

The Art of Being Quiet

A dear friend taught me a valuable lesson just recently that I must share with my readers so that perhaps you can benefit from my experience. I learned that there is an art to being quiet and that the benefits derived exceed anything you can possibly imagine. I am not just talking about the benefits of meditation or Yoga which are, of course, worth their weight in gold. I am talking about a quiet where only the language of the spirit is spoken to and from the heart, where the emotions are put on hold and where all thought becomes secondary to the purpose of existence. I hope that you will find this article to be very enlightening. That it serve as another means of helping you to raise your conscious awareness so that you can better understand the nature of reality.

My friend challenged me to an experience that required me to not speak and to not be in control of the experience with my Ph.D. mind. Now, this might sound simple in concept but let me tell you it took many failed attempts before I was actually able to shut up and power off my brain long enough to let the exercise begin and to resist the urge to take control. My natural 'fight to be heard' instinct kicked into gear as I fought to control the outcome with my brain which I discovered later on was steering me away from the most amazing experience waiting for me. All I had to do was to stop talking and stop thinking with my brain. How hard can that be? Surprisingly very hard!

So with a great deal of patience and love my friend calmly asked me if I was ready to try again. I said yes, and this time I did as I was instructed to do. The rules were that I was to not process anything through my brain, that the only answers required were a simple yes or no when necessary and nothing more. I relinquished my free will just long enough to allow the process to begin. In fact, in my case my friend required that I place my tongue on the roof of my mouth as a reminder that I was not to talk. Each time we tried this exercise and I would start talking beyond yes and no he would say to me "I am sorry, I can't hear what you are saying" which only frustrated me that much more because I wanted to be heard or at least I thought I needed to be heard. Well my need to be heard violated the agreement so we would have to stop the process and he would have to treat me like a fourth grader and start all over again. And yes it was humiliating to be made to feel like a fourth grader but that was what it took to get me past my Ph.D. mindset.

So after many failed attempts I got through the whole experience and came away from it absolutely amazed wondering why I had not done this in the first place. I had learned the art of being quiet. During the time I was asked to be quiet, no words were spoken between us, there was only absolute silence for an indefinite period of time. It was during that absolute quiet that a strange thing began to happen. In just a short time I became aware that my heart was beginning to expand and as my heart was expanding every chakra from the root up began to open wide and then a wave of energy began to

flow up through my body from head to toe. I felt more alive than I have ever felt before. I was so excited to describe to him what I had experienced I could not wait to start talking. But much to my surprise he clamped right down on me and explained to me that when you give voice to something like this you can actually stop the flow of Kundalini rushing through your body bringing healing where healing is needed; that you actually squelch or decrease to zero what you just experienced. He explained how important it was for me to speak nothing about it at the time other than to say there was a change in my body so that what I had experienced would remain with me.

Well, that one success led to my desire to experience more and more which he was all too happy to assist me with. But again I had to learn that as I was ascending in these spiritual exercises the process was getting harder and harder so I had more to learn about relinquishing control. The process required one very important and primary criterion - trust. To go through this process especially at the entry level a degree of trust had to be established but that trust could not come from him it had to come from me. By relinquishing my free will during that period of time and by following all other instructions and then reaping the rewards I began to set up a level of trust automatically until I arrived at a point where I was ready to say "let's do this!" without hesitation.

So what is it about being quiet and allowing our hearts to expand and for the language of love from the spirit be the only non-verbal words heard or said? It's a challenge because we are so programmed in our societies to over-think and over-analyze everything. We are programmed from early on to think with our minds, thus, we know so little about thinking without our minds. In addition to how we are programmed there is the fact that today with all of our technology we are virtually surrounded every minute of the day and well into the night with noise. So how are we to learn the art of being quiet when we are emailing, texting and talking non-stop; when we are plugged into every piece of technology imaginable and everywhere we go there is noise, noise and more noise. Where in all the noise do we still our minds and quiet our thoughts.

