”

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, Poet, and Sufi Mystic*

THE PERCEPTION OF NON-DIFFERENCE

“If the perception of differences cannot exist in that *Mauna*, will the opposite perception [of non-difference] exist there? If this is asked, then [the reply is] ‘The loss of perception of difference is indeed the perception of non-difference that is extolled by True Jnanis’.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1180, page 502*

TRANSCEND

“The only freedom you will ever have is when you go deep into the *Silence* and you Transcend, transmute the universe, your body and your affairs.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

IT ALWAYS ‘IS’

“You are the One which is aware of the awareness of objects and ideas. You are the One which is even more *Silent* than awareness. You are the Life which precedes the concept of life. Your nature is *Silence* and it is not attainable. It always ‘Is’.”

~ *H.W.L. Poonja, ‘Papaji’, 20th Century Indian-born Advaita Sage*

THE INEFFABLE BLISS OF SILENCE

“Unless the noise of thoughts subsides One cannot know the ineffable bliss of *Mauna* [*Silence*].”

~ *Guru Vachaka Kovai, (David Godman edition), Verse 1199*

1st Alternative Translation of Verse 1199:

“If the noise of thoughts rising incessantly within does not subside, the ineffable state of *Silence* will not be revealed. Those whose thoughts have subsided within, will not leave the strong and perfect state of *Silence* even in a big battlefield.”

~ *Guru Vachaka Kovai (Michael James edition), 20th Century Indian-born Advaita Sage*

2nd alternative Translation of Verse 1199:

“The indescribable state of *Mauna* (*Silence*) will not blossom forth unless the noise, the sankalpas (thoughts and desires) that rise from within, ceases. Those within whom thoughts have ceased will not abandon loud and perfect *Mauna* even in a battlefield.”

~ *Guru Vachaka Kovai (David Godman edition), 20th Century Indian-born Advaita Sage*

TRUTH WILL SOLICIT YOU UNSOUGHT

“In *Silent* surrender there is bliss and prayer without request or demand. There is no doer, experiencer, lover or beloved. There is only a divine current. You see that the very act of welcoming is itself the solution to the problem and the action which follows your comprehension is very straightforward. When you become familiar with the act of surrender, Truth will solicit you unsought.”

~ *Jean Klein, 20th Century French-born Teacher of Advaita Vedanta, ‘Who Am I? The Sacred Quest’*

THE GREATEST TEACHER

“You must always remember that *Silence* is the greatest teacher. *Quietness, Silence*, total stillness, it is the greatest teacher. Reality shines through where there is *Silence*. If you want to experience Reality just keep *Quiet*. That is all you have to do. *Shut up. Stop* talking. *Stop* thinking. *Stop* imagining. Leave it all alone. There is a power that will take care of everything for you.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

TRANSCENDENTAL SPEECH

“The arising and occurrence of questions and answers which are inherently defective, is appropriate only in the fragmented, dualistic language of the world. But when one inquires, such questions and answers do not in the least find a place in the perfect language of *Mauna*, which is Transcendental speech, the non-dual experience.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1181, page 503*

SUPREME PEACE, IMMUTABLE LIKE A ROCK

“The *Silence* of the Self is ever there. As long as you run with the running mind you cannot have it. It is a Supreme Peace, immutable like a rock, that supports all your activities, in fact, all movements. It is in this *Silence* that God and the liberated souls are rooted.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

TAUGHT BY SILENCE

“Because that state is taught by *Silence*, and also because it is attained by remaining in *Silence*, it is called *Silence*. The sage is in *Silence* always, even when he speaks.”

~ *Sri Ramana Parovidyopanishad, Verse 539*

COMPLETE EMPTINESS

“There is no you, there is only the state of freedom. Be That. Be free like the sky. Be still like the hill. Accept change like the seasons. Be *Silent* like complete emptiness. You are That!”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

TRANSCENDS ALL THOUGHT

“In the ecstasy of devotion one may sing and one may dance, but it is *Mouna (Silence)* that bestows liberation. Open your eyes! Know the light that shines through your eyes; shines in the Heart as the greatest of all lights, which Transcends all thought.”

~ *Sri Ramana Maharshi, book, Padamalai, pp. 195; 63*

THEN THE SILENCE IS ALWAYS THERE

“Before the word is uttered it is a thought. Where does the thought rise from? From beyond. There you have to keep *Quiet*. That is called *Silence*. You will know all this is a dream. Freedom is always there, only you dreamed and you are still dreaming.

Satsang is a place that wakes you up so that your dream leaves you and you are happy. Then the *Silence* is always there. Whatever you can follow or understand, don't touch it. Like this conversation, up to the last word I said. Then go alone if you want to find Peace. Don't hold the finger pointing to the moon, you have to reject my finger also and the one who is rejecting.”

~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage (Satsang Jan 5, 1993)*

THE TRANSCENDENTAL STATE

“There is neither speaker nor thinker in that state; so, that Transcendental state is called *Silence*.”

~ *Sri Ramana Maharshi, The Mountain Path, Aradana 2005*

THE TRUE CONVERSATION

“What is the place where the minds of two [Guru and disciple] merge once they have reached and dwelt there? When one investigates this, the arrival and the abidance in that place [the Heart] is the True conversation that goes on, without a break, between the two who converse through auspicious and extremely sharp consciousness.”

Muruganar commentary: The word ‘two’ can also refer to true disciples of the same Guru who move closely with each other. The place where the minds of the two merge is in the Heart. ‘The arrival and the abidance in the that place’ means attaining *tanmaya-nishta* [Self-abidance]. As this *alone* is useful, it is the True conversation that takes place between Jnanis. This is also described as *Mauna* and *paravak* [Transcendental speech].

~ *Guru Vachaka Kovai, David Godman edition, verse 1182, page 503*

WHERE NO THOUGHTS EXIST

“*Silence* where no thoughts exist, is the real state of Realization. The 'I' is a distortion of this state of *Quietude*, being a movement, a wave in the ocean of stillness.”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

SILENT AND CHOICELESS

“Awareness is the *Silent* and choiceless observation of what is.”

~ *Jiddu Krishnamurti, Commentaries on Living, Series I*

THE EXTREMELY PURE TRANSCENDENTAL FIRMAMENT

“One should shine as the extremely pure Transcendental firmament, free from the concepts that are the creations of the villainous ego-mind. This is the way of attaining the non-dual experience of *Mauna*, that which exists as the experience of unbounded True Jnana.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1184, page 504*

A DEEP UTTER SILENCE

“Kabir will suggest meditation, Buddha has suggested meditation, I suggest meditation. Meditation is a different approach: it has nothing to do with God, it has something to do with you, with your mind. It has to create a *Silence* within you, a deep utter *Silence*. In that utter *Silence* you will start feeling the presence of God.”

~ *Osho (Bhagwan Shree Rajneesh), book, 'The Revolution'*

BEYOND THOUGHT

"There is something beyond our mind which abides in *Silence*. It is the Supreme mystery beyond thought. Let one's mind and one's subtle body rest upon that, and not rest upon anything else."

~ *Maitri Upanishad*

FOR THE GOOD OF THE WORLD

“Things that are real are given and received in *Silence*. I speak eternally. The voice that is heard deep within the soul is my voice, the voice of inspiration, of intuition, of guidance. Through those who are receptive to this voice, I speak.

My outward *Silence* is not a spiritual exercise; it has been undertaken and maintained solely for the good of the world. God has been everlastingly working in *Silence*, unobserved, unheard – except by those who experience his infinite *Silence*.”

~ *Meher Baba, (Avatar), book 'Lord Meher'*

THE MASTER NEVER INDULGED IN CONCEPTS

“Nan Ch’ian had made use of a term which was anathema to Huang Po: ‘concept’. His *Silence* was deeply significant; it implied that the Master never indulged in concepts...”

~ *The Zen Teaching of Huang Po, footnote, pg. 98*

ANSWERS LIE WITHIN

“Don't let the mind become your master. Trust in the Current that knows the way. We keep searching outside for answers that lie within. They can only be known in the *Silence*.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

WITHOUT BREAK

“This you should know: contemplating with the whole mind, and without break, the non-dual Supreme Reality that is Atma-Swarupa, is *alone* pure Transcendental *Silence*. On the other hand, the mere lazy condition of a dull mind is only evil and intense delusion.”

Question: Is the state of ‘being still’ a state involving effort or effortlessness?

Bhagavan: “It is not an effortless state of indolence. All mundane activities, which are ordinarily called effort, are performed with the aid of a portion of the mind and with frequent breaks. But the act of communion with the Self [Atma-vyavahara] or remaining still inwardly, is intense activity which is performed with the entire mind and without break. Maya [delusion or ignorance] which cannot be destroyed by any other act is completely destroyed by this intense activity which is called ‘*Silence*’ [Mauna].”

~ *Guru Vachaka Kovai, David Godman edition, verse 1186, page 504*

THE BEST COURSE OF ACTION

“Iswara, the Supreme being, actuates the jiva in accordance with his parabdhha [past karma] to make that parabdhha completely exhaust itself. Through the power of parabdhha, that which is not destined to happen will not happen, however much one may try, and that which is destined to happen will happen irrespective of what one may try to do to prevent it. The best course therefore, is to abide in *Mauna*.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1190, page 506*

THE FINAL STATE

“*Silence* the mind and listen... this is the final state of meditation.”

~ *Swami Chinmayananda, 20th Century, Indian-born spiritual leader and Teacher of Vedanta*

NOT FROM OUTSIDE

“If you're truly *Silent*, then no matter what situation you find yourself in you can enjoy the *Silence*. *Silence* is something that comes from your Heart, not from outside.”

~ *Thich Nhat Hanh, 20th Century Vietnamese-born Buddhist Monk*

WORSHIPPING-WITHOUT-WORSHIPPING

“The feet of Siva reside in the Heart as the Atma-swarupa; Transcendental speech [paravak] is the elegant and felicitous word that remains without rising up out of the Heart; ever-firm *Mauna* is a ‘worshipping-without-worshipping’ that is ceaselessly flowing prayer to the feet of Siva through that Transcendental speech. This [ever-firm *Mauna*] *alone* is the natural and True worship that takes place in the Heart.”

Muruganar commentary: “As the worship is done without the *suttarivu* [the ego], it has been said ‘worshipping-without-worshipping’. For the same reason it has been termed ‘natural and True worship’.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1187, page 505*

ENQUIRE

“Enquire: ‘Who am I?’ and be *Silent*...”

~ *Sri Anandamayi Ma, 20th Century Indian-born Saint, Mystic, and Teacher*

YOUR SADHANA (PRACTICE)

“The deeper you go within yourself the *Quieter* you become. And that's your sadhana. That's all you have to do.”

~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*

SILENCE BURNS EVERYTHING

Q: Then why do you talk at all?

U.G.: “There is no particular charm in being antisocial. I don't give people what they want. When they realize they will not get what they want here, they invariably go away. When people come to talk they find themselves confronted with *Silence* itself. That is why everybody who comes is automatically *Silent* thereafter. If he cannot stand the *Silence* and insists upon talking and discussing things, he will be forced to disagree and walk out. But if you stay long, you will be *Silenced*, not because it is over-persuasive, more rational than you are, but because it is *Silence* itself *Silencing* that movement there.

That *Silence* burns everything here. All experiences are burnt. That is why talking to people doesn't exhaust me. It is energy to me. That is why I can talk for the whole day without showing any fatigue. Talking with so many people over the years has had no impact upon me. All that I or they have said is burnt here, leaving no trace.”

~ U.G. Krishnamurti, 20th Century Indian-born spiritual philosopher

THE CONSUMMATION OF THE PRACTICE OF SURRENDER

“By turning towards the Self, a person should dive within and enquire, ‘Who is the bogus independent entity who says ‘I’? Through inquiry he should die willingly in the Atma-swarupa, which is devoid of the ego, and which is the True form of God. The excellence of the state of *Mauna* that then shines, and with which he is indistinguishably merged, is the consummation of the practice of surrender.”

Bhagavan Commentary: “To attain the flourishing immortal life in which death is no more, there is no means other than surrender. Since to renounce the ego is to offer up one's self in surrender, cast out the debased ego-mind that proclaims itself to be ‘I’. To be absorbed, though surrender of the self, is the non-dual state of *Mauna*.”

Muruganar commentary: As the ego is known only in the waking and dream states, and not in deep sleep, it has been described as a ‘bogus independent entity.’ Since it is unreal, it will die in vichara [self-inquiry]. Even while the person is alive, it [the ego] should die consciously, willingly and deliberately. This is why it has been said, ‘die willingly.’ Since there is no scope at all for the arising of dualistic appearances in the state of egoless *Mauna*, it has been said, ‘the state of *Mauna*... with which he is indistinguishably merged.’ Since that state is the perfect consummation of surrender, it has been said, ‘consummation of the practice of surrender.’ And since God is not different from Atma-swarupa, it has been said ‘Atma-swarupa.... which is the True form of God.’ The True form of God refers to the powerful natural state of pure *Being*.

~ Guru Vachaka Kovai, David Godman edition, verse 1189, page 505

DROWNED IN MAUNA

“Only those who have realized their beingness in Sivam have drowned themselves in *Mauna*, the state of perfect well-being. Abandoning the feeling of ‘I’ in things that are alien to Sivam, abide in Sivam without any activity [of your own].”

~ *Guru Vachaka Kovai, David Godman edition, verse 1188, page 505*

A SPRINGBOARD FOR PROGRESS

"What is the source of activity? It must be *Silence*. Source of activity has to be *Silence*. If you cater for *Silence*, if you stabilize *Silence* as a conscious experience of your awareness, then you have a springboard for progress."

~ Maharishi Mahesh Yogi, 20th Century Indian-born Guru and founder of Transcendental Meditation

THE ABSENCE OF SELF

“*Silence* is not the absence of sound, but the absence of self.”

