

Sitting in the Silence

Dr. M. W. Lewis

San Diego, 8-14-55

Subject this morning, "Sitting in the Silence. . . on the sunny banks of my mind, with the Krishna, or Christ Consciousness by my side. When the thoughts have gone to rest, that's the time that I see Him best. Oh, it's lovely sitting in the silence."

There's more to that sitting in the silence than meets the eye, as you read those words, or sing them. "On the sunny banks of my mind," or consciousness, means that when you're sitting in the real silence, you're in the Light of God, the sunny Light, the yellow Light of God's Presence. Of course, the thoughts have to go to rest, otherwise you won't get anywhere. "That's the time I see Him, or feel Him best." It's the merging in the Christ Consciousness within, which is the important thing to remember as you sit in silence.

Now, silence has two aspects. When you say "silence," there are two thoughts of silence. The first aspect is superficial, and the second aspect is deep. The first aspect is the negative aspect of silence, and the second aspect is the positive, reality, which we find in the silence within. The first is the cessation of thoughts, which gives a negative state known as "peace of mind." The second is when we merge in that silence, and attain a positive state of consciousness, which is "Cosmic Peace." Now that is quite different from the first state of silence, the state of peace of mind. Peace of mind seems wonderful when you attain it, after you are freed from the turmoil of an uncontrolled mind. But that is not the end. That will not satisfy you. There is something far greater; the positive aspect of silence, which is Cosmic Peace within.

It has been said, I believe, "seclusion, or silence, is the price of greatness." You cannot attain real greatness, which is oneness with God, unless you know the "silence." In the Bible we read, "Be still, and know that I am God." Now that is the literal meaning. "Be still," be in the silence within, and know the positive aspect of God as Cosmic Peace. It is there. It is far greater than ordinary silence.

So first, let us say a few words about this negative aspect of silence: peace of mind. We find most people, most people, are living with their nerves in an irritated state. And because of that irritated state, their mind is in a turmoil, their thought processes are uncontrolled, and that is why the nerves remain irritated.

Because with uncontrolled thought, the life force keeps charging back and forth, surging in the nervous tissue and it irritates it. So that's the way we find most people, in this state of irritability due to the irritation of the nervous system, because their thoughts are not controlled.

Now what is the prognosis? It is this. That it goes on, and they have at least a case of jitters, or worry, or it can go to the extent of a serious illness, and even uncontrolled thought processes can cause death. So it is paramount that we control the mind, control the thought processes, and this we can do. This we can do by following the health laws, and mental laws, through the intelligence within us, and the reason. We can do quite a bit to control the thought processes by these methods. But this is not enough.

This is not enough. We have to learn concentration to fully control the thought processes. And concentration by the techniques of Self-Realization Fellowship, the highest technique of concentration, will give you absolute control of the thought processes, if you do it. If you do not control the thought processes - take for instance in anger - uncontrolled thought processes, which produce paroxysms of anger - you all know, I've said it many times, and I'm sure you haven't forgotten it - that that gives off in the bloodstream poisons, which are very harmful. And fright, even, due to the uncontrolled processes of the mind, can produce death, and, of course, serious illnesses. So this can be controlled. This can be bettered. The thoughts can be put to rest by these two methods: first, following health laws, normally living, and mental laws; and secondly, by learning to concentrate - learning the highest technique of concentration. Then you can still the waves of the mind. Then you can still the thoughts.

Now what's the result? The result is peace of mind. The result is an escape from the turmoil of an uncontrolled mind. And it is a turmoil. Those of you, who've been through it, know it. It's a raging turmoil, so to speak. But, if you can control those thoughts, then you get peace of mind. You get the first aspect of silence, "when the thoughts have gone to rest." And it's a great relief. And people, who are able to do that, having had that other condition of irritability, and restlessness of the mind, feel a great relief. So this peace of mind is alright. This first stage of silence, first stage that comes when you sit in the silence, is wonderful, because it gives you relief from that terrible thing, and it is a terrible thing, uncontrolled thought processes.

A little incident comes to my mind of a patient who came, one time, to the office, and he, surely, had a state of the jitters, and uncontrolled thought processes. So I

got him seated up in the chair, and I gently began to tip him back, where I could get at him, ya know, and he popped right up straight. He wasn't going. Finally, I talked, and pushed him gently back, and I'd get all ready to do something¹, and up he'd pop. Well, that went on for about several minutes, and he said, "There's no use. I just can't do it. I just can't make it." He says, "Makes me so mad, that I can't control myself." Well, there was nothing wrong with the fellow except his mind was running him, and he certainly had uncontrolled thought processes. Well it ended. I used all the processes of persuasion that I knew, but it didn't work. Finally, he says, "No use. I just can't do it." I said, "So long, I'll see you later." I had known him in school years ago, but he was so cross with himself. Why – because his mind was running him. The thought processes were running him, they were uncontrolled.