Many people have resorted to various forms of yoga and meditation but even that has become so standardized. We cannot leave well enough alone, we have to assign formats and standards that instruct us how, when and where to meditate. I experienced a very funny situation that was not quite so funny when I was learning how to meditate while I was a student of metaphysics. There were so many steps to this process that it required actually having to turn the page. Well as I was going through the upper portion of the list realizing that eventually I would have to turn the page I panicked because I thought if I'm in a meditative state how will I know to turn the page, in fact, how will I know to come back to turn the page. That pretty much did it for me as well as all the many other stabs I took at trying to meditate according to so and so's standards. I just couldn't get where I wanted to get because I was too distracted working through all the steps or procedures. My guide who we all lovingly call Z suggested to me after much frustration

that I scrap all the structures, rules and regulations and just find what works best for me.

Well I finally gave up in frustration and just began meditating my way which works like a charm every time. For me it was a very simple process of plugging into my MP3 which has a collection of very beautiful inspirational new age music that automatically relaxes me and clears my mind within minutes. There is one very special arrangement that automatically moves me right out of my body with absolutely no effort. And when I travel out of my body I do not want to come back so it is generally not without a struggle that I return to my body. The whole experience is so magical from start to finish but I can only get there my way not by way of some mapped out strategy that dictates to me where I should sit and in what position, what clothes I should be wearing and why. What objects should be placed before me and why. I remember trying to focus on a meditation procedure one day which found me moving from place to place like Goldilocks, to soft, too hard, to this and to that. If I heard one sound I heard every sound; even sounds I had never heard before. None of those techniques were applicable for my experience and only served to stress me rather than to relax me. I have gotten so good at meditating over the years that I can literally go into a trance while doing household chores or doing work on my laptop. I have learned how to slip away with the least bit of effort. But if you were to ask me to concentrate on meditating I simply could not do it.

So, the whole purpose of writing this article was to encourage my readers and my visitors that you can learn the art of being quiet if you are willing to relinquish your will just long enough to allow the experience of the quiet to enter into the depths of your being whether you are attempting to meditate or you are learning how to step outside of your need to express yourself and your emotions. I learned from my friend that when you allow your heart to do the speaking on your behalf you will rise up to a level of spirituality you could not even imagine is possible. When I experienced that higher level of spirituality I was certain I was flying on the wings of angels whose wings were intertwined with my own.

When I sum up the whole of the experience I can only do so by restating what my friend said, “thoughts become secondary.” I experienced just that. After I stopped fighting him with my will to control, to be heard when there was nothing that needed to be heard and when I silenced my Ph.D. mind did I understand that my own thoughts and emotions had indeed become secondary to the most primary and fundamental purpose of existence – love expressed through the spirit spoken only to and from the heart. Wow! The experience my friend patiently and lovingly guided me through is Priceless. It was a turning point for me at this stage of my own spiritual growth and is one I highly recommend my readers and visitors to experience someday too. When you can reach the level of understanding that your own thoughts and emotions are secondary to the

purpose of life itself there is nothing more to be said verbally. You just understand what you need to understand without any thought communication. Amazing!

I truly hope that even if you do not understand the experience I have shared in this article that at the very least a seed has been planted that you will allow to germinate in the soil of your soul. Then one day when you least expect it or anticipate it that seed will have grown into a strong tree bearing many branches of love for everything that exists and you will have an understanding that surpasses thought. We can only imagine what the outcome would be globally speaking if many people had just such an experience one time in their lives. Imagine the dramatic changes that could take place as people began to lay their arms down and live in a state of peace and love for one another. I know it sounds like lala land but the potential is always there. We call it evolution. The question is can we evolve to a state of absolute peace and tranquility where personal thoughts are secondary because we learned how to speak to one another with our hearts.

I thank you all for taking the time to read this article and I truly hope it will bear its fruit somewhere along the path of your lives.

In peace and love,

Linda

The Mind:

"Hard it is to train the mind, which goes where it likes and does what it wants. But a trained mind brings health and happiness. The wise can direct their thoughts, subtle and elusive, wherever they choose: a trained mind brings health and happiness." The Buddha