~ *Anthony DeMello, 20th Century Indian-born Jesuit Priest, Spiritual Teacher, and Writer*

UNTOUCHED

“Become aware of the *Silence* beyond your thoughts and desires. The more the witness grows in you, the more playful and untouched you are.”

~ *Ashtavakra Gita*

The Story of Padma

“Now, oh Rama, in order to relieve thee from this dubious predicament of thine and to attain *Quiescence* of mind, I shall relate to thee an archaic story which thou shalt hear. There reigned, upon the earth, a king named Padma. He rejoiced in the possession of Satisoaguna and ripe discrimination. On his puissant arms rested Vijaya-Lakshmi (or the Goddess of Victory). His royal partner went by the name of Lila and had the good qualities of strictly conforming to her husband's mind. She lived inseparable from him, like his shadow and mind.”

~ *Yoga Vasistha Laghu, The Story of Lila, pg. 46*

SILENT QUIETNESS

“When the soul is in *Silent Quietness* it arises and leaves the body, and reaching the Supreme Spirit finds there its body of light. It is the land of infinite liberty where, beyond its mortal body, the Spirit of man is free...”

~ *Excerpt from “A Vedantic Study of Cosmic Consciousness – Brahman”*

THE BEST COURSE, THEREFORE, IS FOR ONE TO BE SILENT

This is a rendering of the note that Bhagavan wrote to his mother when she begged him to return home in 1898:

Bhagavan: “The ordainer [God] controls the fate of souls in accordance with their past deeds – their *parabdha* karma. Whatever is destined not to happen will not happen – try how hard you may. Whatever is destined to happen will happen, do what you may to stop it. This is certain. The best course, therefore, is for one to be *Silent*.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1190, page 507*

WORTHY OF THOUSANDS OF YEARS OF PRAISE

“Whoever can remain *Silent* every day for a full year becomes worthy of thousands of years of praise in heaven.”

~ *Chanakya Niti, Ch. 11, verse 9*

SELF INQUIRY

Bhagavan's *Silence* was his direct teaching. He taught Self Enquiry to those who could not comprehend his *Silence*.

~ *Ramana Periya Puranam*

CLING FIRMLY TO THE INQUIRY ‘WHO AM I?’

“Those ripe in wisdom say that absorption in True Jnana, which exists without the rising of the ‘I’, is *alone* the *tapas* [practice] of *Mauna*. For this *Mauna*, which is free of obstructing thought, to flare up and shine naturally in the Heart, the primary means is to cling firmly to one’s *swarupa*, the Self, through the inquiry ‘Who am I?’”

~ *Guru Vachaka Kovai, David Godman edition, verse 1193, page 508*

COMFORT IN SILENCE

“But there is greater comfort in the substance of *Silence* than in the answer to a question.”

~ *Thomas Merton, 20th Century American-born Trappist Monk*

LIBERATION

“Underlying the unceasing flow of varied thoughts, there arises the continuous, unbroken awareness, *Silent* and spontaneous, as ‘I-I’ in the Heart. If one catches hold of it and remains still, it will completely annihilate the sense of ‘I’ in the body, and will itself disappear as a fire of burning camphor. Sages and scriptures proclaim this to be Liberation.”

~ *Vichara Sangraham (Self Enquiry), Sri Ramana Maharshi*

THEIR DOUBTS WERE DISPELLED IN SILENCE

“Amazing! Under the banyan tree aged disciples sat around a youthful guru. He taught them in *Silence*, yet their doubts were dispelled.”

~ *Dakshinamurti Stotra*

THE ‘ART’ OF SILENCE

"Be *Silent*... and practice.... The art of *Silence*!"

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, Poet, and Sufi Mystic*

A SILENT UNDERSTANDING

"Let there be a *Silent* understanding and no more. Away with all thinking and explaining.”

~ The Zen Teaching of Huang Po, pg. 34

ITS END IS SILENCE

“It hath been said elsewhere; the syllable Om is sound; its end is *Silence*, soundless, void of all fear or sorrow, full of joy and satisfaction, firm, immoveable, indestructible, imperishable, certain, its name is Vishnu.”

~ *Maitri Upanishad*

PURE MAUNA IS THE CONSUMMATION OF JNANA

“A person should not extrovert his attention though esteeming and knowing external objects. Instead, he should enquire and know his ever-present True state and abide in the Heart. By doing so, the individual-consciousness that says ‘I’ falls away, and Pure *Mauna* [suddha *Mauna*] shines. This pure *Mauna* is indeed the consummation of Jnana.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1194, page 509*

WITHDREW IN SILENCE

“Jesus often withdrew to lonely places and prayed.” (Jesus' solitude and *Silence* is a major theme in the Gospels).

~ *Bible, New International Version (NIV), Luke 5:16*

MAUNA ARISES AS YOUR REAL NATURE

“When the immaculate grace-mother illumines his swarupa, the jiva who remained in the chamber of darkness will sink in Siva-consciousness [Siva-bodha], the splendor of Reality, and subside in the *Mauna* that arises as his real nature.”

Muruganar commentary: “When, from within the dark room of ignorance, the jiva inquires into and comes to know his Self, the Atma-swarupa, he will be the one who, sinking into siva-consciousness, has subsided in the *Mauna* that arises as his real nature.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1196, page 509*

THIS TEACHING IS CALLED THE GREAT WAY

“From Gautama Buddha down through the whole line of patriarchs to Bodhidharma, none preached aught besides the One Mind, otherwise known as the Sole Vehicle of Liberation. Hence, though you search throughout the whole universe, you will never find another vehicle. Nowhere has this teaching leaves or branches; it's one quality is eternal Truth. Hence it is a teaching hard to accept. When Bodhidharma came to China and reached the Kingdoms of Liang and Wei, only the Venerable Master Ko gained a *Silent* insight into our own Mind; as soon as it was explained to him, he understood that Mind is the Buddha, and that individual mind and body are nothing. This teaching is called the Great Way.”

~ *The Zen Teaching of Huang Po, pg. 70*

THE YOGI GOES SILENT

“Such thoughts as ‘this indeed am I’ and ‘this I am not’ are annihilated for the yogin who has become *Silent* by knowing for certain all as the Self.”

~ *Ashtavakra Gita, as Translated by Swami Nityaswarupananda, Ch. 18, verse 9*

MAUNA IS TRANSCENDENTAL SPEECH

“The host of sankalpas [thoughts and intentions] is extremely difficult to renounce. When, with the sankalpas completely abandoned, the ego enters the Heart, *Mauna*, the experience that has taken the form of the fullness, swarupa, shines in the Heart. Only this *Mauna* is the excellent paravak [Transcendental speech]. This you should know.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1197, page 509*

IT IS NOT THE MERE SILENCE OF THE TONGUE

Bhagavan: “When the ego that takes the filthy and impermanent body to be ‘I’ ceases, *Mauna*, the ultimate Truth, arises in the Heart. Is not the mere *Silence* of the tongue observed by those who do not know this *Mauna*, and who are without the self-inquiry that leads to Jnana, just setting up a talking shop of the mind? Answer me!”

Major Chadwick commentary: Bhagavan always discouraged any devotee doing *Mauna* or taking a vow of *Silence*. During the war I decided that I would like to do so, chiefly to protect myself from the jibes of others. I went and asked Bhagavan’s permission. He was not enthusiastic and told me that it was useless to keep the tongue still but to continue to write messages on bits of paper which so many so-called *Maunis* [people observing a vow of *Silence*] continue to do. In this way only the tongue had a rest but the mind continued just as before. I said that I had no intention of doing this but would throw my pencil and paper away. I felt I had obtained a reluctant consent as Bhagavan agreed that people were worrying me. So I made the necessary arrangements, installed a bell from my room to the kitchen so I should not have to call my servant, and fixed a lucky day to begin. The night before I was to start, a friend of mine brought up the subject in the hall after the evening meal when only a few of us were present. Bhagavan immediately showed his disapproval and said it was unnecessary and in fact not a good thing at all. Naturally after this talk I gave up the idea.

~ *Guru Vachaka Kovai, David Godman edition, verse 1200, page 511*

KNOWING YOUR REAL SELF

“The breaking of my *Silence* will help you to help yourself in knowing your real Self.”

~ *Meher Baba, (Avatar), book ‘Lord Meher’*

SUBMISSION TO THE HIGHER FORCES

B.N. Datar, a famous philosopher, was based in Hubli, Karnataka. He has written books for the Bhartiya Vidya Bhavan. Ardent devotee of Bhagavan Ramana's, he visited Ashram and sat in the presence of Bhagavan. He narrates an incident that happened in the hall:

“During my 16 or 17 annual visits to the Ashram, I was generally *Silent*, though an observing member of the group of devotees that used to assemble to seek blessings from Bhagavan. I was, in particular, very keen on observing the attitude of various disciples towards Bhagavan and his response to them in his inimitable way.

Once a spiritual seeker from the West highly perturbed over the then darkening clouds of the international situation (sometime before World War II) came to the hall in a challenging and quarrelsome mood. He almost took Bhagavan to task “for wasting his time and energies in a secluded corner of the earth, and not taking active steps to turn the world’s attention from the ways of the devil to those of the divine.”

His rebellious mood struck us dumb in the hall. He demanded an immediate answer from Bhagavan, who *Quietly* told him that he would have it, and remained *Quiet* without saying anything further.

We were all sitting anxiously in the tense atmosphere when, after half an hour, quite suddenly, the questioner broke the *Silence* by exclaiming that he had got the answer. Bhagavan asked him to write it. He did so, and when it was read out it breathed a sense of complete submission to Bhagavan.

He confessed in the writing that Bhagavan was serving the best interests of mankind in his own unobtrusive and *Silent* ways and that what was required from a seeker was not a mood of challenge but one of submission to the higher forces, which were working in their own inscrutable ways through great sages like the Saint of Arunachala. The questioner, from that time onwards, became one of the gentlest of Bhagavan’s devotees.”

~ *Book, Face to Face with Raman's Maharshi*

BEYOND ALL THOUGHTS

“Stay beyond all thoughts, in *Silent* being-awareness.”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

TAINTLESS AND UTTERLY SILENT

“Salutations to Lord Dakshinamurti, who is the meaning of ‘Om’, whose form is pure knowledge, who is taintless and utterly *Silent*.”

~ *Dakshinamurti Stotra*

QUIET AS A LAMP FLAME IN A WIND-LESS PLACE

“When the disciple, rising above mind-images and words, enters into the essence of immediate spiritual experience, this is contemplation without the sense of separateness, in which the Spirit is *Quiet* as a lamp flame in a wind-less place.”

~ *Vakya Sudha, The Essence of The Teaching, attributed to Shankara Acharya*

BE SILENT

“I will whisper secrets in your ear, just nod yes, and be *Silent*.”

~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, Poet, and Sufi Mystic*

SELF-LUMINOUS SILENCE

"The same inexpressible Truth is experienced in two ways: as Self-luminous *Silence*, or as the Eternal Play of the One."

~ *Sri Anandamayi Ma, 20th Century Indian-born Saint, Mystic, and Teacher*

THE UNDERSTANDING BECOMES FIRM ONLY THOUGH MAUNA

“When examined [it will be known that] these subtle ideas just declaimed are the *Silent* discourse joyously bestowed upon me by Ramana, the Jnana-Guru, my True Lord, who instructed me by manifesting before me as the foremost Brahma-Jnana.”

Muruganar commentary: The subtle Truth described in the previous verses is realized in Jnana. Therefore, what the Jnana-Guru bestowed upon me is the essence of the *Mauna* experience. Though the Jnana-Guru ever abides within, he manifested outside with a physical body similar to ours to bring us under his rule by bestowing his grace. This is indicated in by [the words] ‘manifesting before me’. As the understanding becomes firm only though *Mauna*, it has been described as the ‘*Silent* discourse’.

~ *Guru Vachaka Kovai, David Godman edition, verse, 1244, page 522*

CALM AND SILENT

“When the real awakening happens you will be completely speechless. You won’t have any idea what is happening. Everything will become calm and *Silent*.”

~ *Osho, Mahageeta, Volume 1, pg. 125*

YOU ARE BEYOND ALL CONCEPTS, ALL IDEAS

“You appear as a body. You appear as a mortal. But upon investigation you will find that you are not a body, you are not mortal. You are beyond mortality. You are beyond anything that you can think about. You are beyond all concepts, all ideas.

Consequently, the best course for you is *Silence*. In the *Silence*, everything will be revealed to you. All you really have to do is to keep still. If you would learn to keep still, you would make tremendous spiritual progress. Feel the stillness within you. When your mind begins to think, stop it, catch it, put an end to it.”

~ *Robert Adams, 20th Century American-born Advaita Sage, T168: Ponder These Things*

THE ANSWER COMES AT ONCE - THOUGH IT IS WORDLESS AND SILENT

“The witness attitude is also faith, it is faith in oneself. You believe that you are not what you experience and you look at everything as from a distance. There is no effort in witnessing. You understand that you are the witness only and the understanding acts. You need nothing more, just remember that you are the witness only. If in the state of witnessing you ask the question ‘Who am I?’, the answer comes at once though it is wordless and *Silent*. Cease to be the object and be the subject of all that happens; once having turned within, you will find yourself beyond the object. When you have found yourself, you will find that you are also beyond the subject, that both the subject and the object exist in you, but you are neither.”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

THE WELL-ESTABLISHED CONCLUSION OF ALL THE VEDAS AND AGAMAS

“Only *Mauna*, the state of Supreme and unassailable Peace, is the Truth that Jnanis have known with the utmost clarity as the well-established conclusion of all the Vedas and Agamas; [only that *Mauna* is] the observance of virtuous disciplines [sat-achara] prescribed by all the Dharma Sastras.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1203, page 512*

TAKE MAUNA AS YOUR SOLE TARGET

“To abandon completely dharma, artha and kama is the good fortune of liberation, the excellent state of Peace. Therefore, completely give up thoughts of all these other attainments and live a life in which you take as your sole target *Mauna*, the experience that arises in a mind which dwells on Sivam, the supreme Swarupa.”

