

# **Truth is Hidden in Silence**

**(by Sri. Ulpiano Manlangit)**

Truth is hidden in silence and truth is the only reality. The people on the other side are moving in shadows, where there is not life but darkness as they are not in the light but in ignorance. Their reason is not enlightened because they are living in the ego, they are living in spiritual ignorance, which is darkness. We should live in the Sunlight because we live in Truth, like beholding the sun and as though being in the sun. When one sees the Truth, one must get the power to stay in the Truth and to be established and absorbed in it.

The mind is prevented from knowing the truth by its own defects, limitations or deficiencies, by its own passions, self-centredness and possessiveness. The philosophic discipline sets up as an objective, the elimination of these hindrances. Such disciplines are physical, mental, and emotional.

Silence is a quality of life. It is the result of harmony on the three planes: the physical, astral and mental. In order to be inwardly silent we must try to create harmony in our physical body, our thoughts and feelings.

Many students want to experience mystical ecstasy, occult, or psychical ones. It is the ego wanting them and the satisfaction of progressing towards enlightenment. The ego feels important. The student on the right path has no desire for inner experiences of any kind. When you have attained the vision of truth and already with Reality, there is no desire any more. For experiences come and go, but Reality does not. One should differentiate between the short and the long spiritual path. The long spiritual path is the ego (the lower self) and the short one is the Overself (Higher Self, the Pure Self, the Divine Spirit).

There is one form of art which is superior to all other forms—the art of remaining quiet and silent....All arts serve a limited purpose and provide only momentary joy. But the art of silence and the resultant peace ensures happiness....That all should cultivate. —Shankara of Kanchi, 1958.

Silence can be instructive, that we can learn lofty truths without a single phrase being sounded out, beyond ordinary comprehension of those who chatter together by the hour.

What is silence? Silence is an absence of noise. It is a sign and language of perfection. Silence is often more eloquent than words. You can get to know someone better by living together in silence for a few minutes than by spending hours in idle conversation. "He who holds his tongue for a day will speak much more wisely tomorrow". Friends are made by words but love is preserved in silence and friendship are matured also in silence. The best friends are those who know how to keep the same silences. Speech is of time but silence is of eternity. Noise is an expression of life but not of a higher level of life. When an engine or machine of any kind begins to break down, it makes all kinds of noise. Similar to our body. As soon as you hear something creaking and squeaking, be careful! It is a warning of illness. The organs of the body are silent. They express themselves of course because they are alive, but they express themselves without noise.

Students of the mystical path seek silence to give their heart, soul and spirit, the opportunity to manifest themselves in meditation and philosophical or artistic creation. Silence is an expression of peace, harmony and perfection. Silence provides the conditions most conducive to psychic and spiritual activity. Silence is one of the qualities that must be realised and respected as a requirement to spiritual advancement. Only in silence that true spirituality is born when our soul stands naked before God.

We must make an effort every day to avoid noise to build-up within ourselves. We must try to control arguments and battles triggered by thoughts, desires and feeling. In order to escape from these things we must make an effort to stop living on the surface of reality. Above all we must try to change the nature of our needs. As long as our needs are too materialistic we will never be free. Depending on the nature of your needs, you will end up in a region infested with wild beasts or in one that is inhabited with celestial beings who will welcome you with a concert of harmony.

Another way in which we can grow in silence is to listen to selected music. Such music is an expression, reflection of words beyond the reach of human passions and it has the power to snatch us up even if it is for a few minutes, into the higher worlds. Meditating on some selected music will attain true silence that heals, harmonises and refreshes, it is as though your very being were made of music, and of dance. Such harmonious vibration communicates itself to every cell of the body and has beneficial effect not only on you but all those with whom you come in contact.

Fasting can also be a method for restoring inner silence. When we fast we put a stop to the functioning of certain factories within ourselves and this stoppage induces a great peace in all our cells. But before peace is achieved, a considerable amount of cleansing has to be done and the cleansing process is accompanied by noise: your heart beats faster, your temples throb, there is singing in your ears, you feel dizzy and various pains come in and go all over your body. These symptoms are simply the uproar coming from the wild animals in your inner zoo, because they have been deprived of their food; the stomach asks for food, the liver, intestines and other organs want their nutrition. But it is not long before they calm down and then you will begin to experience a deep silence, a deep sense of peace.

Devote some time even if only for few minutes several times a day, to replenish your reserves of silence. Close your eyes and try to detach your thoughts from your daily pre-occupations and lift them upwards, towards the summit, towards the source from where life flows out of the whole universe. Then when you feel that the usual procession of thoughts and images stopped running through your mind, say to your self, Thank you Lord, when you give thanks you are attuning yourself to Heaven, you are breaking out the narrow circle of self and entering into the peace of Cosmic Consciousness. When you say Thank you, try to breathe evenly and regularly: draw in a very deep breath and breathe out very slowly until there is not enough air in your lungs

Get into the habit, therefore of restoring silence within yourself several times a day, even if you can spare only a minute or two; it is already something.

True silence is inhabited by countless beings, God has populated the whole of creation; in the forest , lakes, oceans, mountains and even the depths of the earth, even the ether and the stars; everything is inhabited. Sometimes when you maybe alone in the forest or up in the mountains, you may feel as though you were being carried back into the distant past, into an era in which human beings are in communion with the forces and spirits of nature. And if the call of a bird or a sound of a waterfall is heard, it is as though these very sounds were parts of silence.

