

Satsang by Swami Amar Jyoti

# The Bliss of Silence

**By becoming nothing we become everything. It is in breaking the barriers of ego that we come in direct touch with our infinite Source. There we shall know the secret of creation, which is so easy.**

**W**hen you clear your mind and make it simple you will achieve inner Silence. God is always there, Silence is always there, but our disturbances of mind cover up the Silence. How shall we be quiet? We can stop talking, but to stop thinking is difficult. The mind bubbles constantly with internal dialogues because it thinks, consciously or unconsciously, that it knows something. One process





is to control thoughts mechanically as hatha yogis do, but this takes a lot of practices. There is a shorter, easier way: if you could suggest to yourself that you do not know anything, that God knows everything, then your mind will become quiet. This is a primitive method but such methods work very scientifically. *Knowing nothing* defeats our self-confidence but that is what is needed. If this sounds like pessimism or incapacity, just add one more line: “God, Thou knowest everything.” Then you do not need to be ashamed. *I do not know anything in respect to God’s knowing everything.* You will not have to fight with your thoughts and internal dialogues. By this method of humbling your own ego, the innermost sound is heard very easily. Actually it is not a method; I would call it a confession.

Perfect silence speaks the real Truth. If you could be simple, with utmost love, devotion and surrender unto the original Truth—not defeatism or resignation—then ego will have no power to clutter your mind. It only has power when you are resisting or fighting, when you

are not being simple as you were meant to be. Without resignation unto God it is difficult to defeat ego—not impossible but nearly so. You have to take support of your original Source. *If Thou art my father and mother, I am Thy child. If Thou art my Lord, I am Thy slave. If Thou art my lover, I am Thy beloved. If Thou art my friend, I am Thy friend.* Ultimately you and God are not two. If you could admit and confess within the sanctuary of your own heart, then it is easy. Your mental clutter will be finished and interior dialogues will be silenced without any resistance.

I said that this method is scientific; let us prove it. When a scientist concentrates or focuses on something, he forgets himself. If he were aware of his focusing, he could not observe the phenomenon. That means he loses himself—then only can he discover. Spirituality simply suggests a more direct way: let ego surrender unto that which is greatest. This does not diminish ego’s prestige. Ego is great because it is born of God, but it is not the greatest. We focus the ego upon the Totality,

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God, Spirit or Light by simple prayer: *I don’t know anything*. I know something and that has some value, but I surrender unto That which knows everything. In this surrender, “I” is lost and something totally new is born, which gives release. Then that original sound is heard as a flute, Om, the word of God. Outer silence is just a means, not necessarily the end. It helps your mind to come to inner Silence, the greatest of all.

This realization of the nonentity of ego is the secret of spiritual realization. Everything else will delay it. When you realize your nothingness you become everything. Before that we practice. To realize your True Self you have to make this fictitious shadow admit to knowing nothing, and even if it knows something it has no value. This utter faith, devotion, humility, honesty and sincerity is religion, “the way.” The way to know, the way to find God, the way to find our True Self is to make this shadow self vanish. When we confess: *God, Thou art everything*, it softens the heart, silences the mind, closes the internal dialogue, and automatically develops concentration.

Concentration is necessary for controlling the mind, not for making you see God. We use ego for concentration to control distractions, restlessness and weakness of mind. So it is necessary, but I assure you that if you utterly resign unto God, concentration will be born automatically as a byproduct. You will not have to practice concentration. After all, the end of concentration is also resignation and surrender. Otherwise you have to fight with your mind, control your thoughts, practice concentration, et cetera. Concentration can be helpful in controlling the mind, but this could be verily done with easy methods.

Being childlike is confession, nothing else. Why not become children again? After all, who will receive the inheritance of the father? When you say *I don’t know anything*, you are saying: *I am your child, you are my Father*. This is the easy method. There are things

that trouble our minds. There are dark nights, conflicts, pains, separations, failures, sadness, losses and ill health. It is as though we have no power to overcome these things. We do not know how to silence and pacify the mind, how to relax and get peace. Those are great things, yet they are easily done. Around every dark corner there is a light. After difficulties arise solutions are given, *provided* we apply the right method or way.

If you want to be great, be simple. You will get God as well as greatness. The humblest ones have become the masters of humanity, not those who are haughty, proud or arrogant. At the most we appreciate their talents: great poets, thinkers, inventors, artists, and so on. But achievements and accomplishments do not necessarily prove greatness. The great are known by how they do the little things. The Creator is known not by what He creates but by what He *is*. Is God great for us because He created all this? He is great by His own Being. Even if God did not create, would He not be God?

There have been many holy men and women who did not write a single book, paint a picture, or build a church, temple or institution, but we worship them. Jesus and Ramakrishna are among these. Jesus preached and did miracles. He touched others and they were healed. We call these miracles but for him they were just nature working. Krishna and Rama, who were kings, did not write books. I am not against accomplishments; they are expressions of talents. By all means praise those, but we praise the Lord because He is the Lord. That is enough. That is recognizing His greatness. And am I not praising His total glory when I confess, *I am nothing, Thou art everything*? Then He shall let you know His glory.

Let us see and judge ourselves. How great do we feel because of our accomplishments, talents and possessions? When we look to the glory of God in its true sense we feel our insignificance. Ultimately we are all God, but we can realize that only when we become nothing. When we realize our nothingness we will be everything. We realize our true glory and greatness. In self-defeat lies victory. The Buddha said: “That alone is true victory which knows no defeat for anyone else.”

The mind is not capable of knowing everything. Partial knowledge is not absolute, and any knowledge that is not absolute does not free us. Only total knowledge frees us; it is derived when we know or realize our knowing nothing. Then only will ignorance





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vanish. This is perfect science and sages applied it centuries back: *Tat twam asi*—Thou art That. *Aham Brahmasmi*—I am the infinite Reality. All those who attained Realization, who became great for all times to come, were the most humble souls. That was their secret. One day when you realize this you will be released.