~ *Guru Vachaka Kovai, David Godman edition, verse 1204, page 512*

ALREADY IN YOUR GRAVE

JK: “Be *Silent*, and you will find out.”

D: But I don't know how to be *Silent*!

JK: “There you are, back again in the ‘how’, ‘how’, and there is no end to the ‘how’. All knowing is on the wrong side. If you know, you are already in your grave.”

~ *Jiddu Krishnamurti, book, The Only Revolution*

REJECTING ALL THE JUGGLERIES OF THOUGHTS

“Know that *Silence* – which is the perfect knowledge of the form of Self and which shines within when the ego reaches the Heart by rejecting all the juggleries of thoughts, which are rarely rejected – *alone* is the glorious Supreme word [paravak].”

~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*

TRANSCEND THE IMAGINATION AND GO BEYOND THE MIND

Questioner: *When you look at me, what do you see?*

Maharaj: “I see you imagining yourself to be.”

Questioner: *But when you look at yourself, what do you see?*

Maharaj: “It depends how I look. When I look through the mind, I see numberless people. When I look beyond the mind, I see The Witness. Beyond The Witness, there is the Infinite Intensity of Emptiness and *Silence*.”

~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*

****LONGER POINTERS TO SILENCE****

THE ATTITUDE OF SILENCE (Letters from Sri Ramanasramam)

I went to Bhagavan's sannidhi (being in his presence) at 3 o'clock this afternoon and joined the group of people around him in their discussions. Bhagavan casually remarked that Adi Sankara wrote "Dakshinamurthy Stotram" in three parts and said, "Sri Sankara felt like singing in praise of Sri Dakshinamurthy but then, Dakshinamurthy being the embodiment of *Silence*, the problem was how to describe *Silence*. He therefore analyzed the three attributes of *Silence*, namely, Srishti (creation) Sthithi (preservation) and Laya (dissolution) and thus offered his salutations to Dakshinamurthy. Dakshinamurthy is the embodiment of these three attributes which do not have any discernible characteristics or distinguishing marks. How else can *Silence* be eulogized?"

Taking up the thread of the conversation a devotee said, "Dandapani Swami told us several years back that on a Mahasivarathri day, devotees gathered around Bhagavan saying, 'Bhagavan must explain to us today the meaning of "Dakshinamurthy Ashtakam" (Eight Slokas in Praise of Dakshinamurthy). Bhagavan however, sat in *Silence*, smiling.

After waiting for some time, the devotees went away feeling that, by his continued *Silence*, Bhagavan had taught them that *Silence alone* was the True meaning of those slokas. "Is that a fact?" they asked.

Bhagavan (with a smile): "Yes. That is True."

I (with some surprise): "So that means Bhagavan gave a *Silent* commentary?"

Bhagavan: "Yes. It was a *Silent* commentary."

Another devotee: "*Mouna* means abiding in the Self, isn't it?"

Bhagavan: "Yes. That is so. Without abiding in the Self, how could it be *Mouna (Silence)*?"

Devotee: "That is just what I am asking. Would it be *Mouna* if one were to completely refrain from speech without at the same time having an awareness of the Self and abiding therein?"

Bhagavan: "How could real *Mouna* be achieved? Some people say that they are observing *Mouna* by keeping their mouths shut but at the same time they go on writing something or other on bits of paper or on a slate. Is not that another form of activity of the mind?"

Another devotee: "Is there then no benefit at all in refraining from speech?"

Bhagavan: “A person may refrain from speech in order to avoid the obstacles of the outer world, but he should not consider that to be an end in itself. True *Silence* is really endless speech; there is no such thing as attaining it because it is always present. All you have to do is to remove the worldly cobwebs that enshroud it; there is no question of attaining it.”

While we were thus engaged in discussions, someone said that a broadcasting company was thinking of recording Bhagavan’s voice. Bhagavan laughed and said, “Oho! You don’t say so! But my voice is *Silence*, isn’t it? How can they record *Silence*? That which Is, is *Silence*. Who could record it?” The devotees sat *Quiet*, exchanging glances and there was absolute *Silence* in the hall. Bhagavan, the embodiment of Dakshinamurthy, sat in the Attitude of *Silence (Mouna mudra)* facing southwards. That living image, his body, was radiant with the Light of the Self. Today is indeed a memorable day.

~ *Letters from Sri Ramanasramam, verse 136*

THE GREAT SILENCE

by Sri Swami Sivananda

1. Once the disciple Bhaskali approached his Guru, Bhava, and asked him where that eternal, the Supreme Infinite, the Brahman of the Upanishads is. The master spoke not. The disciple asked him again and again but the master did not open his mouth. He kept perfect *Silence*. At last the teacher said: “I have been telling you again and again but you do not understand me. What am I to do? That Brahman, the Infinite, the Eternal cannot be explained but by deep *Silence* know it. There is no other place for Him to dwell in, but the one eternal deep *Silence*! Ayam Atma Santah - This Atman is *Silence*.”
2. *Silence* is Atman. *Silence* is Brahman. *Silence* is Truth. *Silence* is immortal Soul. *Silence* is God. *Silence* is the substratum for this body, mind, Prana and senses. *Silence* is the bliss or background for this sense-universe. *Silence* is Power. *Silence* is a living Force. *Silence* is the only Reality. The *Peace* that passeth all understanding is *Silence*. The goal of your life is *Silence*. The aim of life is *Silence*. The purpose of your existence is *Silence*. *Silence* is within. It can be felt or realised by *Silencing* the boisterous mind. If you can feel it within, you can surely express it without.
3. The message of the desert Sahara is *Silence*. The message of Himalayas is *Silence*. The message of the Avadhoot who lives stark naked at the icy Gangotri or Kailas is *Silence*. The message of Lord Dakshinamurthy to his four disciples Sanaka, Sanatana, Sanandana and Sanatkumara was *Silence*. When the Heart is full, when you get overjoy, there is *Silence*. Who can describe the glory of this *Silence*?
4. There is no healing balm better than *Silence* for those persons who have a wounded heart from failures, disappointments and losses. There is no soothing panacea better than *Silence* for those who have wounded nerves from the turmoil of life from friction, rupture and frequent domestic quarrels.
5. In deep sleep you are in close touch with this stupendous *Silence*, but there is the veil of Avidya. The *Silence* that you enjoy during deep sleep and the *Silence* that you experience at dead of night give the clue to the existence of that ocean of *Silence* or Brahman.

6. *Silence* is golden. *Silence* is more eloquent than words. Seers and sages do not talk. *Silence* is the means of communication. This is strange but powerful mode of conversation. Real aspirants who are pure and who live with sages only know this unique language of *Silence*. In that stupendous *Silence* you will find the proof of the existence of God. Learn to enter into the *Silence* daily by withdrawing the senses and mind from the external objects. The language of God is *Silence*. Try to learn this language of *Silence*. Listen to its soundless voice by stilling the mind. Hear the voice of the *Silence* with rapt attention. It will guide you. It will remove your doubts. It will inspire you. Learn all about *Silence* from the new-born babe and become wise.

7. In the beginning when darkness was rolling over darkness there was *Silence* only. This *Silence* is Sat. This *Silence* is Chit. This *Silence* is Ananda. This *Silence* is pure, all-pervading, invisible Consciousness. Maya lies hidden in a corner of this *Silence* in a seed-state during cosmic Pralaya. In the beginning of Maha Kalpa, Brahman wills and a vibration (Spandana) arises. The equilibrium of three Gunas is thereby disturbed. Sattva, Rajas and Tamas manifest. Then the Samsaric wheel is set in motion. It is the Rajas that generates much activities and much noise in the world.

8. In common parlance to sit quiet without talking to anybody is silence. If your friend does not write to you for a long time you will say: "My friend is keeping icy silence. I do not know why?" If anybody does not talk in a big lecture hall for some time when there is a thrilling lecture, you say: "There was pin drop silence last evening when the philosopher delivered a lecture." When the boys make much noise in the class, the teacher says to the boys: "silence please." When you come across two Sadhus, one Sadhu tells: "The other Sadhu is a Mouni. He is my friend. He is observing the 'vow' of *silence* for the last six years." This is all *physical silence*.

9. If you do not allow the eyes to see objects and if you withdraw them from objects through the practice of Pratyahara or Dama, this is silence of that particular sense, eye. If you do not allow the ears to hear any sound it is silence of that particular Indriya. If you observe complete fast on Ekadasi days without taking even a drop of water, it is silence of the Indriya tongue. If you do not perform any work and if you sit on Padmasana for three hours, it is silence of the feet and hands.

10. What is really wanted is *Silence* of the bubbling mind. You can observe the vow of silence but the mind will be building images. Sankalpa will be cropping up. Chitta will be developing memories. Imagination, reasoning, reflection and various other functionings of the mind will be going on continuously. How can you have real Peace or *Silence* now? Intellect should cease functioning. The inner astral sense should be at perfect rest. All the waves of the mind should completely subside. The mind should rest in the Ocean of *Silence* or Brahman. Then only you can enjoy real everlasting *Silence*.

11. Of course much depends upon the practice. You know that practice makes man perfect. Feel the thrill of extreme joy that dawns when you near the goal. You will experience a wonderful calm now. Drink the nectar in the deep *Silence*. In the profound *Silence*, mysteries of Atman will be revealed unto you like an Amalaka fruit in the palm of your hand. Avidya and Maya and their effects, Moha fear, etc., will take to their heels. There will be light, knowledge, purity and bliss only everywhere.

12. Purify the mind and meditate. Be still and know that you are God. Calm the mind. *Silence* the bubbling thoughts and surging emotions. Plunge deep into the innermost recess of your Heart and enjoy the magnanimous *Silence*. Mysterious is this *Silence*. Enter into *Silence*. Know that *Silence*. Become *Silence* itself. Become a *Maha Mouni*. You are a Jivanmukta or liberated Sage now.

~ Swami Sivananda, 20th Century Indian-born Yoga guru, Hindu Spiritual Teacher, and proponent of Vedanta.

THE 'I'-THOUGHT IS THE CULPRIT

There is only God, and everything that exists, everything, is God. There can be nothing apart from God. But then I say that God doesn't exist, except in your mind. That is the reason that - in Reality, no 'thing' exists. Do you follow that?

As long as you 'think', there will be existence; person, place and thing. But when you stop thinking there's no room for existence, because there cannot be The *Silence* AND existence; Anything that appears to be, opposes The *Silence*. The *Silence* is Consciousness, Absolute Reality; 'Sat-Chit-Ananda'.

The Self exists as ItSelf, yet when you begin to modify it, you say: 'Well, God exists'. God is the first modification of Consciousness, and it's God's job to create the world, and then to dissolve the world, and then to create the world. Who gave God that job? Henry? Henry didn't do it. Who did? Why would God want to create worlds, universes, and then dissolve them, and after a period of time bring them back into existence?

Yet, this is what we read about in all the scriptures. This information is for the ajnani, for the man steeped in ignorance. You have to explain to this man how the world became existent, or he will not be satisfied. You therefore go into all the modifications. There is The Self, and The Self is Consciousness. Consciousness modifies itself, and you have God. God modifies itself, and you have Existence.

But yet, if we have a questioning mind, we question, "Where did God come from?" and, 'Why does God appear as all these things? What is ITs purpose?' Most of us know there is no purpose. No thing exists the way it appears. Your real nature is Pure Awareness. Pure Awareness is The Universal. There is no place for anything else!

In other words, you cannot have existence as it appears AND Pure Awareness. Otherwise, you would have diversification, as the appearance shows you: There's a beautiful tree, there's a sky, there are flowers, there are animals, there are insects.

If Pure Awareness, or The Self, is self-Contained, how could there be anything else? It's just like space. When you have a room filled with furniture, what happens to the space it takes up? And then you take the furniture out of the room. Has the space changed? Nothing has happened to the space. The space is the same whether the room is filled with furniture, or not. And so it is with Reality. Only Reality exists.

The Self exists, as The Self. But it appears as if there are things in The Universe, as if there is a 'Universe'. There are people, there are animals, there are planets, there's the vegetable kingdom, the mineral kingdom. All this appears real. You therefore have to ask the question, 'To whom does this appear? Who sees this?' You know by now it's the 'i'. The 'i' is the culprit. If it weren't for the 'i', there would be no Universe, there would be no God, there would be no Creation.

But I say to you: there is no 'God', and there's no 'world', and nothing is as it appears. The appearance is called 'false imagination'. And whose fault is it? The 'i'. Blame the 'i'. Whenever you make a mistake, say it's the 'i's fault, because there are no mistakes. It sounds funny, because it's True! If you did not identify with 'i', no 'thing' would exist! Things only exist because you identify with your 'i'."

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

SILENT AWARENESS IS NOT A STATE

Question: Going back to our earlier conversation, you said the world changes when my perception of it changes. How can this be?

Jean Klein: One who has reached full maturity, who knows himself in consciousness will not necessarily conform with social convention. Such a one will act at the right moment as the situation dictates, without anybody being hindered in any way. If your acts are dictated by your desires, you have no freedom whatsoever. On the other hand, if you do what the situation calls for, you do what is right and you and your surroundings are free. The sage has not the slightest idea of being a person when he acts, feels, thinks. The ego is totally absent. The ego itself is no more than a thought and two thoughts cannot take form simultaneously so identification with the ego only takes place once the thought concerning the object has subsided. Then it claims this thought as its own. The sense of ownership, "I saw it, I did it," comes *after the fact* and has nothing to do with the fact. Once this mechanism becomes clear, you realize that the identification you previously took to be real is but an *illusion*. You neither own nor are a slave to the situation. Your True nature Transcends it.