Wherever you go, whether it be up in the mountains, in the depths of the forest, by the shores of lakes or oceans, if you want to manifest yourselves as children of God who aspire to a subtle, more luminous life, you must be conscious of the presence of the etheric inhabitants of that place. Approach them with an attitude of respect and reverence; begin by greeting them, by expressing friendship and love for them and ask them for their blessing. It is only in silence that you can prepare conditions conducive to the manifestation of divine entities. Therefore we have to learn to love silence and try to surround ourselves with an atmosphere of spiritual silence and harmony so as to prepare for the coming of powerful, luminous beings.

Nature is constantly speaking to us and sending us messages in silence, but not in words. Nature doesn't need words to speak to us. The sun and the stars, the forest and lakes,

mountains and oceans constantly speak and communicate something of their own life and of their own secrets to us. But we are of course, are often unaware of the communication of nature. The scientist does not tell nature its laws, nature tells the scientist.

Kundalini is called the “*Voice of the Silence, the Fiery Power, and the World’s Mother*”. It appears like liquid fire as it rushes through the body; and it follows a course of a spiral one, like the coils of a serpent. It is called the World’s Mother because through it our various vehicles may be vivified, so that the higher worlds may open before us in succession. Silence, therefore belongs to the docile feminine principle which conforms to the masculine principle. If we have to restore a climate of inner silence, it is because this allows the Divine Spirit to do His work in us. As soon as we manage to achieve silence, we put ourselves in the hands of the Spirit who guides us towards the divine world.

The *Voice of the Silence* is contained in the following injunction: Let not thy ‘heaven born,’ merge in the sea of Maya, break from the universal Parent (Soul), but let the fiery power retire into the inmost chamber of the heart, the abode of the world’s Mother.” The “heaven-born” is chitta, the lower mind, it is born from the soul above, when manas becomes dual in incarnation. The planes of atma-buddhi-manas are typified by heaven while those of the personality are spoken as earth.

In silence you sense that messages begin to reach you, a voice begins to speak to you. It is this voice that forewarns, guides and protects us. If you cannot hear it, it is because you are making too much noise, not only on the physical plane but also in your thoughts and feelings. This is often called the voice of silence, the very voice of God.

Just as we have a third eye in the middle of the forehead, we also have a third ear at the base of our throat, on the level of the thyroid gland. In order to develop this third ear we have to learn to live in silence.

Everybody knows that when you need to reflect and decide something important, you go into the room alone and close the door behind you because silence is a more favourable climate for making decisions. When the constitution of U.S.A. was written it was done in closed doors away from people demonstrating and staging protest marches. When Elijah (the prophet, from the book of Kings, Christian Bible) had to flee for his life from Jezebel he went and hid in the desert for many days. Then the voice of God made itself heard. At first there was a tremendous wind which tore the mountains apart and broke the rocks into pieces, but God was not in that wind. Then there was an earthquake, but God was not in the earthquake. Then there was a fire but God was not in the fire. Finally after the fire came the whisper of a still, small voice from a gentle breeze and God was in that whisper.

There is a story about a woman who was employed as time keeper (by intuition without a time clock) for a big gold mining company in China with 2,500 employees. What she did was to sit in silence every day and blew a whistle three times a day; at 8:00 AM work starting time, 12:00 lunch time and 5:00 PM knock off time. One day she blew the whistle at 10:00 AM and all the employees, foremen, supervisors climbed up and out of the underground mines. All the supervisors were very alarmed and angry with the time keeper that why she blew the whistle 2 hours early before lunch time. Five minutes later when all the 2,500 workers were out of the mountains, the whole mining area caved-in and collapsed totally but everyone was saved.

The Divine Spirit dwells in each one of us and if we have to put ourselves at His service, it is not in order to make Him strong for He is almighty; nor it is in order to instruct Him for He is omniscient; nor it is in order to purify Him for He is a spark, a flame. The only thing we have to do is open the way to Him; when we do this He gives us His own light, peace and love. This is the work we should be doing in the silence of our meditations. We have to learn therefore to make room for our divine nature, our divine self and say ‘All I have is yours; take possession of me and use me as you will; I am at your service’. When a human being decides to dedicate himself and all that he owns to the Lord he makes it possible for the divine principle to work

and manifest itself through him. And it is precisely this that must be our preoccupation during our meditation; to bring peace and silence to your inner inhabitants and in stillness, to unite with our Higher Self, the Transcendence Silence, the quintessence of God Himself.

Harmony is the key that opens the door to the realm of inner silence. Harmony in the physical plane, harmony in your feelings and harmony on your thoughts are the essential requirement for achieving true silence. Once you create harmony within yourself you will be filled with the sense of well-being. As long as your whole being is not attuned and is out of harmony it is no use expecting to receive anything from heaven.; you will always be deprived of its blessing.

Silence, peace and harmony are simply different expression of the same reality. You must not think that silence is mute and empty. No; silence is alive, vibrant and dynamic; it speaks and sings. One day through constant meditation and contemplation, we shall hear the voice of silence. We must therefore learn to love and achieve silence.

From this we have to learn the lesson that those who would become wise must be silent. Though truth is not personal, we make it personal by meditation and contemplation.