



December 2015



## ~ SILENCE ~

*Silence inspires me. Silence encourages me. Silence helps me  
To enter into my **heart**-temple And meet with my Inner Pilot.*

We must be loyal To our  
**heart's Silence**-life.

~

My **heart's silence**-light Is the  
answer Of all answers.

~

God wants me To serve Him  
With my **heart's Silence**-  
smiles.

~

My **heart's Silence**-questions  
God promptly answers.

~

God-Dreams flower In my  
**heart's Silence**-dawn.

~

My mind Vehemently disliked  
My **silence-heart**. Now my  
mind Is enamoured of My  
**silence-heart**.

~

I **silenced** My mind with light. I  
**silenced** My vital with might. I  
**silenced** My **heart** with purity.  
I **silenced** My body with duty.

~

My **silence**-soul Sows, My  
**silence-heart** Grows. My  
**silence**-vital Receives, My  
**silence**-body Achieves.

~

A life of surrender In **silence**  
soars. A **heart** of gratitude In  
**silence** triumphs.

~

My **silence-heart** Is my  
matchless Meditation-  
companion.

A **silence-heart** Is the home Of  
a tension-free mind.

~

God needs My **silence-heart**  
And not My sound-mind.

~

The only way I can serve my  
Lord Is through My **silence**-  
**heart**.

~

God tells me that My only  
home Is God's **Silence-Heart**.

~

I am a God-worshipping petal  
From my blossoming **Silence**-  
**heart**-flower.

~

My **silence-heart** Has cured all  
my turmoils, Inner and outer.

~

I am safe Only when I am  
inside My own inner **silence**-  
**heart**.

~

Only God has the key To  
unlock My **silence-heart**.

~

A **silence-heart** Is always the  
winner In the inner world.

~

God's Presence Is most  
prominent In my **silence**-  
**breath-heart**.

~

Nothing can be as rich And  
powerful As the **silence** of the  
**heart**.

I must cultivate Nature's  
**silence** Inside my **heart**.

~

The **silence** of the  
**heart** Begins When the noise  
of the mind Ends.

~

A man of prayer Eventually  
becomes A **heart** of **silence**-  
delight.

~

I do not need A head full of  
ideas. What I need Is a **heart** of  
**silence**.

~

When you live In the **heart** of  
**silence**, Impossibility does not  
exist.

~

In **silence** My **heart**-life  
Prepares my lectures. In  
**silence** My soul-light  
Composes my songs. In **silence**  
My God-love Perfects my life.

~

**Silence** Is my soul's **Heart**-  
home.

~

God sends Our gratitude-**heart**  
On a **silence**-paradise-journey.

~

The **silence** of the mind Is  
powerful. The **silence** of the  
**heart** Is fruitful. The **silence** of  
the soul Is Godful.

~

The address Of God's **Heart** Is  
Infinity's **Silence**.

# ~ SILENCE ~

## **Silence within, sound without**

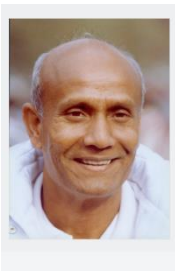
Silence within, sound without. Silence-Eternity within, Sound-Infinity without. Silence-Eternity-Dream within, Sound-Infinity-Reality without. Silence is God the Creator. Sound is God the creation. Silence is the progress-delight of God the Creator. Sound is the success-height of God the creation. Silence is never, never afraid of sound, but sound is always afraid of Eternity's and Immortality's vastness-silence. My silence-heart-life is a non-stop aspiration-flight to my transcendental Goal-the Goal of the ever-transcending Beyond. My sound-mind-life quite often carries me into a tenebrous indolence-coma. With my silence-heart, I always claim God as my own, very own. With my sound-mind, at times I praise God and at times I blame God, depending on my success-smiles and failure-cries. When my sound-life lives in the shackles of bondage, when I live only in my buried hopes, at that time my silence-heart comes to the fore and inspires me with new hope, new inspiration, new aspiration and new dedication to go and visit my Lord's Forgiveness-Heart, Compassion-Eye and Protection-Feet. My silence-soul is the only teacher that teaches me how to speak to God and how to listen to God devotedly, soulfully and unconditionally. Man's eternal question: "Where is God?" God's eternal question: "How to please man?" Silence has the answer to these questions. Indeed, silence is the answer. Silence, silence!

## **Meditation Technique To Develop a Silence-Heart**

### **Question: How does one meditate?**

*Sri Chinmoy:* There are two principal ways to meditate. One can either silence the mind or one can empty the heart. When one silences the mind, the divine Reality, the highest Reality, can flow in and through the mind. When emotional desires and wrong movements from the vital are emptied from the heart, then the heart is ready to receive Peace, Light and Bliss in abundant measure. So by silencing the mind or by emptying the heart one can have a good meditation.

Slow down the thought-current. Every thought or idea that enters into your mind you have to silence. If you cannot silence it, then try to slow down its speed. If some current of thought is entering inot you very rapidly and you cannot stop it altogether, then try at least to slow it down. And eventually you will try to silence it.



### **Sri Chinmoy (1931 – 2007)**

Author of over 1.600 published books on spiritual topics

For more information visit: <http://www.srichinmoylibrary.com/>

*Excerpted from the writings of Sri Chinmoy  
For more inspiring quotes, visit [www.GenevaMeditation.ch](http://www.GenevaMeditation.ch)*