

PODCAST 139: SILENCE PLEASE

Om Sri Sai Ram

Prasanthi Sandesh, 139th episode.

We find all our lives spent in words. We use words to speak and we use words to write. Life seems to be full of words and words alone. It's a long sequence, as if we developed a kind of passion for these words.

But elders say that if you are nothing but words, then you are not. If you are nothing but words, then you are not. You are unborn and you are yet to exist. Therefore, words alone won't count. There's something more than that. The words are merely sounds and a meaning is given to those sounds.

In other words, our mind is a natural computer that feeds on words and creates more words. And thereby, out of these words, principles and philosophical systems evolved. But fundamentally it is a known fact that truth is something more than mere words. Nor is truth a by-product of a long process of words either.

Truth is not a word at all. Truth is beyond. Truth may be even below, but truth is never found in words. No. So truth has to be experienced, but not with words. It has to be experienced with no words at all. Therefore, truth cannot be told and cannot be described. Whenever you say, "This is truth," you have missed it. So what shall we do? The truth has to be lived. Unless you live in it, you cannot know it.

So by these words, we gather knowledge. After all, we are quite logical and rational and create a system which is based on all accumulated words in order to build an edifice - something like philosophy or some such system. But that entire edifice that we build is like a house of playing cards that will never be sustained. In other words, all the knowledge, all the logic and rationality that we have, and all the created systems are only a house of playing cards that will not last.

Therefore, truth is something beyond, and there are no words to describe it. After all, you may be able to create a system or a philosophy with these words but you cannot live in it. We don't plan to live in a palace of playing cards. So, words have got their own limitations. So any philosophy built on or based on these words is also outside of you. Philosophy is built outside of you. You cannot live in it.

Also, as we see, most of the philosophers live outside of their system. They don't live in them. After all, they may be able to explain the universe. They may also put forward hypotheses and explain everything in detail about the cosmos. But they cannot live in those systems. Philosophers only speak about truth. But they are miserable people because deep in them there is misery. They are as unhappy as anyone.

Therefore, as words are limited, as they have their own limitations, the truth cannot be explained. So knowledge is also a house of playing cards that will not be

sustained. Ultimately the philosophical system that is developed thereafter also leaves a vacuum, an abyss within us, a deep valley within us, so we continue to be unhappy.

Therefore, don't believe in words. Perhaps the greatest deception is created by humanity in making use of these words. And in fact, words have become our world. We live in words and we eat them, we write on them, so words and words go on beating in our hearts. They simply circulate in our blood.

In other words, our life has become too full of words. But a word is never the reality. The mind miserably goes on collecting words, accumulating words. For example, let's look at the word 'love'. You can repeat that word any number of times, or you can explain love in different ways, but love only comes when 'you' are not there. When you are not, you will come to experience real love. Not by chanting, not by explanation. No. So love comes to you when you are not. So, when you are not, the non-being becomes a passage, a passageway.

So, what is the way now? We should learn to be silent. Silence is the only method. After all, all the music that we know is merely full of sounds put into a system in a rhythmic manner, with rhythmic sounds. But if the sounds are un-rhythmic, it is just noise, just full of noise. When there is no music, when there are no sounds there, it is silence.

At the same time, silence has a music of its own which you cannot hear as you are because you are full and filled with words. So you can only understand when there is noise, crowded noise, mad noise. So, that won't help us. We may create music outside, and in that way you forget your noise inside. Perhaps some people who are after music do it only to avoid the inner noise.

So this kind of outside music which we are used to is a hypnosis created by rhythmic sounds. It is a technique indeed. So, unless your constant inner talk or chattering ceases or stops, you cannot hear. No music, no music. In this state of no music there is another music separately meant for you with no sounds. It may all seem to be whimsical but yet it deserves a deeply meditative mood to go into it. So, no external music or rhythmic sounds can make a meditation.