Silent awareness is not a state but is the continuum in which all states, all things, appear and disappear. The words we use in the waking state to talk about the non-state are an expression of this awareness. When we live in awareness all is an expression of awareness. The world you perceive is none other than a figment of the imagination founded on memory, fear, anxiety and desire. You have locked yourself away within this world. See this without jumping to conclusions and you will be free. There is no need whatsoever for you to free yourself from a world which exists only in your imagination. What you take to be Reality is only a concept arising from memory. Memory arises from the mind, the mind from the witness, the witness from the Self. You are the witness, the onlooker standing on the bank watching the river flow on. You do not move, you are changeless, beyond the limits of space and time. You cannot perceive what is permanent, because you are it. Do not nourish the ideas you have built around yourself nor the image people have of you. Be neither someone nor something, just remain free from the demands of society. Don't play its game. This will establish you in your autonomy.

The example, so often mentioned by Vedanta, of the ‘*snake and the rope*’, refers to the world on one hand and ultimate Reality on the other. The snake represents the world of objects where we find persons, thoughts and affectivity; the rope represents ultimate Reality, *Silent* awareness. Once we cease to take the rope for a snake, the idea of the snake fades away and we see the rope for what it really is. It is perfectly natural that errors lose their substance and vanish when Truth becomes evident.

Since thought is an integral part of the illusion, it cannot possibly reveal ultimate Reality to us. “Isness,” presence, which is the source of all experience, is beyond the experiencer/experienced duality. When the accent is on being aware, and not on thought nor on perception, we gradually become deeply relaxed, both on the neuro-muscular level and on the mental plane. If we disinterestedly observe the arising and disappearing of all the states we experience, we soon come to realize that each state, each perception, each thought, is reabsorbed into an unspoken knowing, knowing as being. This, the continuum, the only Reality, is there before activity commences. Let yourself sink deep within this stillness each time it makes itself felt. You cannot expect Reality to appear, for it *ever* ‘*Is*’. Events appear and disappear. Never forget the passing character of all experience, this is all you need to do and the door to grace will open before you. As soon as opinions and reactions such as “I like, I don’t like” intervene, you have fallen into the personal habit and you weave a web around yourself and lose sight of your True nature. Feelings of antipathy and sympathy lead you to turn your back on the Self. Your ideas of change, progress, better and worse are fractional and personal. When you look at the world from wholeness the world will change in you. You are the world.

Question: Is the freedom from thought I experience in meditation close to my real nature? Is it the same stillness you talk about?

Jean Klein: In what is habitually called meditation, you strive to rid yourself of all intentions and concepts. Thus you find yourself before a screen free of thoughts, be they objective or subjective. Having rid yourself of these thoughts, others, more rebellious, appear, invade you indiscriminately and you again eliminate them. It is true that after practicing this for a certain length of time, mental activity lessens. However, if the seeker is not guided by an authentic teacher this empty screen will always remain a mystery. The *Silent* awareness we are talking about is *beyond the absence or presence of thoughts, words, activity or passivity*. These arise from and are reabsorbed into stillness beyond the mind, stillness beyond freedom from thought. Nothing whatsoever can affect this tranquility. Objective knowledge is perceived by means of the corresponding organ in the body, but *Silent* awareness does not require a means.

Question: Are conflict and war inevitable attributes of the human being?

Jean Klein: Conflict is an attribute of the individual, not the human being. In your real nature which is oneness no conflict is possible. Effort, competition and aggression only concern the *person*. Ask yourself just how enslaved you are to your opinions and habits which are the source of perpetual conflict. Observe how your mind works, look at how it functions, look without any preconceived ideas. A moment will come when you discover yourself in the looking, not in the mind. Subsequently, when all striving has dissolved, you will realize that you are the light shining beyond even the observer.

Reality is neither a product of the mind nor the result of a whole train of thoughts, it just is. You must realize that you can never find your True self in a perception. The only method we can suggest is to observe without analysis the way in which your mind reacts in the different circumstances of everyday life. Don't alter your life to fit some idea. Live as previously, thinking and feeling, only become aware of these as simply functions, thus you will become spontaneously free from them. Then what you think of as your personality will vanish, leaving only the witness. In the end, *even this will lose itself in ultimate knowledge*. That which surges forth unexpectedly, on the spur of the moment, without any cause, free from the past; that which springs forth without roots and neither flowers nor fades; that which is most natural, free from strain, is the Self.

~ Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta, book, "I AM", Extract

CHADWICK'S ENLIGHTENMENT

Once, I asked Chadwick, "Are you realized?" I have put this question to all of the old devotees like Muruganar, Cohen, Osborne, Sadhu Natanananda, Devaraja Mudaliar and others. None of them either said yes or no - all smiled.

When I asked him whether he was realized, he did not say yes or no. Instead, he told me, "I will tell you what happened. After many years of my stay with Bhagavan - four or five years, I committed the mistake of trying to evaluate how much I had progressed spiritually. This is a thing any seeker should not do. I felt that I had not progressed.

Many who saw me in Ramanasramam, looked at me like I was a sage or a saint saying, "Oh! He is so fortunate. He is so close to Bhagavan. He meditates so much. He is already in that state."

This created a contradiction in me as I personally felt that I was not progressing spiritually. However, having left the material life I could not go back to a worldly life either. I felt caught between the devil and the deep sea.

I was sorrow stricken. I ran to Bhagavan's Hall. He was alone. I told him, "Bhagavan, this is my plight. I am neither here nor there and this causes much sorrow in me."

Bhagavan looked at me compassionately and said, "Chadwick, *who says all this?*"

Immediately, there was a current like shock in my body and I literally ran to my room, shut the doors and went into a neutral state. I was not bothered whether I was spiritually maturing or whether I would be able to stay in the world. I was in a neutral state of *Silence*. A few days passed like that wherein I was neither happy nor worried."

~ Sri Ganesan in 'Ramana Periya Puranam' (Inner Journey of 75 Old Devotees)

ANNIHILATING THE MIND

When I say to keep *Silence*, I do not mean just keeping *Quiet* while your mind keeps thinking, thinking, thinking. I am referring to *Quieting* the mind. When there is no longer any noise in your mind, when the mind becomes *Quiescent*, the Reality appears by itself.

Why do you want to experience the Reality? Because you have read in books, teachers have told you, the Reality is infinite Peace and wisdom, the Reality is pure knowledge, the Reality is immortality, and everyone wants this. So, we practice all forms of sadhana, we go and see various teachers, we read many books.

Now what all these things should lead to is the *Silence*. After a few years it should not lead to further books, it should not lead to further running around the world, looking for masters who can give you the secret potion, so that you can become self-realized. It means to be *Quiet*, to cause the mind to become totally still, not to get involved in talking, talking, talking, about nonsense, to talk very little.

Notice as you keep still this way, how thoughts enter your mind, how they begin to tell you things about yourself, about the speaker, about the room. The thoughts tell you everything that keeps you back from achieving your realization. Thoughts can do you no good, no matter what kind of thoughts they are. They can only take you so far, confuse you.

You have to see this about yourself. You have to be totally honest with yourself, see where you are coming from, examine your feelings, your emotions. Again, what is going through your mind? Most people cannot sit in the *Silence* even for a second. The mind waves begin to move.

As long as your mind keeps feeding you information, you can never really awaken, for what you call the mind is merely a bundle of thoughts about the past, and about the future and about the present. That's all the mind is. The mind keeps you earthbound. That is its job, to make you part of this earth, to attach you to person, place and thing.

Therefore, the wise person, from the very beginning, begins to do things to keep the mind still, to *Quiet* the mind. What is the highest thing you can possibly do to *Quiet* the mind? And the answer is nothing. As long as you're doing something you're using the mind. Therefore, the highest teaching is, 'do nothing'.

When you learn to 'do nothing', the mind will stop thinking all by itself, but when you do something, the mind will accumulate more knowledge, of things that you are doing, and become ever stronger, and stronger and stronger. Remember you are not trying to acquire more knowledge or add on to the knowledge you already have. You want to empty yourself totally, absolutely and completely, of all so-called knowledge.

You're afraid to do this, for you think you will become a vegetable. It's hard to imagine a person with no mind. But, when you begin to realize your mind is only an accumulation of thoughts, thoughts from past lives, thoughts from this life, only thoughts, then you begin to see that the mind has to be totally Transcended and transmuted.

And those of you who have been practicing sadhana for many years, have come to the point where now you can 'do nothing'. You no longer have to meditate. You no longer have to practice atma-vichara [self-inquiry]. You no longer have to practice being the witness, Vipassana meditation. Those things are no longer necessary. They have taken you to a certain point, and here you are. You now have absolutely nothing to do. You are free.

If you think about this aright, you will see that your body, what you call your body, will still function very well without your thoughts. This is sort of a hard one to grasp, for you have been taught you have to use your mind to function. You've been taught that your mind uses the body to function on this earth plane. That's how it appears. But in Truth there never was a body, there never was a mind and there was never anyone to function.

When this is understood properly, you become the epitome of compassion, of loving kindness, of Peace, of humility, simply by understanding what I just said. You do not have to earn these virtues. Some of these virtues are actually yours already, they've always been yours, compassion, loving kindness, Peace, happiness. Since they are already yours and you have them already, you simply have to sit still, *Quiet* the mind, and they'll come up to express themselves.

It's similar to the sun covered by clouds. When the sun is covered by clouds, you think there is no sun, the sun has disappeared. Yet once the clouds dissipate, the sun shines once more with all its glory and splendor. And so it is with the mind. You have believed that the mind causes you to function, to shine, and this is not necessarily true. The mind is here to keep you earthbound.

When you stop thinking, the mind becomes the infinite, becomes God, becomes boundless space, nirvana, pure awareness. It doesn't really become that. You've always been that. The mind merely disappears, as a mind, and your True nature is expressed.

Many people try to develop virtues before they try to remove the mind. This is impossible to do. If you have anger, fear, and many of these negative conditions, it is very difficult to make them disappear. It is very difficult to get rid of them, to Transcend them. No matter what you do to try to Transcend them, to try to give them up, they just become stronger.

It is only when you work on the removal of the mind, by *Quieting* the mind, then all of these things we discussed, the fears, the frustrations, the anger, disappears of its own volition. It's so easy - and yet so hard. The reason it appears hard is because you have become attached to your way of thinking, you have been attached to person, place and thing for so many years. You're attached to your memories, to your body. This is the reason it appears difficult.

But when you begin to understand and realize there is no body, there is no attachment, there is only total freedom, the mind becomes totally annihilated.

This is something you have to work with yourself. This is something you have to talk to yourself about, something you have to see for yourself. Seeing is being. As you begin to see the great Truth, that you are the imperishable Self, the mind will automatically run away and become dissolved.

~ Robert Adams, "*The Collected Works of Robert Adams*"

MOUNA-SADHANA (PRACTICE OF MAUNA/SILENCE)

Mouna or *Silence* is a powerful yogic tool for people who want to dive deep into higher practices and seclusion. One can practice *Mouna* for one day, three days or a week. Some people observe *Mouna* for many years.

The Practice of Mouna

In the Bihar school of yoga Munger ashram, a young American boy took a vow of *Silence*. He lived in the ashram and for about six years he observed *Silence*. However, he did all the work he used to, drove throughout India, did all his office work, and dealt with the government in Patna or Delhi. By observing *Mouna*, his work did not suffer. By the practice of *Mouna*, his mind became very sharp and intuitive, not only in spiritual matters but also in worldly matters. His decisions were accurate, his work was superfine, and for three years he was made personal secretary to the ashram head. However, in the beginning of his *Mouna*, for about six months he used to get angry and emotional. It was part of his sadhana, because, when you practice *Mouna*, you conserve energy, and that energy has to be properly channeled. If the energy is not channeled, or sublimated, then it will manifest in the form of anger, violence and passions. Anger, greed, jealousy and ego attachment are negative forms of energy. Compassion, love, forgiveness and tolerance are positive forms of energy. Therefore, in the initial stages, the conservation of energy should be properly channeled. Sadhana of not talking for at least forty-eight hours is given to people who come to the ashram suffering from high blood pressure. It is found that within forty-eight hours hypertension is under control.

Introversion Versus Extroversion

When you talk, you are extroverted; when you do not talk, you become introverted. When the mind is extroverted, you perceive external objects, whereas introversion is the state of mind when you cognize inner sensations. Extroversion is perception and introversion is cognition. When you observe *Mouna*, you become more and more introverted. Modern psychology uses the word introvert for abnormal people. In fact, in modern psychology introversion is an abnormal mental condition, but in yoga the word introversion means something completely different. In yoga it is called *antar mukha vritti*. *Antar* means internal, *mukha* means face, and *vritti* means pattern of the mind. When the mind is looking inside, that is introversion in yoga. When you become introverted, you can analyze; introspect, contemplate and see yourself. Therefore, introversion is an essential condition for self-analysis and self-introspection.

Supposing in a family, two people have a fight with each other, and afterwards each party thinks the other person is wrong, and therefore, they are not able to make peace. If they retired in seclusion for at least one day, they would realize who was wrong. During *Mouna* you come closer to Truth. Prejudices and arrogance in your nature are broken. In order to realize your mistake, you have to be able to see yourself as a different person. During the practice of *Mouna*, the ego stands apart.

