

## Supersentience Teaching of One Essence #13p

# *Silence*

*is the language of the real!*



### The Awareness Foundation

206-1947 West 7<sup>th</sup> Ave. Vancouver, B.C. V6J 1T2

(604) 734-1427

[burtharding@shaw.ca](mailto:burtharding@shaw.ca)

[www.burtharding.com](http://www.burtharding.com)

***The only language able to express the wholeness of Truth is silence. Silence is our eternal speech. Silence is ever speaking. It is a perennial flow of language which is interrupted by speaking.***

~~ Ramana Maharshi ~~

It was my meeting with Bhagavan Ramana Maharshi that sparked a whole new way of seeing life. As a result of this meeting I became so content that I quit my secure well-paying physiotherapy position to retire to a basement apartment in Yorkville, Toronto. My world was then peaceful, happy and uncomplicated for about a year.

Soon after, things began to change and my new-found peace was disrupted when the YMCA asked me to give classes in yoga. At this time my interest in metaphysical subjects reached a new high and delved in every conceivable study including Rosicrucianism, Mayanism, occult, soul travel, and in fact anything that held the name 'spiritual.' I was caught, like so many spiritual seekers, into the world of spiritual fascination. I became a new-age fundamentalist.

After a year of teaching yoga classes, as many as thirteen a week, and acquiring an extensive library, I was asked to appear on CBC "Food for thought" TV Show. Later was offered my own TV series on Mind/Body Connection. At this time I had my own company 'The Unitrust Foundation' and workshops were

both successful and lucrative. My world became a whirlwind of activity and gradually lost contact with the peace and beauty I had initially experienced. There was no silence within me.

One day, out of the blue, I recognized my phoniness. There I was teaching and telling other people about a Truth that I was not living myself. I realized that all I knew was what I had read, studied and heard and did not emerge from my own being. The only direct experience was my meeting with Bhagavan Ramana Maharshi, but even that was growing faint and far-away. The shock of this deception shook me with shame. I'm sure it was the grace of Bhagavan that triggered this confrontation with my self-deception.

At this point in my life I became so humble at my own unknowing that I stopped all teaching, married the young student who was following me in all my classes and took a trip to California. Years later we traveled to the West Coast and arrived in Vancouver. I fell in love with Vancouver and my wife left me to return to Toronto. It was at this point of being alone and unknown that I started sharing 'A Course in Miracles' which I felt covered the same basic teaching as Bhagavan. This Course was extremely popular at the time. What made these 'Course in Miracles' classes popular was, believe it or not, the clarity of my own unknowing. For example, I would read the Course text and challenge myself, "Do I really know what it is trying to say?" "What is the deeper meaning?" and then without reaching for an answer I would wait until its message would come to me at night or early morning. The more I trusted in receiving the deeper meaning, the more it did unfailingly. **It is at this point that I began to appreciate the REAL KNOWING which is Silence.** This awareness of my own unknowing opened me to LISTENING to what I had taken for granted – which was my own being. This 'open' approach yielded the greatest 'lesson' of my life, and it was the awareness of Silence – a quiet listening to the core of my being.

One afternoon, while reading the Course Text, I saw clearly that I am a human being. This Silence showed me clearly what everyone, including myself, had taken for granted. I was blown away literally by the power of those two words 'human & being.' **There in those two miraculous words lay the secret of human existence.** It was obvious how "I" played the human part of Burt while in Reality there was no Burt but BEING itself assuming that role. Silence taught me that there was nothing to learn, to attain, accomplish or overcome but to see (through listening) how the 'human' sought the 'being' until, like the prodigal son, found its way Home.

## ***The initial confusion***

The trouble with communicating with words is that the mind, immediately upon hearing them, looks for its own store of conditioned beliefs and ideas about it. It compares, analyzes and figures out what it hears according to its store of conditioned thought and personal experience. And, although words are necessary to relay a message that only Silence understands, has to repeat the same message over and over with different meaning until recognition happens. Oftentimes it takes years before the heart says, “Aha! I get it!” and even then, it takes deepening of such words before Silence speaks. **The voice of Silence which is triggered by surrender is itself Grace.** Grace can happen at any moment when we are living, somewhat, a surrendered life.

Initially the mind takes words literally and therefore gets easily confused. Every ‘teacher’ has his or her own way to convey the Silent Truth. People often listen first by the mind, then through emotions and finally through Silence. This transition from mental listening to emotional listening happens when the ‘student’ is open and trusting. The transition to listening to Silence starts happening when the heart is touched by love, openness and inner warmth of recognition.

Paul Brunton wrote, “*God will not enter into your heart until it is silent and still.*” And Thomas Keating also wrote, “*Silence is the language God speaks, and everything else is a bad translation.*”

Words are effective when they carry silence within them. There are many wonderful spiritual ‘teachers’ who may talk a lot but within the listening arises silence. The silence that is conveyed is the very silence experienced by the ‘teacher.’ The true listener is not confused by many conflicting words but is left silent in his being. And, it is this very silence that explains every question of the mind. In fact, there is no explanation quite so effective as silence.

***“If the mind can get quiet enough,  
something sacred will be revealed.”***

~~ Helen Tworlov ~~

Bernadette Roberts who had a deep awakening wrote in her biography, “*The truest communication with God is absolute, total Silence; there is not a single word in existence that can convey this communication.*”

People who seek spiritual awakening through reading alone or listening to lectures are apt to become stuck with the result of flatness, dullness and slow inner frustration. This flat-feeling, which is also known as intellectual knowledge, is inevitable until true LISTENING opens the heart to hear beyond the words. This is why Jesus emphasized that many seek but very few ever find.