There should be no noise within and we should be aware of the silence around and without. When you are silent, the whole universe becomes suddenly silent. Because I am noisy, I find noise all over. But when I am silent, the whole universe becomes suddenly silent. Then I can say that I am authentically existent. It will be the first time I realise that I am a being. In other words, it is only in a state of silence that I'll realise that I am a being.

So, silence means no noise. Then you know who you are. That silence creates the possibility to recognize the being-ness. When silence creates the situation in which you can hear the sounds, you can hear the soundless silence, which is everywhere. There is silence which is soundless. We'll notice that.

In fact, you cannot hear inner chattering because you are engaged or occupied. It cannot penetrate into you; whereas silence penetrates you. Silence dives deeply into you. Your silence is the silence of the universe. When you are silent your observance of silence will make you observe silence outside in the entire universe. Then you can say, 'I have encountered my God' or you can say, '*Pratyakshya Brahma*', which is the direct Divinity or the immediate experience of the Divine.

Now when my inner silence meets the silence all around in the vicinity, when my inner and outer silence both meet, 'you' are no more and neither is the universe. Only silence remains. That is what I can say: there is a new oneness; you explode into a new oneness. Then you are Brahma - not encountering the 'other'. There is no other at all. That has to be understood. You are Brahma in that state of oneness where inner silence and outer silence meet. That is the point. There is no other at all.

So, *Upanishads* clearly say you cannot see God because if you say you are seeing God, what does it mean? Two are needed, you and God. It means you are making God separate, as an object of knowledge. It's wrong. God is not subjectivity. So, you cannot put God before you. You cannot meet Him. You can only dissolve in Him. There is no point in facing Him directly because He is not subjectivity and He is not an object. Therefore, you can only dissolve in Him. That's the only way.

Oneness is God. When two silences meet, oneness is achieved. Creating this inner silence is all that is meant by meditation, inner silence. *Upanishads* are practical guides. Most people think that they will be able to change their mind by going through *Upanishads*. Wrong. It is not the changing of your mind. *Upanishads* change **you**. *Upanishads* change you, not your mind. All your knowledge is peripheral, in the periphery, that's all, while your being is the center.

Knowledge may be added to you from time to time. But remember 'being' can never be added. Why? Being is that which you are already. Knowledge is utilitarian, after all. Knowledge is power and is instrumental in order to move and act in the world. In fact, the center or the being is burdened with knowledge.

Knowledge is piled up on us over many years by society, the culture and everything else. So too much knowledge makes you forget that you are prior to your knowledge. Knowledge you acquire later, but you exist even before all that. And this acquisition of knowledge will make you forget your fundamental being. Therefore, the fundamental being is not your knowledge. This knowledge is just a memory.

So, the question arises, how to penetrate this knowledge? How to penetrate this knowing and reach the innermost core? How to reach the innermost core of my being? What to do then? The only way, as has been said before, is through silence, where there is no music, no chattering and no inner talk.

Then how to do that? Do just one thing: throw all this nonsense outside. It is what you call a catharsis. Whatever goes inside, come on, bring it out. Put it outside. Throw it out. Throw all of your mind out. Then you create space within. And it is in that space that silence happens.

So, throw out the mind completely for a single moment, so you can find that inside there is no mind, no mind at all. Why? You have thrown it out already. There is no talk, there are no words. Now you have tasted something beyond. Immediately you are in tune with the infinite.

Therefore, in this brief talk I am successful if I am able to bring to your notice that knowledge won't help us. Words are inadequate. Words are inadequate because the truth is beyond. After all, the philosophical systems you may begin to practice, but you cannot live that way. See that!

See what is happening all around our life till now. It is also clear that it is only in silence that we know our true being. It is only in silence - when there is no noise, when there is no inner chattering, no inner talk. That is very important for all of us who are on this spiritual path.

Let us follow the *Upanishads*. But let us also not be too burdened with this knowledge because too much will make us forget our true being which is the truth.

Therefore, throw out all that is inside. Create a space within where silence settles. Then you can experience the Divinity in full.

Thank you.

Sai Ram.