So that's the first thing we must do, and when we do that, then we get the first state of silence, which is silence with peace. Now that's ordinary peace. Silence with peace. Peace of mind. And that in itself, of course, is much better than being subject to an uncontrolled mind.

Now the second state, the second state of silence, sitting in the silence; the second aspect, so to speak, is the positive aspect, which we all must attain, if we are to know the Presence of God within. And, as we sang in the chant, to "drink Thy name," the second aspect of silence is very important. It is that aspect to which the chant refers: "Sitting in the silence, on the sunny banks of my mind, with the Krishna or Christ by my side." That's the second aspect. In that state, you receive positive silence. Not the negative state, but the state of positive silence. And, of course, this comes when the "thoughts have gone to rest." But when you make a determined effort to know that Cosmic Peace within, which is God within you, that Cosmic Peace is the same as Cosmic Love, Cosmic Calmness, Cosmic Wisdom, Cosmic Sound, Cosmic Light. That's the natural inherent property of the soul, Cosmic Peace. But it is not known by outward means.

We can still the waves of the mind in the first aspect by outward means, but we cannot attain the second stage of Cosmic Peace, except we have risen above outward means, "when the thoughts have gone to rest," and the intuition of the soul bubbles forth, that Cosmic Peace is the Soul itself. It is the quality of the soul, it is the quality of God in us, and it is not limited just to Cosmic Peace. But in the silence, we will find all the aspects of God Himself from Cosmic Peace,

¹ Doctor Lewis was a Dentist

Cosmic Love, Bliss, Calmness, Power, all the Power of the Master of the Universe, we will find in the second aspect, the positive aspect of silence.

And so, you can see that sitting in the silence is very important. That we sit in the right silence, the right kind of silence. Not just be free from the mind that it's troubled, but to contact that positive Presence of God within us, which is the reality of God in us.

Swami Ram said, "Peace, like a river, flows through me. Bliss, like a river, flows through me." And there he sat. I remember the Master told me about him when he first came to America, years ago. And he had a picture of him. And there he was, sitting on a little stool, about that high from the ground, cross legged. And as you looked at him, you could see underneath was written, "Peace, like a river, flows through me." He was one with that second aspect, or that positive aspect of silence. He was one in Cosmic Peace.

So that's why silence is so important, especially, if we contact the Reality of Silence. There's no end to it. There's no end to the silence within. There's no end to God, is there? Therefore, there's no end to Cosmic Peace within you - Cosmic Wisdom - because It is God Himself.

Now there are certain other things which we receive when we contact silence in a positive way. We receive. . .we contact what? We contact the Holy Ghost. And the Holy Ghost, remember, is the Presence of God within us. "In the beginning was the Word, the Word was with God, the Word was God." That's what seems impossible to do, to contact in that silence, which seems so empty. "When the thoughts have gone to rest..." you get a relief from the thought processes. There's a relief, but then when you go further it's empty - it seems empty. But it is not empty. There's a little Light there - just a little, little Light. And, if you merge in that Light, then will open up in unplumbed silence, the Presence of God Himself.

And so, in the deep silence within, the positive silence within, we can contact, among other things, the Holy Ghost. And let us read from Romans, the 14th Chapter, 17th verse, "For the kingdom of God is not meat and drink; but righteousness and peace in the Holy Ghost." And so the true peace is in the Holy Vibration within. And remember, the Holy Vibration is knowable. It is absolutely knowable. It is not a mystical thing. It is not a thing that cannot be contacted, and felt, and tasted, and touched. It is a reality. It is the Word of God in us, and the Word simply means the Holy Vibration.

“In the beginning was the Word, the Word was with God, the Word was God.” And then again in Corinthians, the 6th Chapter, the 19th verse, “What know ye not that your body is the temple of the Holy Ghost, which is in you, which ye have of God, and ye are not your own?” We do not realize that in that silence within we can contact God Himself, and that’s what we endeavored to do in this morning’s meditation as we sang that chant, “I will sing His name, I will drink His name,” I will hear the Holy Vibration. I will merge in the Holy Vibration and then I will feel, get drunk, on the Bliss of God. That’s all it means. It’s not an emotional thing. It’s not a Holy Roller affair. It’s a real scientific thing. And when you feel it, you wish you could stay drunk, because it’s God’s Presence within us. Now that’s what we can get in silence, if we find the positive silence. And remember, this cannot be attained; this cannot be attained in the first aspect of silence. No. You cannot. . .you get a relief. But, if you want the real thing, if you want to know God, who is within you, and merge in Him, and feel that security that comes with nothing else, and feel that peace, which is attained in no other state of consciousness, know God within. It cannot be done; it cannot be felt, experienced, in the first state of silence. But in the second positive state of silence, there you can feel the Presence of God in a more real way than anything you have ever experienced, because it is Reality Itself, it is God’s Presence Himself.