Silent Meals

In villages in India, most people practice *Mouna*. When they eat, they do not talk. This essential training is given even to children. One reason is that when you eat, you should only eat. The mind must be involved to help in proper digestion and assimilation. In digestion, the liver plays the major role, and when you are thinking, the liver is affected. Thought does affect the liver then and there. Of course, thought affects the whole body, the heart, the lungs, but it affects the liver because it is directly connected with the process of digestion. Therefore, *Mouna* at the time of eating is considered to be important. The second reason for observing *Mouna* at meal times is considered equally vital. Eating and speaking together can cause accidents. Sometimes when you are talking food goes into the wind pipe, and death can occur. Many such accidents have occurred.

Saintly Silence

When you are in the company of enlightened people, you must observe *Silence*. Ramana Maharishi always remained *Silent*. When people asked questions, he replied in brief, and then he used to ask them to sit *Quietly*. He had a big hall where he used to recline and look into the void, or *doshoonya trataka*. From morning to evening, he never closed his eyes. He always kept his eyes open, and in his presence, people used to sit and keep *Quiet*. Paul Brunton, a journalist, (author of 'Search in Secret India') came with many questions, ready with his fountain pen and notebook, but Ramana Maharishi would not speak. He only knew one thing - there is one Truth and the Truth is in you. Whichever question you put to him, he had only one answer, "Find out who am 'i', and if you find out 'who am i', then you find the solution to your problem."

The way to find out is to keep *Quiet*. So, people used to sit *Quietly* before him with eyes closed. First of all, they would look at him, and they would practice this *Silent* sitting many times a day in the hall, because Ramana Maharishi used to recline and look at the void, *Shunya*. He was not concerned with any ritual, celebrations, blessings, healings, kriya kundalini, or miracles. So naturally, everybody had to keep *Quiet*, was compelled to remain *Quiet*.

Sri Aurobindo was another great yogi of India. He observed *Mouna* during his lifetime. He was a professor and an active political worker, but when he retired to Pondicherry, he lived in *Mouna*.

Towards Knowledge

Knowledge, *Gyana*, is the inherent quality of every being. you don't get Knowledge from outside. What you understand now from me, you already know. What you understand because of me, you already know, and if you did not know it, I would never be able to explain. Therefore, *Gyana* is the essential quality of the self. Atma or the Self has three essential qualities: omnipresence, omniscience and omnipotence. These qualities are hidden and dormant. Just as the fire in ammunition is dormant, in the same way, these qualities are concealed. Therefore, by practicing *Silence* you are trying to express or manifest these qualities.

~ BSY Publication (Bihar School of Yoga, founded by Sri Swami Satyananda Saraswati in Munger, Bihar, India, in 1963)

HE KNOWS THAT HE IS NOT THE BODY

“Nothing can cause bondage for the Jnani because his mind is dead. In the absence of mind he knows himself only as Consciousness. Because the mind is dead, he is no longer able to identify himself with the body. But even though he knows that he is not the body, it’s a fact that the body is still alive. That body will continue to live, and the Jnani will continue to be aware of it, until its own karma is exhausted.

Because the Jnani is aware of the body, he will also be aware of the thoughts and vasanas that arise in that body. None of these vasanas has the power to cause bondage for him because he never identifies with them, but they do have the power to make the body behave in certain ways. The body of the Jnani enjoys and experiences these vasanas although the Jnani himself is not affected by them. That is why it’s sometimes said that for the Jnani there are bhoga [non-binding] vasanas, but no bandha [binding] vasanas.

The bhoga vasanas differ from Jnani to Jnani. Some Jnanis may accumulate wealth, some may sit in *Silence*; some may study the sastras while others may remain illiterate; some may get married and raise families but others may become celibate monks. It is the bhoga vasanas which determine the kind of lifestyle a Jnani will lead. The Jnani is aware of the consequences of these vasanas without identifying with them. Because of this he never falls back into samsara again.

The vasanas arise because of habits and practices of previous life times. That is why they differ from Jnani to Jnani. When vasanas rise in ordinary people who still identify with the body and the mind, they cause likes and dislikes. Some vasanas are embraced whole heartedly while others are rejected as being undesirable. These likes and dislikes generate desires and fears which in turn produce more karma. While you are still making judgments about what is good and what is bad, you are identifying with the mind and making new karmas for yourself. When new karma has been created like this, it means that you have to take another birth to enjoy it.

The Jnani's body carries out all the acts which are destined for it. But because the Jnani makes no judgments about what is good or bad, and because he has no likes and dislikes, he is not creating any new karma for himself. Because he knows that he is not the body, he can witness all its activities without getting involved in them in any way. There will be no rebirth for the Jnani because once the mind has been destroyed, there is no possibility of any new karma being created.”

~ Annamalai Swami (*Living by the Words of Bhagavan*)

THE ENTIRETY OF TRUTH IS REVEALED IN SILENCE

“What does Sri Bhagavan reveal in his absolute *Silence*? What does Dakshinamurti reveal in his primordial *Silence*? How, in words or thoughts, is the sole-existent Reality, just *Being*, to be explained or described? How is the infinite Consciousness, the only Knower in all the apparent knowers, the Knowledge-Essence, to be described in words or thought? How is immeasurable, uncaused Bliss to be described? Though it is ineffable and inconceivable, this you can realize by knowing what, in Truth, you are.

Since the Truth of the Self is non-objective in nature, if you cease to misidentify with what is not the Self, it will shine by its own Light, for ItSelf, by ItSelf, in ItSelf. What is not to be equated with your Self? How should you *not* define yourself? As a body, as any of the qualities, attributes, or activities of the body; as any state or condition of the body. How should you not define yourself in order to know your Self truly? As the senses, either singularly or altogether, not as a sensing entity, and not as the prana. Of what other definitions should you be free? You should remain free of the tendency to misidentify with the mind, with anything conceived in thought, and as if being in any state or condition of the mind.

All of those erroneous definitions rest upon one supposition. It is that of the assumption of your identity as an individual entity, "I." To remain free from "I," without the least trace of individuality or ego, is *Silence*. That in which there is neither "I" nor "this" is *Silence*. In this *Silence*, Truth is realized. It comprehends ItSelf, and that is your Self. This absolute Being-Consciousness-Bliss, in relation to the universe, appears as God. Considered in relation to all thought, it is the immovable Witness. Considered in ItSelf, just by ItSelf, it is the Self without any imagination of birth or creation.

The Maharshi reveals the entirety of Truth, even in *Silence*. The words with which he has expressed the teaching are fully saturated with this same *Silence*. You should follow his instruction, so graciously given, and one-pointedly inquire, "Who am I?" In this way, you will know the Inexpressible, the solitary Existence, the Reality, of the nature of infinite Consciousness and boundless Joy."

~ *Nome, Society For Abidance In Truth (Satsang, April 28, 2013)*

TRANSCEND BOTH!

"As soon as you start to think, you start thinking about what you need, how to make your life better, how to remove certain things from your life - so you can succeed and be happier.

This is all folly. You can never do that!

When will you learn this?! When you remove the things from your life that have been holding you back (so you say), but 'new things will always pop-up'. It will never end! There is just no end to it!

You've got to find 'the moment' exactly where you are - 'NOW!' That Divine Moment does not exist five minutes from 'NOW', or a second from 'NOW'. That Divine Moment, IS NOW! IT just IS, and You ARE 'That!' There is no 'thing' to search for, there is no one to see, there are no special mantras you have to memorize. Even Self-Enquiry is only a method to put you 'In The Moment'. Asking, "Who am I? To whom do these thoughts come?" is not the thing itself. It is 'a method'. A method which does not exist. It exists in the same place the world exists, in your mind.

Therefore, when you cannot keep *Silent* by yourself, Self-Enquiry appears to be the fastest way to Awaken. But it's a 'method', it's a 'practice'. It will never bring you 'Home'. It will simply give you an inkling to what lies ahead. The only time you can get anywhere is - by whatever method you use; you have caused the mind to become Perfectly Still, *Quiet*, *Quiescent*. When there is no mind, nothing is happening. When nothing is happening you no longer suffer.

You no longer have anxieties, you no longer believe something is wrong somewhere, you're no longer judgmental, you have become 'Bliss Consciousness'. In 'that moment', IT will not happen tomorrow. So many people keep enquiring: "How can I practice Self-Enquiry? Am I doing it correctly? Am I doing this right? Am I doing that right?" But I say to you, you're getting lost in the method. Don't worry whether you're doing it right or not.

Keep your mind on The *Source* - on the Self: I AM That I AM'. That is your 'Home'! That is where you belong! Everything else is temporary.

Again, do not think I am speaking of not having relationships with people, or getting married, or loving your family. On the contrary. In this teaching you do not have to give up anything. You simply have to know The Truth about these things. It's Knowing The Truth that sets you Free. And the only place you have to know, is in your mind.

Therefore, you use your mind to know The Truth; and 'The Truth is *Silence*'. That is The Highest Truth! By all means do everything in your power to make yourself *Silent*. Do not worry about your affairs. Do the beautiful trees out there worry about their affairs? Does the mountain worry about its affairs? Does the ocean worry about its affairs? Everything happens the way it's supposed to. The flowers bloom, the trees grow, the mountains exhibit its splendor, and all is well everywhere.

Therefore, if you learn to stay in The Moment - in *Silence*, you too will be taken care of by The Power That Knows The Way; and you will be led to your Highest Good. '*Silence*' is 'the key! It makes no difference how terrible you think things are, or how wonderful you think things are -- they're both impostors. You are not trying to exchange negative conditions to positive conditions. We're not trying to exchange bad for good.

They are two sides of the same coin. We want to Transcend both!

There is A Place that is beyond; 'bad and good', 'right and wrong', 'happy and sadness'. 'That Place' is where you are Now. Awaken to IT!

~ Robert Adams, 20th Century American-born Sage and Teacher of Non-duality

PERMANENT PEACE IS DISCOVERED WHEN THE MIND STOPS

One of Ramana Maharshi's students; Papaji, discussed practice-oriented methods:

Question: "During the course of our conversation I said, 'You are asking people to 'be *Quiet*' or 'be still'. Some of these Buddhist meditators have been practicing vipassana meditation for years, and many of them have attained a strong inner *Silence*. Are these people not better equipped to follow your "keep *Quiet*" teachings than those who come here with no background in meditation at all?' I asked this because, as many people know, Papaji didn't have a high opinion of formal meditation.

Papaji's reply: 'No, they are not better equipped, and I will tell you why. When you start to meditate, you usually have a goal that you want to reach, and a route by which you intend to attain that goal. These are just ideas that you invent, nourish and sustain. You are already the Self. You are never away from it, so there is no route to get there. You just have to stop pretending that this is not true, and the way you do that is by giving up all ideas, not by accumulating and cherishing new ones.

The ego is very clever and very powerful. If you set up a goal – such as inner *Silence* – and then earnestly devote your time to a practice that you strongly believe will help you to reach that goal, your ego will then create an inner mental realm into which you can immerse yourself and dualistically enjoy Peace and *Silence*. You, the enjoyer, will immerse yourself in this inner self-created world, and there you will enjoy the experiences that you desire, or the ones that you think indicate that you are making progress towards your self-created goal. Through effort and concentration you can enter this self-created inner realm and have extraordinary experiences. However, they are all experiences of the mind, created and sustained by your powers of concentration. In ancient times rishis such as Viswamitra could create whole universes in this fashion. *But all these inner worlds are imaginary*; they are sustained by your belief in them and by the effort you put in to discovering them and abiding in them.

If you have an idea of what enlightenment is and how it can be reached, the mind will happily create a place inside itself where your idea of enlightenment, or the steps along the way to attaining it, can be experienced as a pleasant, beautiful, peaceful and blissful place. However, *these experiences don't last* because they are not natural; they are created and sustained by the mental effort of the person who wants to experience them. That is why experiences wear off when you stop meditating. Everyone who meditates says, "I experienced some bliss when I meditated, but soon after I stopped meditating, the bliss went away".

What comes and goes is not real. If you experience an ananda (peace) that ceases when you stop making an effort, then that ananda (peace) is *not* real. It is something you created yourself because you had an inner desire to enjoy it.

These Buddhist meditators, and all other kinds of meditators, are experts at abiding in self-created states that give them validations of their spiritual world view. These meditators get attached to their inner states of *Quiet* and don't want to give them up even when I tell them that their thoughts about practice and their experiences for pursuing it, are actually keeping them away from the place and the state that I am trying to direct their attention to.

So, the people who come here with no mental baggage about enlightenment and how to attain it are often the ones who get what I am pointing at. The ones who have heads full of ideas about practice listen to what I say, and then they tell themselves that they are well on the way to this state of Peace I am describing to them because they have been looking for this *Silence* in their meditations for years.

The only True ananda, the only True Peace, is that which is there all the time. You discover it when you desist from all mental activities. Permanent Peace is discovered when the mind stops, not when it concentrates on an object that it thinks will give it Peace.'

~ H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage

WHEN YOU REALIZE THERE IS NO MIND, YOU AUTOMATICALLY BECOME SILENT

Actually, the human body cannot keep *Silent*. There's something else that enters the *Silence*. It has nothing to do with your humanity. It's only after years perhaps of meditation in previous lives, that you can be mature enough to really know what this path is all about. When I give you these practices, it's not for you as a human being. You appear to be able to go through it as a human being, but I can assure you your humanity has nothing to do with it.

When you enter the *Silence* you enter a profound Peace, bliss consciousness, pure awareness. That's what the *Silence* is. It's not being quiet. It's *beyond* that. It's not just quieting your mind, like I say all the time. *It's understanding that there's no mind to quiet.* When you realize there's no mind, you *automatically* become *Silent*.

When you still think you've got a mind, you make every effort to quiet the mind, and you can't. How many of you believe you can quiet the mind through effort? You can't do that. It's not the effort that makes you quiet your mind. It's the intelligent understanding that you have no mind to begin with. Then you just keep still and everything takes care of itself.

