

Seminar on Silence

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12th-15th October 2006, Bad Meinberg, Germany

About 130 members assembled at the Yoga Vidya Centre in Bad Meinberg, Germany, for a seminar of silence, in the presence of Master Kumar and his wife Krishna Kumari. At the beginning of the seminar Master Kumar published the booklet on Silence, in German and English, and on Saturday the booklet on Change.

Friday, Oct. 13th, 2006

Hearty fraternal greetings and good wishes.

This morning we shall have a brief explanation relating to the teaching of getting into silence. To be silent is possible in objectivity and also in subjectivity. If we are in objectivity, there is much silence. If we look within and look deep within, there is silence. Silence is be-ness. We are all essentially units of be-ness. Be-ness as basis, there is becoming. Becoming is the nature of being. The being gets becoming. We become listeners, speakers. Becoming is an activity. Being is the basis of this activity. Being is the spirit and becoming is the triple activity emerging from being.

As long as the triple activity exists, there cannot be absolute silence. To experience this absolute silence one needs to turn inward. We need to turn inward because we are excessively active. If we observe the activity in us, there is the pulsating activity as centripetal and centrifugal pulsation. Then there is the activity of mind, be it higher or lower mind, it is active. The higher mind is active in higher things, the lower mind is active in mundane things. The activity of lower mind relates to acts of mundane things, the higher to divine things, but both are thoughts. Some are black clouds, some are white, but both are clouds. The darker clouds also rain emotions down.

Be it thoughts of good will or of mundane life, it is all thoughts. Be it diabolic or divine activity, all are thoughts. Man moves from one thought to another and is engaged in thought. Man is essentially a thinking being. The root word is "man", manas. Man in Sanskrit is the one who continuously thinks. Mind is given to experience objectivity and subjectivity. With the higher mind we understand subjectivity, with the lower mind we understand the objectivity. The thoughts can be anywhere between white and dark clouds. All thoughts have their source in silence. So it is just moving from one thought to another.

Because we can think, we can think of silence, that is thinking of the source of thought, which is seen as awareness, which is also an ever moving energy. It is moving. Awareness has its source, that is be-ness. Since we exist, we become aware. The beings become aware and this awareness details into a higher activity of will, knowledge and action, and that activity is further projected to the senses and the body. The body is moved by the senses, the senses are moved by the mind, the mind by awareness, the awareness is an ever moving energy. That's where you are given the example of the sky.

There is a grand activity of the sky from dawn to dusk. There is the drama of colours in the morning, then the sun moving over the sky, in the night the movement of the stars. There is a log of background activity, but the sky remains. There is activity of night and day, but all happens on the background of the sky. Likewise all our activity is a drama of our awareness, which slips into slumber. When awareness goes to its origin, there is only be-ness.

The being pulsates. Pulsation is seen today even in the atom. The Vedas say, even the... pulsates. Apply the awareness on the pulsating principles. The respiration conducts the blood circulation etc. Apply the mind upon the respiration and be with the pulsation. Pulsation is a happening, even during sleep. Keep being with the respiration, it leads you to pulsation, then subtle pulsation, then no pulsation, which is called the soul (?).

Application of the mind upon respiration reach pulsation, subtle pulsation. Then you are like the eagle flying in the 7th sky, meaning you are just the pulsating principle without form. You only find yourself as pulsating principle into the soul, you become the sky. Sky is seemingly

not pulsation, but is pulsation. That is called Cheta Samadhi. There are beings, who live since centuries in this Samadhi. There are beings, who can be in Samadhi on all levels. You can feel it as pulsation around the heart, called the music of the soul.

As you are engaged with the music of the soul, the mind is absorbed into it. After a while you reach a state of no thought, zeroing into what is beyond. You enter into something like a vacuum state, into which you are absorbed into the other side, where you realize you are just the pulsating principle. Those who have worked out pranayama get out of the fourfold body, pratyahara.

The pulsating principle is an experience of blue without any form. There is the pulsating principle and an experience of blue. The centre disappears into the circumference. The expanse of blue is called the universal soul. When a point emerges, it is called a bird, a unit of the pulsating principle. It assembles around itself a threefold activity. The mind is active. The process of experiencing absolute silence is entering the background. First step is linking to the respiration to get into pulsation. In pranayama in 24 minutes the respiration reaches pulsation, in another 24 minutes he reaches the subtle pulsation, in another 24 minutes he gains the state of pure being. Therefore it is recommended to do 72 minutes. That is what we try to do here.

I have explained the process three times now.

First, application of the mind to respiration to reach pulsation,

Second, follow the pulsation to reach the subtle pulsation,

Third, follow the subtle pulsation into the background.

We do it now for 72 minutes and at 12 o'clock again for 2 times 24 minutes. At 4.30 we have questions relating to the process.

Fr., 13th, 2006, afternoon

Hearty fraternal greetings and good wishes.

Any questions related to the practice explained this morning? We then have 48 minutes meditation, followed by a short break, then again 48 minutes. We conclude this evening at 10 to 7 pm, so that you are ready at 7.

Q: What is pulsation? It is very abstract for me.

A: Pulsation is your heartbeat, it is not abstract, it enables respiration and circulation of blood. It is a double action principle. It exists in you as the life force, which expresses itself as a double activity of expansion and contraction. Because of the existence of this principle the heart is beating. It is not the heart beat, but the source of heart beat. It is the principle of the heart. When you link up to that, the heart gets absorbed into it. The pulsation is referred to as the thread. Man has the thread of life and the thread of consciousness. The thread of consciousness functions as intelligent activity. The thread of life conducts the life principle in the body. The seat of the life principle is the heart; the seat of the thread of consciousness is in the ajna.

