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## The skill of silencing

This drop has been maturing for at least as long as the Hostarka podcast and seems to have been waiting for the right timing to pour out. There is not a drop that does not invite to the art of silencing, this supreme skill of merging with God, with universal Consciousness, with Universal Reason, with the Light of Christ. I call it silencing because it needs no explanation. I prefer to avoid the word meditation because it is contaminated with actions such as focusing attention, controlled breathing, visualization, affirmations, postures and meditation techniques, although meditation means healing the mind with Peace and is the right word. I'm not saying that the mentioned approaches are bad, they're just not silencing or meditating.

It is precisely because of the length of incubation that this drop required that I do not take it lightly and is, perhaps, the starting point for everything higher, cleaner and healthier that you desire. The drop is an interweaving of natural science and living philosophy, which inner silence assembles into this wonderful dance with God. What is there to talk about at all, would be an intermediate question. Silence from here on would surely be the highest display of this skill, but tell me, would you last 3 minutes before your mind starts to drift in one direction or another? Silencing is a task that expects you independent and steadfast. New knowledge uses a new language, so reinforce it as regularly and continuously as the one you use now. If you are interested in something and until now have been looking outward for an answer, saturation with silencing keeps you at rest, and thus in Knowing. Only your belief that you 'don't know' makes you lose the anchor of Knowledge within you. This is, of course your freedom, you can always do this, take the power away from you and choose the role of seeking ignorance.

True spiritual beacons stop you from doing this to rest in thought. The fullness of Life cannot sift through mental associations such as 'I don't know', 'I can't', 'I don't have'. Life cannot exist in such mental associations. because Life is Knowing and Fullness. Silencing is a skill that takes you from the marginality of God's working or from the helplessness of consequences, into His bosom and into the causality of All. Do not say that this is too much for you, that you do not understand it, that you cannot do it, for this very thought is the creator of your reality, and you can just as easily choose the opposite and reap its effect. This momentary apparent complexity leads you to the surprising simplicity of Life and how you sincerely experience it. You agreed to the complexity ignorantly. Now is the time to come to terms with the simplicity of Life, wondering how you could ever think otherwise.



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You, can sink to the shallows of learned knowledge and think you know or to the dimensions of Consciousness and Be Knowing. Whatever you have does not come to you from distant horizons, it comes from within you. Look at nature, which is the embodiment of Giving. Nature gives because it has to satisfy the law of Life in terms of equivalence with what it receives, and it receives Life, it receives Love. Nature is protected by the inability to rebel against this Law, no matter how intensively we exhaust it and how cruelly we take away its Living Conditions. It must give, and so it remains in the circle of Life, even though it seems to be disappearing. Its disappearance mirrors the loss of Life in you, while it itself remains in the Fullness of Life.

Life's mission is to fully unfold within you. This Perfection is Christ Consciousness or Anointed Unconditional Love Consciousness. The art of silencing illuminates the path to this Summit of Light to realize one's own Eternal-Divine Core. As long as Knowing sleeps within you, you are aware and identify only with the visible manifestation of yourself.

Your ears hear only physical sounds and you respond to them, when awakened in Knowing, you draw sounds from the silence and create never-before-heard melodies, you are the creator of Life's novelties. Silencing transforms you from a record, that remembers and repeats what the senses perceive..., into a Living Creativity that can be perceived and recorded by the senses. You are not a CD, you are a melody. This is your natural evolution from seed to flower. As a seed, you cannot know what you need to do to blossom, all you know is darkness and ignorance, so all you have to do is trust and surrender to the natural process of maturation that is written within you and takes root in the purified soil of inner silence. You are already Whole in the seed.

You enter into blooming when you understand that God does not work for you, passive ones, He works with you. Willingness to co-create with Him must be yours, as must compliance with the Law of Fair Exchange. Co-creation with God means that you must know God and His way of Doing. You know this by knowing yourself as Knowing, not as a body. Silencing erases the low-consciousness program that you loaded into your body and used to overwrite the Natural Intelligence of Knowing. You have denied yourself as the Source that conditions this body and agreed to the weakness that is conditioned by it.

Silencing Scientifically Explained Silencing or meditating (not meditation, distinguish flow from state), when not interfered with by a sense of 'personal doing', is the most important ability of man, which promotes his progress towards the Light. The simplicity of this ability is so surprising that even the most adept at it cannot explain it. But they can talk about its effects. You can be anything through silencing. Silencing stops the leakage of energy into the virtual Happening around you and rests at the center of gravity, the Zero Point.



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Remember Jesus' instruction, "Where do you think the kingdom of God will come when you pray the Lord's Prayer, if not into your heart?" Because of outwardly focused attention, we have billions of believers, but few Lovers who would open the door to the Kingdom of God within themselves. Every day they pray 'Our Father, Thy Kingdom come and Thy Will be done', then they fight the first person who steps in their way or is not to their liking. As an extrovert, you look at others and do not know that you are looking from yourself and seeing yourself.