And so we can attain this Cosmic Silence, as I call it, the positive state of silence, by contacting the Holy Ghost within. And we have the method in Self-Realization where each and every one of us can do that, if we carry out the highest technique of meditation. You will absolutely contact Cosmic Peace within, and the Silence within. You will contact the Presence of God. It may take you a little time to make your mind accept it, because He’s been the boss so long. He has run things over the incarnations, but when you beat Him down, subdue Him, then you’ll realize, “Well, there God is, right there. Not something way off. He’s been there all the time. Where was I?” You weren’t concentrating. You weren’t doing your techniques. You weren’t really wanting God. And when you really want God, in the Light within, you feel His great Peace, His presence. That’s the real silence, isn’t it? When we know, beyond question of a doubt, that God is with us, “Thou and I never apart,” we can say. You cannot say that in the first stage of silence. But in the second stage you can say, and feel, and know, “Thou and I never apart, Thou and I never apart.”

We have this spoken of also in the Bhagavad Gita, just as in the Bible, as I read in Corinthians. And in the Bhagavad Gita it says the same thing. It says practically

the same thing, as I spoke to you about the highest technique of meditation, which those of you who know, and practice it, realize that you contact the Holy Ghost. It says just the same thing in the Bhagavad Gita, which was written 1500 B.C. It says, "All the gates closed. . ." We do that in the technique of meditation of Self-Realization. We close all the gates. ". . .the mind confined in the heart. . ." the heart is the receiving center ". . .the life breath fixed in the head, concentrating, concentrated by yoga, Om. . ." as we sang in our chant, "I will sing Thy name" that's the Om ". . .Om, the one syllable, eternal reciting. . ." thinking, or chanting ". . .he who constantly dwelleth upon Me, not thinking of another. . ." when the mind, when the thoughts have gone to rest ". . . of him I am easily reached."

So there we have ages this has been the same eternal truth, the same eternal truth. But now it is very easy for all of us, through the efforts of the beloved Master, to give us these simple techniques. As Jesus said, "The harvest is plenteous, but the reapers are few." Few will do it. They read it, and talk about it, but they don't do it. Those who do, they'll testify, "He knows whom you let know. He knows whom you let know."

Now, other things which we will attain by the positive state of silence; we'll be one with the Comforter, of which Jesus spoke in St. John, the 14th Chapter, 26th Verse. We will know that Comforter. And Jesus said, "When I am gone, I will send you the Comforter, who will teach you all things" that you need to know. We will find that same Comforter of which Jesus spoke, and which he admonished to his disciples to know and follow. That Comforter is that Holy Vibration, of which we sang in our chant. The Holy Name is the Holy Vibration within us. So we'll know the Comforter.

This Comforter is also The Witness, The Witness that the Presence of God is there. And The Witness of the Holy Comforter, the Holy Vibration, takes a definite form, so that this path is not a path of unreality, of obscurity. It is a path where there are definite forms, and witnesses that you are following back to God. And The Witness of the presence of the Holy Ghost within you, the Presence of God Himself, the Word, takes a definite form as you penetrate the Cosmic Silence within. And that form is the little verse which you've heard me say, "Oh ring of gold, within of nameless hue. . ." this is The Witness of God's Presence in you.

“Oh ring of gold, within of nameless hue
Oh door of heaven, by which we all pass through
Into that realm,
God’s kingdom bright,
Eternal bliss,
Immortal light.”²

Now that’s what you find in the cosmic silence within. That’s the Presence of God.

And so, in conclusion, know, know that silence within. Not in a superficial way. Many yogis follow along; they do even the techniques of Kriya, the higher techniques. They know the first aspect of silence, but they don’t know the Reality. The positive Presence of God. As the great Lahiri Mahasaya said, “Kriya is a wonderful thing to do. It gives you the Bliss of Spirit,” the Ananda. But unless you follow it through to its logical end, which is merging in the Presence of God within, you have [not] reached. . .you have missed the goal.

And so remember the goal is to know, to know, in the unplumbed space of cosmic silence within, to know God Himself. And there you will find Him. Each and every one of us will find Him. Deep within, as Unending - you cannot exhaust Him - Unending, Ever-new – there’s nothing you can think of that you cannot find in God – Unending, Ever-new Joy, and Bliss.

² Words and Music written by Dr. M.W. Lewis