The work of the heart is pulsation. So there is the pulsation happening in us. With the consciousness, which we call intelligent activity, we work out a plan, using will, intelligence and body. The activity of the intelligence in you is supported by the life in you. Two streams are there, the stream of life and the stream of light. The nerves through which the life is transmitted in the body are called nadis. The nerves through which intelligent activity is transmitted are called nadis. Then we have the cells through which the blood circulates. People check the pulsating principle with the pulse.

Life is the undercurrent, activity is floating on it. What we do in meditation is bringing the light principle and life principle together. When we bring it together, the light activity is absorbed into the life activity. The intelligence principle is absorbed into life in the night. You continue pulsating without consciousness in the night. There are centres where the two meet, in ajna, throat and heart. There are two ways of associating with it. If you make deep respiration, you would find (fusion?) with the life principle. Of focus on the ajna centre without faltering, do not falter. You fix your intelligence upon the ajna, focus there. Life moves, where intelligence is focused. Life would meet intelligence in ajna.

Union of light and life would enable us to heal. If intelligence says something is hurting in the foot, the life force is also traveling there enabling healing. The life and light activity are interdependent. The nature of life is rhythm (?). The activity of speech, thought, physical activity when not in tune affect the life activity. Life can be improved with rhythmic activity. Basically you do deep respiration and find pulsation.

The other way is to focus the light in the head and make it more and more radiant, then the life also moves there and then there is real silence.

Q: What to do when the body is having pain during respiration?

A: Is it due to posture? – Q: Yes.

A: Then change the posture. The way we do it is done with the mind, not so much with the physical body. It can also be done by lying on the floor. It is a mental posture. Mentally you need a stable, comfortable posture, that is what Patanjali means with asanas. Let your posture be stable, by being comfortable. When there is comfort, there is stability. A stable and comfortable posture is possible for the mind, when it is not put to discomfort by any other means. Make sure that your mind is comfortable.

Q: How do subtle pulsations feel like?

A: When you have subtle experiences, you don't have anymore relation to the outer form, only within. It is the total disappearance of all this. It can be experience of light or of sound or of sound and light, instruments. Many experiences may become possible. But if you go on, there will be a state without light and sound. The subtle experiences relate to light and sound or total disappearance of all that is around. If you have a predisposition of an angel of light, you find it there. Some people see many things relating to the preformed conceptions of forms and light. These disappear, forms and light and sound.

Q: about what is a mantra.

A: The very meaning of the word mantra is related to mind, man. Mantra means, the intelligence that protects you when you repeatedly recollect it: As much as you recollect, so much it protects you. Meditation is transcending. Mantras are for experiencing the silence, the be-ness. Mantras are for the experience of the angel of the mantra. He can direct and protect you. It is all seeking protection for the personality life. Meditation is for the larger whole (...). The unit of existence becomes the unitary existence.

The working with a mantra is coming into contact with a subtle intelligence and seeking its help. If you come into contact with the being, it does not mean you have become a self-realised person. A Master of Wisdom, his work is to transport you into the state of existence. The work of a yogi is to lead you to existence. Devas do their ordained work. A yogi is a Son of God who shows you the way so that you also become a Son of God, a Son of Fire, of Wisdom. Kumaras, the Hierarchy, they work to help man to gain self-liberation. That is not the work of the devas.

Among the devas there are very few who are yogis. A mantra would only help to get into contact and gain the power of that angel. Therefore the path of mantras is different from the path of yoga. Now we begin with 48 minutes of silence.

Sat., October 14, 2006

Hearty fraternal greetings and good wishes.

We will release the small book on Change. It is important for those who wish to change themselves – not the world, but themselves. The problem is that the people want to change the world, not themselves. Discipleship is about change. Learning to change is called wisdom, learning to change for the better. The first statement on Change is: Change is inevitable. It is inevitable even to the rocks. So why can't we think of change for the better. Acceptance of change, we should learn to accept. By not accepting you only have the conflict. Changing indicates a way to look forward. The wise always look forward to change. The system that changes brings in friction, conflicts, decay and death. All learning is through change, change for the better. Change is constant in nature. If we don't change, the nature dumps us on earth. Discipleship is accepting the changes brought by life. You should be prepared to accept and work with it. Discipleship gives the know-how for changing. All is learning. Entry is change and exit is change, too. Change is the golden apple that the

Aquarian Age offers. In the Aquarian Age change is very obvious. One should be ready to accept change. One has to be really strong to accept big changes. Change just for the sake of changing is poison. There has to be a purpose.

Open-mindedness, legitimizing diversity. If we are all used to visioning (?), it has to be 360 dimensions, otherwise one has a narrow sight. Adopting sufficiently to diversity. In this book I gave statements related to change applicable to oneself and to changes in a group. How we accept changes in a group and on a personal level. The statements on Change, on Silence and on Love, all came about within 15 days. They are good for the group members. You may appropriately use them. (One book to Jesus, one to Dierk).

What is changeable in us, what is non-changeable in us, aligning the immutable in us with the mutable in us is meditation. There is a part in us which is ever moving and a part, which is never moving. We try to link up the two parts. The never-moving part is the I AM, THAT I AM, the ever-moving part is the personality. We try to link up the personality with the soul. We shall do this alignment process for 72 minutes, until 10.30.

Those who are able to meditate, meditate. Others find more time to sleep, it is also a kind of meditation. We are thankful to Hubert who arranged for the seminar, it is a seminar which is good for me, I have not much to talk and no-one to talk to...

Sunday morning the Master and his wife conducted a fire ritual. At the conclusion of the group living the participants visited in silence the holy site of the "Extern Stones" to let the collected energies flow out as Light, Love and Power.