This is the most modern science: the observer and the observed become one. As long as you are the observer of the thing observed you are groping in dualism. When the observer and observed become one, you attain Enlightenment. Physicists are trying to know the ultimate particle, essence or truth of phenomena, but they will know this only when the observer and the observed become one. This has to be mutual, with your ego, your mind, your consent. It has to be your free will to honestly confess, to admit, to repent. When you do this sincerely and honestly the way is shown. God will manifest within you.

The greatest aphorism and most scientific statement is *Be still and Know*. Truth is not paradoxical; it is simple as God is simple. In Silence we know everything. The mind is movement: vibrations, thoughts, projections, memories. Stillness by its own meaning is devoid of such dualistic patterns. Therefore stillness of mind means silencing the mental vibrations, like waves subsiding back into the ocean. We are not annihilating the mind but silencing it. Stillness means egolessness, or at least for the time being ego residing in its Source, Silence, Pure Consciousness.

By your own sweet will determine: *God is everything*. If you take it rightly it should be relaxing, blissful, beautiful. Loving God should be light, cheerful and peaceful. Longing for God, even if you do not see Him, even if you do not get Realized, gives its own satisfaction. It is elevating and inspiring. We have not come to Earth just to live a good life. Every one of us has to find our own purpose, to tread on the path. Prophets, masters and holy ones can guide, communicate and

show the way, but you have to find your own God, your own Source, your own Truth. For this we need honesty, a genuine approach, and selflessness. Once we understand this we will know the great meaning of *Be still and Know*. It is not fighting or putting efforts or projecting. It is a sweet self-willing. Just *let go*. It is already there. We simply have to realize it.

Once you are silent, still and focused, you will know everything. Then if you stand before a tree and want to know *how many leaves are on this tree*, intuitively a reply will come to you. Intuition is a higher form of knowledge than intellectual experimentation. Any branch of knowledge today is incomplete. Not that they are faulty or wrong—their search is genuine—but you cannot know with the ego intact. It can go to a limit; beyond that it remains incomplete. Therefore you find today's statement or discovery is often canceled tomorrow. This is because we are using a very limited instrument to gain knowledge. It is not by intellectual thinking or reasoning that we truly know. If you could just make yourself still and silent, knowledge like a rushing river from the mountains will flow through you. It is not poetry; it is a fact. Actually we block the river of knowledge by trying to know through ego, which is itself a block. Therefore we have tension, anxieties, heaviness and clashes. Whatever is limited cannot be knowledge because true knowledge must be liberating. In Sanskrit: *Sa Vidya Ya Vimuktaye*—That is true education which liberates.

Your method lies through your mind. *Chetra loka tetra yoga*—As many the minds, so many the paths. Masters, prophets and sages show you general guidelines. You have to find your way and your release through your mind. This comes through purity and simplicity of heart. Do not think it is religious alone. It is perfectly scientific. A laboratory and apparatus are used as a medium only because we do not know how to do it directly. The greatest of all instruments are our own body and mind. The solution to know the secret of the universe is to merge our egos.

Intuition, insight, is the greater instrument. It gives revelation, a direct method of knowing, and revelation cannot come to us when ego is intact. Ego is the sense of I-ness, of *me*. It is a feeling of limited identity, whether individual, group, social or national. A telescope that is 236 inches in diameter will reveal less than one that is 500, 1000 or 5000 inches. When we cannot make a telescope of infinite diameter, how can we know





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infinity? In the same way, unless you are infinite you shall not know infinity. Any ego is a limited area, so how can we know infinity through the telescope of ego? Here is the famous answer: *Blessed are they who are simple at heart for they shall see God.*

The truth is that God is within everyone. He will do everything for us when we allow Him, when

we are nothing, when we do not put forth our own selfish motives. That is egolessness. Then the flood of light and energy will flow through us without any obstruction. We become pure instruments. The more you grow the more you find how little you know. By becoming nothing we become everything. It is in breaking the barriers of ego that we come in direct

touch with our infinite Source. There we shall know the secret of creation, which is so easy. You will be astonished. We have been cracking our heads since thousands of years, writing encyclopedias, and it is so simple: there is just one thing out of which everything has come. That is immortal, imperishable and indestructible. There is only one God to see. There

is only one Spirit to meet. By knowing That you will know the whole universe.

In Buddha's life we read that after Enlightenment he sat for forty days focused on the mysteries of the universe, and he knew everything. Spirituality and scientific methods are different but the goal is the same. You have to go beyond equations and calculations. You have to transcend. The vision you want to see, the revelation you long for, is yours by simply being nothing. This is the unity of *everything*. Where there is unity there must be simplicity, and where there is simplicity there is no mathematics. To reach that implies nothingness, zero. Therefore Einstein and other great scientists were very humble people. The greater the poet, the writer, the artist, the scientist, the humbler he or she will be. The more the tree is laden with fruit, the more it bends. We want to know the secret of the universe, we want to still our minds, we want brotherhood and peace. How will you calculate peace? Are there equations that give you peace? Are there understandings, agreements and treaties that assure brotherhood?

While living in the world you need calculations; you have to be practical. But when you talk about the goal, the purpose, then we transcend these things. Come in tune through faith, dedication and devotion. That is your fulfillment. You are coming back to your Lord, your sweet home. You do not have to calculate. Whatever it is, Father will calculate, though He does not calculate either. When the prodigal son came back home, the father did not calculate. *Be still, thou shalt know.* To know the secret of the universe you have to dedicate to your Spirit, your God, to something inside you. Then you will touch, tangibly, the Source within you. That is indestructible. 🌸

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