Intemperance blinds you to seeing your discrepancy between thinking and doing. Active love is silent and accepting when it encounters ugliness and It's will is always to give people the freedom to fall, which liberates from ignorance. Co-creating with God, silencing, you embark on the most natural, what is written in your soul's instinct, with the certainty of an eagle offspring that jumps without a thought from its nest, high on a rock overhang, to take its first flight. Don't think that you need a technique, that you need to know how to shut up or fly..., that you have to go to school, go to courses and workshops, to enter into the magical and mysterious, but by no means hidden, power of non-doing.

Know that you are Peace by nature. Clarity and Knowing are your states of Being.

Then just rest in that and be present to the Beauty that is being born.

What unfolds once you open the door to the Kingdom of God is an indescribable thing that only you can understand because it is for your eyes only.

The certainty of Knowing who you are is the first step. This leads you into the next one, to completely dismiss the body and do nothing with it. You don't direct your attention, you don't regulate your breath, you don't imagine anything, you don't move it..., you don't do anything. But do not overlook any detail of His Doing, which, when you withdraw from the inner space, can begin like a germ of Divinity, which is finally given the conditions to grow.

Allow your attention to diffuse into the limitlessness of the spreading Light like a just-birthing sun, do not try to gather it into a single point, as the word 'zero point' might suggest. Do not direct your attention to what you do not want, but be in the ecstasy of knowing that you are the Peace, Power and Knowledge of the Fullness of Life. When you allow your attention freedom of movement, it will naturally fall into Peace, into Rest, where it belongs. Let the satisfaction of contentment that Peace brings permeate you like an embrace of Light that you don't need to verbalize, not even silently within yourself. Just be the Light that permeates physicality as far as you allow yourself to expand. The knowings of one's own Light should reflect something like this: "The glory of Thy anointed Light is above me. I am Spirit from Spirit. Thy Light is all around me, surrounds me and shines through me. I dissolve in It, who is My Light. I know the Light that I am."



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Help yourself by not irritating the body's senses with anything, not with fragrances or music, not by playing musical instruments or staring at candles or flames, rotate the pads of the fingers away from touching the body or the ground, do not focus on any chosen focal point and alone settles on the chest, where the breath opens you to the Grace you breathe. It is the internal expansion of the trachea and lungs, which pushes into the flesh of the body, instead of observing the rise of the chest and abdomen, that is the hypnotism that rivets you to yourself, merges you with the breath, not with its effect. (See Kurmanadi - Amphibian Breath)

The Fruits of silencing Feeling the absence of you from you and the presence of Being, cleansed of the inconsistencies with Life that 'I do' brings, will gradually become your new normal. It leads to metanoia, to the transformation of self-perception (See Metanoia), in which resting in Peace and in the Fullness of Life will now be your new constant. You will find that suddenly you can no longer express thoughts and emotions inconsistent with the new vibration that rules your space... fear, anger, despondency, lack of (more) worth, envy, jealousy... .

A more regular and latterly permanent stay in the mood of 'there are no burdens now', as the wise Toltecs say, or 'inner silence protects and provides', or 'I trust God's doing' or 'everything that happens is in accordance with God's will' or similar, will cause the disharmony of your energy, physical and mental illness, hardship and deprivation to be pushed out of you. You have created them with incoherent emotional thinking that is not the fruit of your natural state of Being. Vibrations inconsistent with your state of Peace create toxins and communication disturbances in the body so that you no longer feel the confusion you are in and no longer hear the voice of the Soul.

The fruit of silencing is a single blaze for the Joy of resting in Peace.

This immediately leaves consequences on the vibration of your space, which heals and frees the addictions that make you sick. The regularity of staying in His rest creates an energy shield that isolates your space from old habits of self-destruction and from contamination from the environment.

Silencing is your expression of knowing God within you and allowing His Knowing to flow through so that it is also reflected in the forms of this world and does not remain just an idea. What you know is what you think, what you think is what you are. So know who you are and be it. Train yourself tirelessly in silencing, subject everything to it. Practice silencing now and now, again and again..., in physical rest and during work, during personal hygiene and nutrition, during a walk and other errands. The absence of the feeling that you are silencing and working should dissolve into the universality of silencing and working, in which you feel neither merit nor guilt for the Happening, because you are not in It.



How wonderful it is to annihilate oneself in "I think and I do" and to be One with Him (Her). As a composer draws from silence soul-caressing melodies, so you draw from silence what passes through the sieve of the active Soul again. This is a wonderful moment of self-discovery, it is the birth of Divinity.

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