If you have to meditate, by all means meditate. This path is never against any other method, due to the fact they all eventually lead to awakening. You have to do whatever you have to do. But for those who can understand what I'm talking about, and realize you're dealing with no mind, no body, no world, no universe, no God, an awakening comes *immediately*, because there's no one who is sleeping. Do you follow this?

If you think you've got something to overcome, if you're going to believe you've got to work on yourself, you've got to make some kind of effort, it will be hard. After all, who makes the effort? The ego. Who's telling you all these things you've got to overcome? The mind. You think you've got to overcome your bad habits, you've got to overcome past karma, you have to overcome samskaras. That's all a lie.

I realize that I talk about these things sometimes. It *sounds like a contradiction*, but *I am sharing with you the highest Truth*. There are no samskaras to overcome, because they never existed. There's no karma to overcome because it doesn't exist.

But for those immature students, they have to work on something, so we explain to them there's karma, there're samskaras, there are latent tendencies that have got hold of you, and you have to transcend them.

Yet I'm telling them a lie. But they really need to hear that at this time of their evolution, otherwise, they couldn't work with anything else.

But the Truth is, you have nothing to overcome. Think about that. If you had something to overcome you would never overcome it, for it is the nature of mind to play games with you. As soon as you overcome one thing, another thing pops up, and you have to overcome that. When you overcome that, something else pops up.

Say you have a drinking habit, and you say, "I've got to overcome this". You may overcome it. It leads to a bad temper. Then you have to overcome the bad temper. It leads to telling lies. Then you have to overcome telling lies. It never ends until you begin to realize 'I' has nothing to overcome.

Then you start working on the 'I'. It is then you finally realize it's this personal-'I' that's been giving the trouble. That's an advanced state, but that's also a lie, due to the fact the personal-'I' never existed. But you don't know that. Because you think the personal-'I' exists, you have to use self-inquiry to lead you to the place where you realize *the personal-'I' does not exist*. It never has, and it never will.

Yet wouldn't it be wonderful if you could just sit down and realize all this in a flash and become free. We will not allow ourselves to do that for some reason. We want to play the game of overcoming. So, we say, "I've got to work on myself. I've got to practice. I've got to meditate. I've got to be alone. I've got to do this and I've got to do that". But I say to you tonight, there's no-thing you have to do. You just have to realize what I'm saying and awaken, and that's it.

Again, who has to awaken? It's all a pack of lies, but I'm using words. How can the Self awaken? The Self never went to sleep. Do you not realize who you are now? You're not a mortal human. There are no words to express what you are. You have to find out. So you practice. But while you're practicing your sadhana, keep in back of your mind someplace, there's really no one who practices. After all who does the practice? It's your body and your mind. If you can only remember there's no body or mind that exists, then there's no one to practice. So while you're practicing, remember that. (laughs) I know you're going to walk out tonight and say, "Well, what do I do now?" (students laugh)

Look at it this way. As long as you feel body consciousness, and as long as your mind, so called, still has the power to make you feel this way and that way, then you have to do some practice. Otherwise, your body-mind will control you.

The highest 'practice' is atma-vichara, self-inquiry.

The reason I'm talking to you like this tonight, is because I can feel that all of that who are here have been through many paths and you're not newcomers, so you're ready for this. You're ready to hear that there's no practice, there's no God, there's no enlightenment, there's no past lives, there's no you, and you're free.

People still want to know, when everything is gone, what's left, what is the substratum, the cause, the underlying cause of all existence? There has to be something that holds it all together. Says who? There's nothing to hold together. Remember also, that the finite cannot comprehend the infinite. So, when I say there's nothing that holds any thing together, I mean there's nothing that *words* can describe.

When I use the words like bliss or pure awareness, consciousness, sat-chit-ananda, Parabrahman, and Parabrahman is very powerful because it means *beyond* Brahman. What can be beyond Brahman? *Silence*. There's no such thing as Parabrahman, due to the fact when you 'think' of it, it signifies an object to you, for instance, a place to be in. A place to be in the *Silence*, that is Parabrahman. You're wrong. There's no place, there's no *Silence* and there's no Parabrahman. Then what is there? Find out. Only you can know yourself. For there are no words to describe it.

You have to come to terms with your life. It takes total honesty to do that. You can't go on fooling yourself. Look how you run around from pillar to post. You go here, you go there. You're always searching, you're always looking, you're always striving, for what?

Some of you think that you're going to find a teacher up in the sky someplace, and you're going to go searching for that teacher until you find him or her. No such teacher exists. When you finally settle down and start going into the *Silence* more often, your teacher will appear to you and you will find he's none other than yourself.

You may ask then, "What am I doing here with you people?" I am your Self. I can see that very clearly. There's no difference between you and me. When you feel depressed, when you feel angry, when you feel out of sorts, that's me you feel. When you feel happy, when you feel enlightened, when you feel beautiful, that's also me you feel. All this is the Self, and I am that.

Some of you still think I'm talking about Robert. *Robert has nothing to do with this.* I'm speaking of omnipresence. I'm speaking of no-thing. And I think to continue speaking is a waste of time.

.....*Silence*..... Om, Shanti, shanti, shanti.

~ Robert Adams Satsang Recording, Jnana Marga - The Path of Knowledge 03/14/91

SITTING IN THE SILENCE

The only thing you can do is to wake up. When you wake up you see the world as a reflection, as a reflection of a mirror. The mirror is always the same. It never changes. The reflections change.

The question is, of course, then why are there reflections? Where do they come from? And as you know my answer is that they do not exist. It's an analogy I give you to let you understand where everything is coming from.

Only Reality exists and you are that. Only consciousness exists and you are that. Only love exists and you are that. If you only realized who you were you would be the happiest person that ever lived, and I mean happy, totally happy, unchanging happiness. Is there such a thing? Yes there is. Unchanging Peace. Unchanging love.

But you have chosen to identify with the maya, with the unreality, and so you think you suffer. You believe your life is not the way it should be. You compare yourself to someone else. You want to make changes. As you know by now, when you make those changes they only last a short time, then you're back where you were before.

The wise person, therefore, does really not look to change anything. They become *Quiet*. They have patience. They work on themselves. They watch their thoughts, watch their actions and observe themselves getting angry, observe themselves getting depressed, observe themselves getting jealous and envious and the rest of it.

Little by little they realize, "That's not me. That's hypnosis. That's a lie." They do not react to their condition. To the extent that they do not react to their condition, to that extent do they become free. They no longer care what anybody else is doing. They compare themselves with no one. They compete with no one. They simply watch themselves. They observe themselves. They see the mental confusion. They don't run around shouting, "I am absolute Reality. I am God. I am Consciousness." Rather, they see where they're coming from and they leave everyone else alone.

Such a being unfolds at a fast rate. It makes no difference what predicament such a being is in. It doesn't matter, for such a being is already free. When the mind rests in the *Heart*, that means when the mind does not go out any longer and identify with the world, when the mind rests in the *Heart* there is *Peace*, there is harmony, there is *pure being*. When you allow your mind to go out of yourself it begins to compare, it begins to judge, it begins to feel offended, and there is no *Peace*. There's no rest.

How do you begin? Well, first you realize the place that you're in right now, whether you think it's good or bad, whether you think you're happy or sad, whether you think you're rich, or poor, or sick, or healthy, the place where you're in right now is your right place. That's a beginning.

You stop trying to be someone else. You stop trying to change your life. You're in your right place, right now, just the way you are. If you can become happy and Peaceful in the place where you are right now, all of a sudden you will find circumstances will change in your favor, and then again you will be in your right place. Whatever change comes along as far as your body-mind is concerned, you're in your right place. The more you can see that, the more you can look at what I just said intelligently, the more Peaceful you become, the more the karmic patterns begin to break away and you begin to awaken.

It may be gradual at first. You notice that things that used to annoy you no longer annoy you. You notice that people that you live with, the conflicts you had, they stop because you've stopped. There's no more trying to get even. There's no more trying to win your point. There's no more trying to find the right book, or the right teacher, or the right anything. You remain centered. You remain free. When something comes along, whether it's good or bad, you simply sit where you are and you ask, "To whom has this come?" and you laugh, for you have separated yourself from your body-mind and you begin to realize that your body-mind is going through the experience but not you.

So there is nothing to worry about. There's nothing to fear. There's nothing that can upset you. There's nothing that can harm you. You realize whatever someone does to your body, physically, or with words, or otherwise, can never, never hurt you because you are not your body. No matter what anyone tells you, no matter what you see with your eyes, it can never affect you, for *you are not your mind*. You have actually separated yourself from your body and your mind.

~ *The Collected Works of Robert Adams, Volume 1, Sitting in the Silence*

STAY IN THE SILENCE... AND DO NOTHING

So these olden day Rishis - Seers, pondered these questions, and something very interesting happened; as they pondered - externally, the cause of creation, all of a sudden they found themselves becoming 'introverted'; They began to look within themselves. They began to Realize 'I AM', and - inadvertently, they posed the question: 'Who am I?' Without knowing what they were doing.

They didn't even voice it verbally. They just felt it: 'Who am I?'

And as they did this, sincerely - religiously, day after day, week after week, month after month, year after year, something happened! And it came to them; 'I am 'That'! They were amazed!

Remember, these great thinkers from the past, did not know each other; they did this independently; in Egypt, in Africa, in India, Japan. They all came up with the same answer: 'I Am That!'

In other words, there is no external world. There is no 'thing', but mind. And because there is mind, there is a Universe. Therefore, 'I Am' The Creator of The Universe. Everything exists, because the mind exists; and they believed they were the mind!

They came a long way, for they now Realized that everything was an emanation of the mind. When they had this Revelation, *they didn't stop there!*

They pondered: 'What is mind?' 'Where did mind come from?' 'If my mind is the cause of creation', they pondered, 'where did the mind come from?'

Again, they pondered this for days - weeks, months, years, until again something happened. This time they Realized that mind is the cause of 'the relative world', and 'the relative world' is false!

So, the mind that I think is so important, must also be false! In other words - there is no mind! If there's no mind - then, *'Who am I?'* It took a long time to discover that they were mind, and everything came from the mind. Now they were Realizing that they are *Not the mind*. They inquired: Then 'Who am I?' And they abided in themSelf. They became 'The Self! They lost track of the body, the Universe, the mind.

They were not in a state of samadhi, because they were Awake. They became Nothing. There was 'no mind'. There was 'no universe'. There was 'no God! There was 'no body'. There were 'no others'. There was just Absolute Nothingness; and they Realized - this is The Self! Not 'myself' - but 'The Self! And they were absorbed in The *Silence*.

From that moment on, the world still appeared to them, but they were able to see right through it. All pain disappeared, worry, fear, desire; it all disappeared. It was 'transmuted'.

Now, these ancient Rishis were unable to share this with devotees - or disciples, because It's beyond words, It's beyond mind and beyond thoughts, so how can one actually share 'This'?

Therefore, *these ancient Rishis became Silent*. They never spoke.

Yet, there was such power emanating from them, that if the right devotees came to them, and just sat with them, doing nothing, saying nothing, wanting nothing, desiring nothing, they too achieved the same results. It was amazing! This technique was passed down through the ages. It was commonly called Advaita Vedanta or Jnana, and it is still The Supreme Truth."

~ Robert Adams, *20th Century American-born Sage and Teacher of Non-duality*

MAUNA – A SOURCE OF SILENCE AND ENERGY

Article by yoga teacher Gregorian Bivolaru

Once, long ago, a disciple named Bhaskali approached his Guru, Bhava, and asked him: "Where is The Eternal and what does The Supreme Absolute mean, and who is Brahman (God, The Father) that the Upanishads talk about? However, his master didn't reply, but he remained Silent. The disciple insisted and asked him again and again, but in spite of all these, the master didn't answer at all, abiding in his Quietness. Only much later he said: "I've already told you, over and over, but you aren't able to understand me. What can I do to you? Brahman (God, The Father), The Absolute or The Eternal, cannot be explained in words! Only in a profound *Silence*, full of Aspiration and love, can one know Him. There's no other place where He can be found, except in the profound *Silence* of the Supreme Self (Atman)! This Atman is, above all, the everlasting *Silence* (Aham Atma Santah)."

The Peace Beyond Sound Is God

God, The Father, or Brahman is primarily The Supreme *Silence*. The soul in its depth is *Silence*. The Peace of the mind is *Silence*. Atman (The Supreme Self) is *Silence*. *Silence* belongs to God, the one perpetually mysterious, essential language. *Silence* is the deep language of the Heart, and because of this, it is the True language of the wise, because, first of all, Quietness represents an immense power, and living proof of God's True eloquence.

Profoundly acknowledged *Silence* is God. Therefore, it is the ultimate substratum or the essence of this body, of Prana, and of the mind. *Silence* is the background where the entire universe of senses is projected. It is an esoteric Reality. That profound, beatific Peace, which Transcends any rational understanding, is the real *Silence*. The essence of life, but also the target of our whole existence, is that *Silence*. Beyond all noises and all sounds, is where the *Silence* is found. It is characteristic of an awareness that perceives Reality directly through ecstatic, intuitive experience. It is, in Reality, your profound being. To be deeply submerged in *Silence*, actually means to open yourself up completely for the UNITY with God. That's why, the ultimate purpose of life, may be correctly considered the perfectly aware re-integration into God's mysterious and intensely beatific *Silence*. And regarding to this, we find enough examples: the message of Sahara Desert is *Silence*; the message of Himalaya Mountains is *Silence*; the message of the wise Avadhota who lives naked on the frozen peak Gangotri, or Kailas, is *Silence*. When your heart is full of God's love and when you are in ecstasy, then you're in *Silence*. Who can describe in words the overwhelming glory of *Silence*?