The question now is, “***How do we listen in Silence?***”

The words we hear at satsang are the words of silence and if taken literally confusion is inevitable. When I acknowledged my own ignorance despite years of study, meditation and reading, it opened my heart to listen what is around me, what I had taken for granted. I saw how nature, the trees, the flowers, the grass grow in deep silence. The sun, moon and stars move in silence. My own nature as a human being, I realized, I knew nothing about and had taken it for granted. I never looked at my own beingness until that fateful day after reading the Course text. **When I recognized my deep ignorance of my true nature, it left me humble, open and receptive to listening.**

I discovered one of the great pitfalls of seekers is their belief in knowing something due to reading and study before their heart opens to what-is around them in the moment. **There is no knowledge but knowing that emerges from Silence.**

Fulton J. Sheen acknowledges how he started praying to God fervently but when nothing happened started listening. He wrote, “*In the face of Absolute Truth, silence is the true language of God.*”

## ***The story of Siddhartha***

I remember reading the book *Siddhartha* by Hermann Hesse. This book touched me deeply because it was the story of one seeker who finally woke up through Listening in Silence. Siddhartha was driven to find the meaning of life and why people suffer. One day, he and his friend Govinda, with permission from their parents became Sadhus. Years of searching, traveling, begging for food, meditation and ritual practice yielded no results. They became desperate of ever finding enlightenment. One day they met the Buddha and his words gave them strength to continue their path. Govinda left Siddhartha to follow the Buddha while Siddhartha was left all alone. Siddhartha was not a follower. More years went by and nothing happened. One day Siddhartha saw a woman who enchanted him deeply and fell in love with her. He courted Kamala the courtesan. He became caught in the world of business while he stayed with Kamala. They had a son whom Siddhartha adored. Siddhartha grew restless and the emptiness in his heart grew daily, he could no longer overlook the deep yearning in his heart for the Truth. Kamala died and his son went away to live his own life. Siddhartha was alone once more.

One day as Siddhartha was going to cross the river by the Ferry, the old boatman had a look in his eyes that took Siddhartha’s breath away. Siddhartha knew that this old ferryman knew the secret of life. He asked the boatman what was the secret and the boatman said, “*I have learned to listen to the river and its Silence. It taught me everything I need to know. The river moves constantly and yet it is*

*always here. It changes and yet ever-new. In the river's silence we understand life. Things come and go and yet the eternal is ever with us. Everything happens here while nothing is happening.*" For the first time Siddhartha understood and became enlightened.

### ***How does surrender come into the understanding of Silence and Listening?***

When we understand what surrender is, we also understand what Silence is. For instance, let's say you became angry for some reason and you remember to surrender it by seeing that control doesn't work.

You sit with this 'anger' energy without controlling it and not even wish it away since it's vital energy. Then something starts to happen, the egoic need to be in control starts giving way to something deeper within you containing the same energy. This energy, which was outwardly expressed as control now has found its way towards Listening. The energy, which was not suppressed, became a vital ingredient for opening the heart to listening. This listening is the Silence. And once we enter that portal of Silence then Truth reveals itself in a way never expected.

Ralph Waldo Emerson wrote, "*The ancient sentence said, 'let us be silent for so are the gods.' Silence is the solvent that destroys ego, and gives us leave to be great and universal.*"

### ***What happens when we are silent?***

Silence reveals automatically through knowing that time does not exist as we know it. As we enter Silence we come in contact with the eternal in us. We come to know that despite the change we experience moment to moment nothing is actually happening to being.

Silence is not manufactured by keeping quiet. Trying to keep quiet is dead, dull and coarse. Silence happens when we are willing to Listen to what is deeper than the surface life we lead.

We enter Silence when we are willing to Listen. Then Silence, without the mind's interference for answers or conclusions, will slowly reveal to us what our being had always known, which is the timeless.

Silence is our true nature and we start entering it when we surrender our egoic control through Listening. Then this Listening will lead us automatically into Silence. Silence has no opposite. Silence is timeless and is not controlled or disturbed by noise once it is revealed. Silence is the eternal absolute simply revealing itself.

### ***Can I be silent anywhere then?***

Please understand the difference between "I am silent" and "I am Silence." It is the difference between bondage and freedom, heaven and hell.

Silence is a listening rather than a focus. You cannot be silent because you are already Silence itself, it is your true nature. It is not something you attain but something that reveals itself when we are willing to surrender and listen to what actually IS! It is then we enter the portals of heaven – Silence itself.

***“Be silent that the Lord who gave thee language may speak.”***

~~ Divani Shamsi Tabriz

***“Silence gives us a new way of looking at something.”***

~~ Mother Teresa ~~

***“To be in Silence is to observe the mind’s own nature.”***

~~ Lao Tzu ~~

***“Any trial whatever that comes to you can be conquered by Silence.”***

~~ Abbot Pastor ~~

***“Listen in the Silence...Listen and you shall hear God speak...the chamber of silence is man’s divine Self. It is there that meets God.”***

~~ Frater Achad ~~

***“There is no explanation quite so effective as Silence.”***

~~ Alfred A. Montapert ~~

***There are silent depths in the ocean that storms that lash the surface into fury never reach.”***

~~ Orison S. Marden ~~

***“A happy life must be to a great extent the quiet silent life, for it is only in a silent atmosphere of quiet that true joy can live.”***

~~ Bertrand Russell ~~

***“The more you talk about it, the more you think about it, the further from it you go. Stop talking, stop thinking, and there is nothing you will not understand through Silence.”***

~~ Seng Ts’an ~~