

SILENCE

There is a secret quiet space that substands this world of outer seeming, this world full of noise, constant chatter and distraction. This inner space is governed by another quality, the Law of Silence, a Law which can be cultivated as we learn to listen and observe—cultivating that still small voice of the soul which lies back of all and which, if followed, can lead us into the realm of the inner ashrams, our true home. We can learn then to synchronize our vibration to that point wherein amidst the surface noise we find another current that is running deep to which we can enter and become as the Buddha’s followers were called, “the stream enterers.”

We can take these moments of heightened spiritual opportunity, such as the upcoming Gemini full moon five day period, to temporarily at least, make a concerted effort to free ourselves from the over-activity and the noise and cultivate this inner listening. We do so while in this world but yet remaining free from it and attuning ourselves instead within the subjective realities, the planetary heartbeat. Through this means we can participate in the planetary alignment that is occurring and in which we have the privilege of participating

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A few weeks ago we heard a presentation from Dot, Rebecca, and Wendy about the Solstice Silent Minute initiative; and they invited Triangles workers to join them in their efforts. I was inspired by their plans, and it occurred to me that it might strengthen our contribution to this endeavor if we deepened our understanding of silence.

First, let me begin with a short recap of the Solstice Silent Minute which is a proposal for a global Shared Minute of Silence that is coordinated with the December Solstice and the beginning of the Festival Week for the New Group of World Servers on December 21, 2019. Its purpose is to pause “for a shared minute in silence – the same minute everywhere – to cooperate with the Forces of Light” in envisioning “a better world for all.” More information about this initiative can be found on the Sydney Goodwill website at (<https://sydneygoodwill.org.au>).

Noise might be the word that best describes our present-day society. Everywhere there is the noise of our living: the noise of crowds, traffic, machines; the noise of radio, television, the internet; the noise of worry and hurry. And certainly, the noise of political babble: of too much talk, too many words that criticize, belittle, vilify and separate. We know that excessive noise of any kind is discomforting and can be physically and psychologically harmful. Noise can be so intrusive that it hinders our ability to connect to the inner silence that is our true self and to attune ourselves to that inner, silent core.

We know that silence is an important aspect of healing. Scientific studies have proven the health benefits of silence, demonstrating for instance:

- * cell growth in areas of the brain;
- * the release of tension;
- * improved sleep;
- * heightened awareness. (<https://www.medicaldaily.com/5-health-benefits-being-silent-your-mind-and-body-396934>)

A healer knows that aimless, trifling talk tends to disturb and disperse healing energies and to deplete the vitality of the patient. So a true healer learns to curtail speech and to work in silence, conserving energy and inhibiting any distractions to the healing process.

We know also the creative power of silence. Forms in process of becoming must be created in silence if they are faithfully to materialize the envisioned design and accurately to manifest their purpose. The esoteric maxim, “*To will, to know, to dare, and to be silent*” expresses the process of transmuting lower energies into higher, which occurs only when the lower forces are stilled.

There are various levels of silence. We are all familiar with the silence of the physical world: that silence when the power goes out, when the clock stops ticking, when the conversation lapses and no one speaks. Although this is an outer silence, it can still impart a sense of inner calm. And it’s an easy type of silence to cultivate: simply turn off the TV, unplug social media, mute the ringer on the phone.

Another level of silence involves turning off the mind. Sometimes the outer world is quiet, but the mind is noisy, provoked by the chatter of the emotions or caught in the vortex of mental analysis. Racing, unruly thoughts hold the mind captive with the prattle of the unchecked personality. Then, we must strive to mute the mind and to find the silence within.

When the individual takes himself in hand—through meditation, self-reflection, and principled living—he begins to cultivate a deeper level of silence. This is a silence that holds steady despite the clamor of outer circumstance, a stillness that persists in spite of the world’s turmoil or the personality’s activities or the mind’s pursuits. We understand it at first as the voice of conscience and we often wish it would be silent! But we eventually come to recognize this as the voice of the soul—heard only when the sounds of form life are silenced.

True silence is expressed by those individuals and groups who are watchful of their words so that no word harms or separates. They “work with sealed lips,” for they “have learned the secret of silence” (*A Treatise on White Magic*, p 631). And what is that secret? The secret is love. These servers understand that true silence is animated by a loving heart and an appreciation for the path and plight of others; so there is no need to criticize, to intimidate or pressure—no need for the noise of

personality. Instead, through love they seek inclusiveness and work through the heart with the silence of synthesis.

The Path of self-awareness is one of continuous experiment and assessment. Tests confront those who walk this Path, who seek to pass from lower levels of consciousness to higher, who move into ever finer vibrations of existence. The right understanding and use of silence is a significant requirement for this rite of passage, and the aspirant to higher beingness must prove his ability to be silent not only in speech but also in thought, learning to abstain from certain lines of thinking and to refuse thoughts that hinder service to a higher purpose.

There are many ways to cultivate silence. Meditation is an important one. In meditation a quiet rhythm is established in the body, a silence that welcomes and nurtures the higher energies of the soul. One can also develop silence by focussing the attention on higher qualities, such as joy or beauty, and seeking to expand the recognition of these qualities in one's life. Another means of nurturing silence is to detach from the energy and thoughts of others, for often these forces generate noise. This can be a daunting task for those attached to social media or to the continuous news feed of television and the internet; but it is a significant way to foster silence. Another important technique for the cultivation of silence is self-forgetfulness—a forgetful silence towards the personality—a major lesson for the spiritual aspirant that is repeatedly emphasized. Ultimately, in whatever circumstances we find ourselves, we are encouraged to simply pause. . . and in poised silence, wait. . . and in that space of waiting to create a *point of silence* for all incoming energies to pass through before they pour into our bodies and impact our lives.

The Great Ones also wait. We are told that They will become known to us “when the silence of the outer life and of the personality has been achieved” (*Discipleship in the New Age*, Vol. I. p. 525). Then we will know the true blessing of silence.

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