



What is the Silence ? Mukeshanand Brahmchari

“From silence came thought, from thought, the ego, and from ego, speech. So if speech is effective, how much more so must be it’s source? What one fails to know by conversation extending in several years can be known in a trice in Silence” – Sri Ramana Maharshi

Silence. To call it a state characterized by absence of external words or action, and of the internal chatter of thought is an oversimplification. The Heart Guru can only be realized through silence. Silence is the path to the merger of our mind into it’s source – the inner Guru, the spiritual heart.

Silence is the end of all spiritual paths across religions and cultures. The purpose of all *sadhanas* is to reveal one’s true nature: infinite love, peace and bliss. Whatever we focus or contemplate or meditate upon - our breath, an idol, an image, a sound, a *chakra*, a *mantra*, the sensations in our body, a colour, our thoughts, a visualization – the purpose is to still the myriad thoughts in our mind and take it to it’s source – the Self or the heart Guru.

“Silence is the ocean into which the all rivers of all the religions discharge themselves” – Sri Ramana Maharshi

Not only this, in ordinary lives, our desire for certain people, objects, activities or situations is also ultimately a desire for silence . When our external reality isn’t conducive, we seek solace in intoxicants such as food, sex, workaholism, alcohol and drugs. If we think of the experience of any ‘high’ – whether an exotic dish touching our taste buds, or an evening with our beloved – the ‘high’ is characterized by shutting out of all our internal chatter. We are not in the past or the future (as is the pre-occupation of all our thoughts), but in the present. In Now. The present is nothing but pure silence. And silence is bliss.

“Atman, the Self, is realized with mruta manas, i.e. mind devoid of thoughts and turned inwards. Then the mind sees it’s own source and becomes That. Thus when there is a state when words cease and silence prevails. It is the speech of the Self” – Sri Ramana Maharshi

In order to reach this state of silence, the first step is to turn inwards. To turn our mind inwards, and dissolve into the heart guru located on the right side of the chest.

“Illumination arises from the heart and reaches the brain, which is the seat of the mind. If the mind is turned in[ward] towards the source of illumination, objective knowledge ceases, and the Self alone shines as the heart” – Sri Ramana Maharshi

Through Silent Heart Meditation, the *sadhaks* (spiritual seekers) and I sit in silence, through which I send vibrations of pure energy from my heart guru to that of the seeker.

Initially, the *sadhak's* mind is hyper-active, besieged by all kinds of thoughts – remembering the past, imagining the future, or a dream-like state. The key is to let go of the passing thoughts and hold on to the unchanging Self. This can be made easier by anchoring oneself in the physical location of the spiritual heart. The *sadhak* need not cease thinking. Only trusting the external Guru to take them back to spiritual heart, the root of thought each time a thought arises. This mini-explosion of thoughts is due to cleansing of accumulated *vasanas*, due to the vibrations of universal consciousness (pure energy) transmitted by me during the Silent Heart Meditation. It may also be accompanied by physical discomfort (such as backpain, or heaviness in the head) or the urge to engage in action (such as by moving, or opening eyes or talking). This that manifests or wishes to manifest through the body is also a thought. This too, needs to be observed, and let go.

Slowly, the mind starts to settle down. The intensity and speed of thoughts reduces. The space between thoughts is now filled with micro-moments of silence. As the vibrations of pure energy from my heart guru bombard the *vasanas*, and release them, the inner Guru starts revealing itself. The *sadhaks* should continue being immersed in their spiritual heart Guru throughout, maintaining deep inner awareness of the experience. Slowly, the body begins to relax, the tightened muscles become supple, energy starts flowing through internal channels making the head feel lighter and improving blood circulation. As the body and mind get deep rest, it is natural for *sadhaks* to fall into a state of *tamas* (laziness), and even sleep. The *sadhak* should make a resolve before the session to not sleep, or to regain awareness within a few moments, in order to gain fully from the experience. Also, if one still does doze off, accept that with ease and love too!

With time and practice, *sadhaks* are able to deeply connect with my spiritual heart Guru. Silent Heart Meditation allows me to transmit the essence of my learnings, and make the spiritual journey clear and effortless for my students. Creating this invisible channel between our spiritual heart Gurus enables *sadhaks* and I to engage in heart-to-heart communication, overcoming barriers of time and space. As the heart continues to open more, the *sadhak* becomes firmly established in their inner guru, their spiritual heart, an infinite source of pure love, inner peace and bliss.

“One might be in the thick of the world and yet maintain perfect serenity of mind; such a person is always in solitude. Another person may stay in the forest, but still be unable to control his mind. He cannot be said to be in solitude.

Solitude amounts to making the mind still. Where is the forest and where is the way unless they are in you?” – Sri Ramana Maharshi

After some time, this state of communion with our spiritual heart Guru does not remain restricted to the 30 to 60 minutes of meditation. It becomes the experience through all engagements in the external world. Hence, there is silence internally even though one is engaged. This is stillness in motion. Like the earth revolving around the sun even as you read this, without you having even an inkling of it's motion. Without actively changing the people,

situations, objects or activities you engage in, this stillness brings about a fundamental shift in the way you engage with the world, and in turn, in those who are touched by you – an embodiment of peace, love and joy.

With sustained practice, this state becomes effortless, as being our True self should be.

“Effort is meant [as a way] not to allow oneself to be distracted by thoughts. Having once experienced the Bliss of Peace, [one will not] engage oneself otherwise. It is as difficult for a jnani (self-realized being) to engage in thoughts as it is for an ajnani (one who has not realized the self) to be free from thought” – Sri Ramana Maharshi

Namasté

✨ **Mukeshanand Brahmchari** : www.mukeshanand.org

- Email: mukeshsantaram@gmail.com ● Facebook: fb.com/mukesh.anand.963
- Skype: gurumukeshanand1

✨ **Association TerrÂnanda** : 30 B, impasse des grézys -
33240 La Lande de Fronsac (France)

Contact : Catherine Peyreaud ● www.terranda.fr ● Email :
catherine.peyreaud@terranda.fr