

Silence is the deepest calling of my soul. As I sit in silence, I am filled with the silent voice of the One. Whether in the Holy of Holies of my Heart's Sacred Temple or in the midst of throngs, within the silence I remain. In the embrace of the One Silence is my vibration experienced by the All. Toni Elizabeth Sar'h

Unleashing the Heart

Sitting in silence, breathing quietly and focusing on the heart while feeling a sense of well-being, allows entrainment of the body's systems including the brain. It creates the pathway for the coherent electrical rhythms of the heart to impact all of the bodies, physical, mental, emotional and spiritual. It is then that the brain waves slow down; the mind stops rushing, quits its wandering and enters the silence. This amplified peace allows information from the inner voice of the heart to appear instantaneously.

The more relaxed a person becomes, the easier it is to reach a state of inner rest in which motion is potential motion and the energy is infinite.

Movement and rest are fused into one. It is one enormous still point where resonance with the absolute intelligence is reached. Here is the connection with the inner voice of the heart, fueled by its coherent wavelength frequency, sending its message instantaneously into the mind of the individual.

You, A Field Guide

The new pattern of being in no-time is known as *mindfulness*.

The daily practice of mindfulness allows you to make each moment your own.

Modifying your life in even little ways can make a big difference. The very act of focusing on simplicity causes you to stop and consider what you might give up to have more time on a daily basis. This choice asks you to consider what you wish to keep, the value of how you spend your time and creates a space to preserve in the peace of silence.

In the quiet, your ego is invited to make friends with the *Essential You*. If you persist in the practice, it will begin to lose its fear and a new relationship has an opportunity to blossom.

What does this practice of finding the silence within do that creates benefit? Is it worth the discipline necessary to achieve results?

Silence is like coming home.

You meditate to recover something of yourself you once *unknowingly had* and feel you have lost. Since your brain/mind complex looks for that which is familiar and compares it to other experiences based upon memory, the yearning that you feel must come from something you already know. If this were not true, there would be no yearning because your yearning is a feeling. You do not experience feelings about that which you do not

know. You may not know what it was or where or when you lost it, yet you know you wish to find it once again.

Perhaps the lost piece would give you access to more of your human potential or allow you to feel closer to yourself and your own reality. Perhaps it would increase your capacity to love and your zest and enthusiasm for life; or your ability to see and function in your world more efficiently, to let you know that you are, indeed, an infinite citizen of a timeless universe.

If you undertake the practice of meditation, you will find that each of the above statements has the same meaning. Meditation's true goal is to give you the fullest sense of what it means to be human, your "human-hood".

When you glimpse your own completeness in the stillness of the moment after being released from physical, mental and/or emotional pain and suffering, a new and profound "coming to terms" with yourself begins to take place – namely from a perspective of integrity and unity. You begin to awaken to your authentic self. This change in your view creates an entirely different context within which to see and work with problems no matter how serious they may be. It is a perceptual shift away from fragmentation and isolation toward oneness and connection. With your change of perspective comes a shift from feeling out of control and helpless to a sense of the possible, a sense of acceptance, inner peace and control.

The creative process has four phases. First is the stillness of the core within you. This is the point from which you originate. Next is the expanding of the core, as your essence expresses itself through the levels of intention and personality into the physical world. At the height of physical expression, you look into your highly polished mirror (reflecting you) and go into the next phase. It is the stasis at the end of the expansion into individualism, your physical expression in this dimension. There you pause for self-observation and make a choice for love or fear. Soon afterward, the creative pulse of life moves back inward from the physical world in your personality, down into the intention level and then back into the core. It is here, deep within, that you reach the fourth and final stage of the creative pulse of life.

So what *is* the final product of creation? Once you have had a good look in the polished mirror of self-discernment, brought the creation back through the level of personality through intentionality and into the deeper self, the physical learning is brought with it.

The final creation is the physical as distilled essence at the core.

Unleashing Your Soul

Becoming Aware of the Stillness:

First: Get centered within yourself. Be silent and go within yourself everyday for at least 15 minutes. Allow this time to visit with your *True Inner Guide*.

Second: Once you have settled into this stillness, ask any question you may wish to ask of your own inner guidance. Your reply may come as a word, an image, a sensation or very simple knowing.