There is no better healing balm than *Silence* for those humans whose hearts are aggrieved because of failure, disappointment or loss. There is no better remedy than *Silence* for those whose nerves are overstrung due to their tumultuous lives, stress and quarrels of all kinds. Each time we get into the state of profound sleep without dreams, we experience the mysterious and ineffable state of *Silence*, but the veil of ignorance (*Avidya*) hides this experience from our consciousness. The *Silence* that we reach during profound sleep without dreams, and also the *Silence* that lays inherently over the entire being when the night comes, are proofs of the existence of that Mysterious Endless Ocean of *Silence* or Brahman (GOD, The Father).

From Physical Quietness To The State Of Perfect Repose Of The Mind

For the common man, the mind is almost permanently bewildered or roused by at least one of the 11 “organs” (*Indryias*) subordinate to it (these are the five organs of cognition- for smell, for taste, for sight, for touch and for hearing – the five organs of action – for talking, for grip (with the hands), for motion, for excretion and for sexual activity – and, finally, the inferior mind, which acts like a SUI GENERIS [unique] filter-interface between senses and the consciousness of the ego). To achieving absolute control of the mind, the mollification of the activity of these organs at will is therefore necessary. Only then, the *Silence* inside of us will be revealed.

On the level of common intellectual understanding, to remain silent for a certain period of time, without talking to anyone, means to withdraw yourself in silence, but, by extension, this experience is applicable to other domains too. For instance, if your best friend does not write to you a longer period of time, you’ll be tempted to think: “My friend manifests a long period of silence. I do not know why.” If, in a conference, the orator stops speaking for a few moments during a thrilling lecture, we will relate this situation in the following manner: “There has even been a drop of silence, yesterday evening, at the conference.” When in India, you may meet two people who have attained the state of holiness (*Sadhu*), it is possible that one of them will tell you: “This holy man (*Sadhu*) is steadfast in *Silence (Mauna)*. He is my friend, and he has respected this pledge stringently for six years now.”

All These Represent Physical Silence

But if you stop letting your eyes see, and you put them away from objects constantly, through the practice of *Pratyahara* or *Dama* (the perfect forbearance of the sense organs), this brings on the *Silence* of one of the *Indryas*, sight. If you stop letting your ears hear sounds, it means that you’ve achieved the *Silence* of another *Indrya*, the hearing. Likewise, the complete alimentary fast in the holy days of fast involves the calmness of another organ of action (*Indrya*) – the tongue. If you don’t move at all and you practice the lotus posture (*Padmasana*) continuously for three hours, you will make the calmness of activities of the hands and feet possible. All these are useful, but what’s most desired is the calmness of the agitated mind. We can stringently respect the pledge to keep ‘physical’ silence, and, with all these, our mind can generate new images further on. Then the process of thinking (*Chitta*) will again be able to bring all kinds of memories in the field of our consciousness.

Imagination, motivation, reflection and other various functions of the mind won't necessarily stop their activity simply by strictly holding to a pledge of 'physical' silence. Therefore, we must realize that this kind of silence alone does not guarantee achievement of real Peace or a state of perfect *'inner' Silence!*

In this case, the only solution left is for the intellect to stop functioning as long as we're not urgently in need of it. This function of the Astral body must then be in a state of perfect relaxation, in order to be able to go beyond it more easily. It is necessary to create complete *Quietness* of the mental waves. Our mind must rest then in The Mysterious Ocean of *Silence* or Brahman (GOD – The Father).

Only then we will truly be able to perceive the real and unfading *Mystic Silence*.

The Four Pledges:

The direct meaning of the word "*Mauna*" is the pledge of *Silence*, but in reality there are more kinds of *Mauna*:

- 1) The complete control of the act of speaking is named *Vak Mauna*. Therefore, if you keep the organ for the act of speaking (*Vak Indrya*) perfectly quiet, this is *Vak Mauna*.
- 2) The complete suspension of all the voluntary physical actions is *Koshta Mauna*. In the perfect state of *Koshta Mauna*, which is EXTREMELY USEFUL especially for aspirants who pursue to reveal their Supreme Self (ATMAN), you're supposed to hold even your head unmoved. You are not to make any sign. You don't write anything on a paper and nor try to express your ideas in any way. However, in the state of *Vak Mauna* and *Koshta Mauna*, the fluctuations of the mind are not suspended.
- 3) An entirely equal point of view upon all things, human beings and phenomena, and also the firm keeping in mind of the idea that, eventually, all is nothing else but Brahman (GOD- The Father), it represents *Susupti Mauna* (*Susupti* actually refers to the way the human consciousness in the state of profound sleep without dreams works). The almost complete dismissal of all doubts from the mind, which follows the firm realization concerning the illusory character of this world, is also *Susupti Mauna*. The fair conclusion that the whole MACROCOSM is nothing else but Brahman's BODY (GOD-The Father), is *Susupti Mauna* as well.
- 4) Brahman (GOD-The Father) is named *Maha Mauna*, as He is the supreme impersonation of the *Silence*. *Maha Mauna* is, we can say, the True *Mauna*. That is why, *Vak Mauna* represents not only a phase on the path to the attaining of *Maha Mauna*, and this is the reason that places *Mauna* of the mind on a far superior level to *Vak Mauna* or the *Mauna* of speech.

The Act Of Speaking Keeps The Soul In A State Of Ignorance

Vak Indrya, or the organ for the action of speaking is actually a powerful weapon of the phenomenal illusory world (*Maya*) for maintaining The Alive Soul (*Jiva*) in a state of error, by perturbing the mind almost constantly. Thus, the act of speaking provokes a continuous exteriorization of the mind.

Quarrels, disputes, etc., mostly occur due to the game of this turbulent Vak Indrya. In such situations, language may be considered to be a sword and words as arrows. In this way, we often hurt the feelings of others and generate resentful attitudes.

Women, especially, are very talkative. They almost always create a certain kind of noise, when they are gathered in groups, sometimes generating a stressful atmosphere.

A more thorough study of a particular scientific domain - literature, law, Sanskrit language, etc., makes some people become very talkative, as they feel almost pushed to get into discussions (mostly useless!), propelled by their own elation, to show their scholarly erudition. Scholasticism or the unnecessary exposure of their knowledge is a specific attribute of still immature and vain students.

In this direction, there is a very significant pattern of ancient wisdom, which compares the behavior of a new and enthusiastic aspirant on a Spiritual path to the noise produced by the air when it is forced out by the water rushing into an empty bottle plunged under water.

Unlike this case, the behavior of an aspirant who has almost reached to the realization of the Supreme Self (Atman) is, analogically speaking, similar to the imperceptible noise produced by the air when the bottle is almost totally filled with water. Once it is completely filled (in other words - having achieved the realization of the Supreme Self – Atman), *Silence* follows...

Vak Indrya is mostly impetuous and turbulent, and that is why it is considered as being very harmful. Through diligent practice, full of firmness, it must gradually be brought under control.

When we begin to succeed in controlling it, it will try to act disobediently. But we must be very determined and courageous.

In such situations, we must not allow anything to come out from the mind through Vak-Indrya. That's why it is necessary to pursue to the realization of *Mauna*. Diligent, constant and detached effort is going to help us. When success appears, we will know that we have removed an important source of agitation. When we are successful, we will be also able to control our ears (or the sense of hearing) much more easily, because if we get to control Vak Indrya, it may be stated that we already control half of the mind.

The Force Which Heals Incurable Diseases

A lot of psycho-mental energy is lost by useless speaking and chatter. Common people never become aware of this aspect. *Mauna* conserves our energies and thus we are able to carry out any beneficial physical or mental activity, efficiently and concomitantly with increased focus. In this way those engaged on a spiritual path will be able to do more meditations successfully. (cont'd):
Maintaining ourselves in *Mauna* for a couple of days has a very good influence on the brain and nerves. By practicing *Mauna* systematically, the subtle energy of speaking is gradually sublimated into Ojas – Shakti, or spiritual energy.

Additionally, *Mauna* considerably develops willpower; it increases the control of the imagination (Samkalpa), thereby helping its transformation into a truly creative force and inhibiting the impulse for foolish, uncontrolled speech by keeping it under control, bringing about Peace of mind. *Mauna* is of great help for consistently respecting the Truth, and also for controlling anger. In this way emotions are easily controlled and irritability disappears all of a sudden.

Through the help of *Mauna* we will stop lying, and we'll also get the power of endurance. When somebody is ailing, *Mauna* will gradually confer that person the Peace of mind, and this condition makes any suffering easier to bear. That human being will also be able to mobilize herself much better in this way to fight against a disease or to eliminate the cause of her suffering.

Thus, one who respects and applies *Mauna* constantly, reaches a state of Peace, strength and happiness, which is completely unknown to common people. They will exult in inexhaustible energy, because *Silence* is the source of some unimaginable powers: wisdom, profound Peace, Joy, balance and beatitude. In *Silence*, as well, we discover True freedom and affection.

If We Practice It, We Will Achieve Profound Peace And Spiritual Force

People who are very busy with activities which require much effort of communication must practice *Mauna* at least one hour daily. If they are able to do this for two hours a day, it's even better. On Saturday or Sunday we can practice *Mauna* for six hours or why not, all day long. In any case we are less disturbed in the weekends. As people can get used to the fact that some of them go regularly to places of entertainment, they will start to get used to us practicing *Mauna* at certain hours, as well. Step-by-step, our friends and the members of our family will spare us of troubles and will stop distracting us, if we've previously let them know about our intention. It is very useful to utilize this period of *Mauna* for praying, at the beginning, and then, as we will advance in our spiritual practice, for Laya Yoga or meditation. If we intend to practice *Mauna* in a profound way, we're supposed to be sufficiently preoccupied with meditations or with the spiritual practice, in general. In such a period of time, it won't be useful at all for us to associate with people with exclusively materialistic preoccupations.

We must also avoid staying away from the location of our spiritual practice for too long. Proceeding in this way, the subtle energy of speaking will be sublimated and used in an elevated manner. Only then, will we be able to truly enjoy serenity, profound Peace, calm, and a great spiritual power.

During the *Mauna* practice we must not read newspapers at all. Reading newspapers (or watching TV) will not only bring new information into the consciousness, but also the reactivation of some latent impressions linked with certain thoughts from the subconscious mind (samskaras), and thereby the peace of mind might be perturbed. Even if we live in the Peace and the serenity of the Himalayas, but at the same time we continue to read the newspapers, our mind will actually still be in society. (cont'd): This way of proceeding will not bring us the high benefits of the *Mauna* practice, and the spiritual meditation will be seriously perturbed. To understand this context more adequately, it is worth reflecting deeply on the content of the Bhagavad-Gita verses (sutra-s) 62-64, chapter II: (cont'd): "If one Ponders on objects of the sense, there springs attraction; from attraction grows desire, desire flames to fierce passion, passion breeds recklessness; then the memory - all betrayed - Lets noble purpose go, and saps the mind, till purpose, mind, and man are all undone."

The great wise and liberated Sri Balayogi (the yogi-child) in the highest crisis of his terrestrial existence (getting into the state of continuous divine ecstasy, Samadhi, for years, on 27th of March 1949), enunciated one of his famous aphorisms: “One can meditate to the Almighty God even when he carries out his daily duties, inclusively the ones regarding to an emperor, but then how can you still be able to reach the state of perfect mental stability? Agitation will never disappear completely. From time to time, a human being must bear some suffering, which will seem endless. She will not be fully flooded by the infinite grace of God anymore, unless she will get to completely Transcend these worries.”

During the *Mauna* practice it is necessary to reduce actions such as writing notes, making gestures, or expressing our thoughts to the ones in the nearby. It is recommended even for laughing to be restrained. When the conscious orientation of the being starts to be prevalently directed to the Self (Atman), *Mauna* becomes naturally euphoric, from the Self, as well. When you get to live into the Truth, *Mauna* comes totally from the Self (Atman), so thereafter we will be part of God’s absolute Peace, and we’ll fully live the state of divinity.

Talk Little And Listen Much!

We should only try to be a human being who practices *Mauna* based on an innermost need and conviction, and not because it is a new Yoga technique, which is now in fashion. Through *Mauna* we pursue to become people who measure their words wisely. *Mauna* helps us learn to easily avoid long, useless, flaming, passionate discussions, and generally all discussions which are not absolutely necessary or which seem to be sterile and vain, right from the start. *Mauna* easily allows us to move ourselves away from the society of those who, in lack of discernment, lose themselves in such disputes almost all the time. In this way we can become aware of how practical *Mauna* is for us.

In the superior phases of *Mauna* practice, we are allowed to chase each word carefully. This may gradually become a high mental discipline. So, we’ll have the revelation that, practically, words represent a great force that each of us must become aware of. *Mauna* teaches us to utilize WORDS very attentively, it helps us to control the act of speaking and it offers us the possibility of not letting the tongue speak incontinently. He who has sufficiently practiced *Mauna* correctly controls his words before they cross over his lips. That one talks little and listens much. He has learnt to be *Silent*.

The preponderant use of erudite, complicated words provokes an exhaustive and often sterile preoccupation for the language. Such a way of speaking is very tiresome. Thus, by using as simple and sharp words as much as possible, we conserve our energy. It is wonderful to conserve our energy in order to love God as much as possible, and it is essential to consecrate more and more time for an interior life of meditation, of introspection and of contemplation of our Supreme Self (Atman). It’s very important to purify our mind and meditate. Through *Mauna*, we discover THE INNERMOST VOICE OF *SILENCE*, and therefore to realize that, in his Supreme Self (Atman), each of us is one with God.

By practicing *Mauna* correctly, we calm our mind down, we *Silence* our dispersed thoughts and we easily sublimate our transient emotions. *Mauna* helps us to submerge into the mystic depths of our Heart, and to fully enjoy its oceanic *Silence*. This *Silence* is mysterious and euphoric, and it is the gate for us to enter into Stillness.

Each man who sincerely aspires to know God The Father, must previously know this Stillness. He is then the *Silence* itself, and, in this way, he becomes a *Maha Mauni*, realizing God The Father, HERE AND NOW.

