

Cultivating Inner Silence

There is a background for everything. Every movement moves upon something.

And that something is a Silence which upholds everything including your own mental activity. All the thoughts and mental movements come and go, against a base that is ever stable. That is Silence...

Suspend for a moment your thought-activity and you'll become conscious of this presence.

...Think of this Silence again and again and try to become aware of it. By a steady digging in of this idea in your consciousness, this fact will become a reality to you – not merely for the mind but for the rest of the being.

Into this Silence you must learn to relax yourself.

Instead of trying to get at it, simply relax, call and let yourself lie in the folds of the Silence.

That will slowly come over you and claim you.⁹⁰

Kapali Sastry, paraphrasing Sri Aurobindo