Third: Pay attention to your body's messages. Each person's body communicates differently. Some people receive impressions, others sound and still others smell or words. Let your body know that you trust its instinctual wisdom and will follow its guidance, as well.

As you acknowledge receipt of answers to questions, know that your inner guide will not vacillate between "should I?"; "shouldn't I?" It does not consider options. It gives true, dynamic, straight forward, brief and clear information. It is your interpretation of the answer(s) received based upon what your mind tells you it wants to hear that may be out of balance.

The momentum contained within the silence allows no distraction as realization arises that there is only consciousness within the stillness. It releases you from the virtual world masking the Truth and slowly moves you into the current of the flowing Nameless as you begin to sense No Thing.

Sometimes the silence *is* the answer.

All that you consider to be burdening you in life are actually attachments you constantly feed. You think about the ideas and situations that bother you. You give them daily energy and use them as a support or crutch to keep you from entering into your inner silence. Thus, you cannot hear the voice of your soul

Experiencing Silence

Take a deep breath, close your eyes and listen. Hear all of the sounds in your surroundings. Experience how sound travels into your mind through your ears. Imagine yourself as the center point of a wheel, the hub, and the sound is running around the edge of the wheel flowing toward you on the spokes of the wheel. You are the divine creator of your play in earth.

As you sit in the center of the wheel, realize that within the hub of the wheel, that which is you, there is no sound. There is only silence. All sound is outside of you and entering into your mind and experience through your physical ears. Sometimes you can feel sounds if the vibration is strong enough. These are sensations in your body. The sound is not you. You are silence. Silence is the source of Source in its creation.

Your ears are the transmitters of sound. Your electromagnetic brain translates the frequencies of the sound waves into meaning for you. Your brain/mind complex gives that meaning significance. The meaning and significance of every sound can change from day to day depending upon your moment to moment experience. These sounds are part of the contrast of this dimension. Silence is your natural home; sound is relative.

Begin to ignore the outside sounds and focus on the hub within yourself, the center. There is no sound here. Listen to the silence. From this soundlessness comes all life. Within the no-sound lives the inner core of you from which you spring into conscious life with each and every breath.

Remain in this silence as long as it is comfortable. From the center of you, the hub of the wheel emerges the conscious life that you live. You can return to this silence at any moment, whenever you choose. It is always present **for** you. It is always present **as** you. You are God in form resonating with the silence.

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**The Nameless** is found only within the silence of the human mind. It will not be discovered in thinking, perceiving, seeing or experiencing "out there/in here". As the Nameless originally created within the silence of Itself, all communication with it is interior silence. While this may be a revolutionary idea to the questing mind, the anticipatory heart understands it perfectly. It is the yearning for the deeper energies magnified within this union that is the calling from the heart.

**Despite all that humanity** has erected and established, the moments of silence become something to avoid for fear those projections may vanish.

The heart's invitation is to venture into the unknown, the void of the unknowable, unseen and unexperienced until the Nameless Itself overtakes the heart in its silence revealing Itself in all forms and formlessness.

**The noise within** the human mind drives against the quiet moments of silence. The gateway to the interior world of soundlessness resonates within the heart and the mind pushes against its recognition. Past the entry is your Essence and the sacred, profound Presence of it as *The Nameless*. The conditioning that is part and parcel of your daily life is no challenge to this enduring, infinite union. Your Essence is the totality of you as **The Nameless**. It is awareness itself as the No Thing.

Venturing into the silence demands **that the mind forfeit its spiritual journey**. The momentum contained within the silence allows no distraction as realization arises that there is only consciousness within the stillness. It releases you from the virtual world masking the Truth and slowly moves you into the current of the flowing Nameless as you begin to sense No Thing.

Within the utter silence of the aware mind, there are no words, no thoughts, no thing to be said, done or expressed.

It is within the silence of the heart that you will find your perfect balance. The enlivened silence of your heart is all that you are aware of in the newly emerging recognition radiating as you.

**The stillness that pervades** the silence is all there Is. It is inherently *life*.

The mind is looking for a goal. It wants an end to the journey. It wants to know where it is going. The silence has no such intention. The silence itself is its own prayer and it is the answer to that prayer.

*Silence opens the doorway to the Nameless, the No Thing.*