~ *This article is taken from Yoga Magazine nr. 17 and 18 (article by yoga teacher Gregorian Bivolaru)*

PITFALLS ON THE ROAD TO LIBERATION

“The most harmless among them is the idea that, though we are not responsible for all the misery of the world...famine, wars, suffering...we feel compelled to try to stop it. The problem often takes the shape of the question to the sage: ‘How can the sage be happy in his Realization in the face of the desolate conditions of the world? What is he going to do to alter it?’

The questioner never seems to think how many powerful saints and sages have walked this globe throughout the centuries without being able to ‘help’ it. If there is a Higher Power behind the life of the individual, should it not also know what to do in the case of the world? Is it waiting for and depending on you or me for that purpose?

Maybe suffering and misery are just the means to remind man that his destiny is higher than that of settling comfortably in this world as his home; a happy person is seldom keen to question his or her situation. Of course, everybody should stretch out a helping hand to everybody in need with whom he comes in contact, and that is just what all saints and sages have done, and every sadhaka will do, when he is keen to remove his ego ‘I’. If only everyone would try to care for poverty and misery in his immediate surroundings, all the misery of the world would have been removed long ago! Why is it not done? To be busy, theoretically, with the social reform of a country or the world is only too often the means to escape from the responsibility to reform oneself first.

There is another rather harmless mistake which happens regularly to beginners. Many of them are blessed with various glimpses of the higher life, which they have entered. These carry the stamp of a genuine change of consciousness, and of course the sadhaka is happy, and convinced that he has made real progress. There is no harm in it, because he soon has to face the fact that his ‘experience’ is fading away, never to return. When this happens again and again, he learns to understand these sparks as what they are, glimpses from another dimension which want to teach him to discriminate between, the different dimensions but which also lure him on in his spiritual endeavor. They only become a pitfall, when he, by vanity or impatience, gets stuck in one of them, taking it for final Realization. Then his further progress is blocked. The mark by which this pitfall is recognized is ‘I’ have realized...’ This ‘I’ can only be a ‘wrong I’, because it is not the ‘I’ that realizes.

The duty of the sadhaka is to watch himself ceaselessly; he has to know what is going on within himself. There is a serious risk in doing this only when he looks too much at others. When he does, his 'personal I' at once makes comparisons; and the result will be: 'I am holier than thou'. With this idea he gives his 'personal I' a strong chance to develop into a 'spiritual I', which is much worse than his original quite ordinary 'I', strengthened by all his previous spiritual effort.

The result is a spiritual pride, the worse the more advanced the sadhaka has become, because his attainments, serve only to confirm his 'right' to be proud of his success. But even if he perceives the gentle Voice from within, warning him against this trend going on in him and reminding him of the secret of real 'attainment', *Silent* humility, and even if he is quite prepared to accept the warning, there is still the risk that the cunning ego now is concealing itself behind his pride in his humility!

There is only one remedy against these and all other pitfalls on the Path to Realization: Alert Awareness, relentlessly focusing on the treacherous ego 'I'.

Luckily the sadhaka is not left alone in his secret struggle against himself on his lonesome journey towards his high destination. How could he ever reach It, were It not already within himself? And It never fails to send signals of warning when the traveler is nearing a pitfall or has even been caught by one due to inadvertence.

His is a journey like that in fairy-tales, when the hero has to go through many adventures, to fight against many enemies and even demons, to win the princess at the end. The further he proceeds, the mightier the obstacles. The most cunning pitfall on the path of the sadhaka is the last one, hidden in Realization Itself.

The first Revelation of the Self is temporary. "Jnana, once revealed, needs time to steady itself."

~ *Sri Ramana Maharshi, Talks, #141*

AFTERWORD

So, where is one left after arriving at where all these words point to? One enlightened being described it as *'Being in the world but not of it'*. Another, was inspired to offer sage advice to those who are *no longer the 'doer of actions'*: ¹⁹



"O' hero, You have known the Truth which is at the Heart of all kinds of appearances. Without ever turning away from that Reality, play in the world, O' hero, as if in love with it;

Seeming to have enthusiasm and delight, seeming to have excitement and aversion, seeming to exercise initiative and perseverance, and yet without attachment, play, O' hero, in the world;

Released from all bonds of attachment and with equanimity of mind, acting outwardly in all situations in accordance with the part you have assumed, play as you please, O' hero, in the world."



¹⁹ These verses originally appeared in *'Yoga Vasishta'*, and was translated into Tamil verses by Sri Bhagavan Ramana Maharshi. 🙏

BIOGRAPHICAL DATA OF THOSE QUOTED THROUGHOUT THE TEXT

- ~ *Adi Shankaracharya, 8th Century Indian-born Vedic Scholar and Teacher of Advaita Vedanta*
- ~ *Albert Einstein, 19th-20th Century German-born Theoretical Physicist*
- ~ *Annamalai Swami, 20th Century Indian-born disciple of Bhagavan Ramana Maharishi*
- ~ *Anandamayi Ma, 20th Century Indian-born Saint, Mystic, and Teacher*
- ~ *Anthony DeMello, 20th Century Indian-born Jesuit Priest, Spiritual Teacher, and Writer*
- ~ *Avadhootanand Maharaj, 20th Century Indian-born Advaita Sage*
- ~ *Babaji Nagaraj, 20³ AD, Indian-born Himalayan Yogi and Guru.*
- ~ *Bernadette Roberts, 20th Century American-born Carmelite Nun and Contemplative in the Catholic Tradition*
- ~ *Chan Master Hongzhi Zhengjue, 11th Century Chinese-born Buddhist Monk*
- ~ *Eknath Easwaran 20th Century Indian-born Spiritual Teacher, Author, Translator, and Interpreter of Indian Religious Texts*
- ~ *Father Thomas Keating, 20th Century American-born Trappist Priest*
- ~ *Gaudapada, early medieval-era, Hindu philosopher and scholar of Advaita Vedanta*
- ~ *Gautama Buddha, 5th/6th BCE, founder of Buddhism*
- ~ *Hafez, 20th Century Persian-born Poet and Mystic*
- ~ *Huang Po, 850 AD, Chinese-born Teacher of Zen Buddhism*
- ~ *H.W.L. Poonja, 'Papaji', 20th Century Indian-born Advaita Sage*
- ~ *Jalal al-Din Muhammad (Rumi), 13th Century Islamic scholar, Poet, and Sufi Mystic*
- ~ *Jean Klein, 20th Century French-Born Teacher of Advaita Vedanta*

- ~ *Jiddu Krishnamurti, 20th Century Indian-born Mystic and Spiritual Teacher*
- ~ *Kabir, (1398–1518 CE) Indian-born Mystic, Poet, and Saint.*
- ~ *Khalil Gibran, 20th Century Lebanese-American Writer, Poet, Philosopher*
- ~ *Lao Tzu, 571 BC, Chinese-born Taoist Philosopher and author of the Tao Te Ching*
- ~ *Lucy Cornelssen, 20th Century German-born Mystic and Translator*
- ~ *Meister Eckhart, 13th Century German-born Catholic priest, theologian, philosopher and mystic*
- ~ *Maharishi Mahesh Yogi, 20th Century Indian-born Guru and founder of Transcendental Meditation*
- ~ *Mahatma Gandhi, 19-20th century Indian-born Spiritual Leader of India*
- ~ *Meher Baba, (Avatar) 20th Century Indian-born Spiritual Master and Spiritual Figure*
- ~ *Mother Teresa, 20th Century Albanian-Indian Catholic Nun*
- ~ *M. R. Bawa Muhaiyaddeen, 20th Century Sri Lankan-born Sufi Mystic*
- ~ *NOME, 20th Century American-born Teacher of Advaita Vedanta*
- ~ *Osho (Bhagwan Shree Rajneesh), 20th Century Indian-born Mystic and Spiritual Leader*
- ~ *Paramahansa Yogananda, 20th Century Indian-American Hindu Monk, Yogi and Guru*
- ~ *Prophet Muhammad, 6th/7th Century Saudi Arabian-born founder of Islam*
- ~ *Quaker William Penn, 17th/18th Century English-born Religious Leader*
- ~ *Robert Adams, 20th Century American-born Sage and Teacher of Non-duality*
- ~ *Saint Evagrius Ponticus, (345–399 AD) Christian Monk and Ascetic*
- ~ *Saint John of the Cross, 16th century Spanish-Catholic mystic*
- ~ *Saint Teresa of Avila, 16th Century Spain-born Carmelite Nun*
- ~ *Saint Faustina, 20th Century Polish-born Catholic Nun and Mystic*
- ~ *Sant Tukaram, 17th-century Indian-born Marathi poet, and Hindu Saint*
- ~ *Sathya Sai Baba, 20th Century Indian-born Guru*

- ~ *Sogyal Rinpoche, 20th Century Tibetan-born Dzogchen Lama*
- ~ *Sri Aurobindo, 19-20th Century Indian-born Philosopher, Poet, Yogi, and Maharishi*
- ~ *Sri Chinmoy, 20th century, Indian-born meditation teacher*
- ~ *Sri Mātā Amritānandamayī Devi, (Amma), 20th Century Indian-born Hindu Spiritual Leader*
- ~ *Sri Nisargadatta Maharaj, 20th Century Indian-born Advaita Sage*
- ~ *Sri Ramana Maharshi, 20th Century Indian-born Advaita Sage*
- ~ *Sri Ravi Shankar, 20th Century Indian-born Guru and Spiritual Leader*
- ~ *Sri Sadhu Om Swamigal, 20th Century Indian-born poet and disciple of Ramana Maharshi*
- ~ *Swami Chinmayananda, 20th Century, Indian-born spiritual leader and Teacher of Vedanta*
- ~ *Swami Muktananda (Baba), 20th Century Guru, Teacher of Vedanta and Kashmir Shaivism, and transmitter of Kundalini Shakti*
- ~ *Swami Nityaswarupananda, 20th Century monk of Sri Ramakrishna Math, Chennai, India*
- ~ *Swami Satyananda Saraswati, 20th Century Indian Born, Yoga Teacher and Guru*
- ~ *Swami Sivananda, 20th Century Indian-born Hindu Yoga Guru, and teacher of Vedanta*
- ~ *Swami Paramananda, 19th-20th Century Bangladesh-born Mystic, Poet, and Teacher of Vedanta*
- ~ *Swami Rama Tirtha Indian, 19-20th Century Pakistan-born Teacher of the Hindu philosophy of Vedanta*
- ~ *Swami Venkatesananda, 20th Century Indian-born Sage, Yogi, and Scholar*
- ~ *Thayumanavar, (the Silent Sage), 18th Century Indian-born Tamil Poet, Saint, and Philosopher*
- ~ *Thomas Merton, 20th Century American-born Trappist Monk*
- ~ *Thich Nhat Hanh, 20th Century Vietnamese-born Buddhist Monk*
- ~ *U.G. Krishnamurti, 20th Century Indian-born spiritual philosopher*
- ~ *Vimala Thakar, 20th Century Indian-born Spiritual Teacher*

~ *Yolande Duran-Serrano, 20th Century French-born woman with no interest in spirituality, was overwhelmed by a transformative spontaneous silence. Author of the book 'Silence Heals'.*

~ *Zen Master Matsuo Basho, 17th Century Zen Master known as the 'Great Master of Haiku'.*

~ *Zen Master Sheng Yen, 20th Century Taiwanese Buddhist Monk*

~ *Zhuang Zhou, 4th Century BCE, Chinese Philosopher*

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GLOSSARY OF TERMS FOUND THROUGHOUT THE TEXT:

The following words, when Capitalized, are considered synonymous i.e.,: Mauna, Silence, Self, Heart, Peace, Transcendent, Supreme, and Reality. *Arriving at where any one of these words point to reveals the others. All merge and disappear in the wordless, undifferentiated, non-dual Reality pointed to by sages, saints, and texts throughout the ages.*

Alone – i.e., the Self *alone*; Silence *alone*. This is the pure unalloyed experience of the formless, wordless Reality which the sages and texts point to as the “*One without a second.*” [see ‘Snake and Rope’ and ‘Ornaments in Gold’ analogies below]

Awareness – A term used to point to *Mauna/Silence*.

Jnana – True knowledge; direct knowledge of the Reality that is the Self. [GVK Glossary]

Jnani – One who has a direct awareness of themselves as Jnana; an enlightened being [GVK Glossary]

Mauna/Silence - One of Ramana Maharshi’s favorite synonyms for the thought-free experience of the Self. (*Padamalai, Teachings of Ramana Maharshi, by Muruganar, Glossary, pg. 384*). Also sometimes spelled ‘Mouna’.

Maya – Illusion; the power that makes the unreal world appear real (*Padamalai, glossary pg.384*).

Ornaments in Gold analogy – A well-known pointer in self-inquiry. One may have gold jewelry in the shape of cats, butterflies, flowers, etc, but all there really is – and all they really are, is ‘gold’ *alone*.

Padam - A synonym for the Self. (*Padamalai, Teachings of Ramana Maharshi, by Muruganar, Glossary, pg. 384*).

Self - Generally speaking, discovering ‘the Self’ is the goal of self-inquiry and refers to the thought-free, undifferentiated, wordless Reality of *Silence/Mauna*.

Snake and Rope analogy – Mistaking a snake for a rope in a dark room reveals that the rope ‘*alone*’ is real when the lights are turned on. There never was a snake; not before, during, or after realizing it is only a rope. “*That which is unreal can never be Real, and the which is Real can never be unreal.*” This is a critically important analogy in non-duality.

Still/Stillness – A pointer for *Mauna/Silence*.

Vasanas – Mental tendencies; latent desires and feelings [GVK Glossary]

Vritti – Movement of mind (thoughts).