

Dharana - 4

Words incapable of expressing the power of Silence, everything comes out of it and everything ends in silence. Silence is the expression of Nothingness. It is the only expression of God, the Silence, we can perceive with our mind and senses. Every day I get many questions regarding health-physical and mental, stress, yoga, God realization etc., the only one single answer I can give to all those questions is Observe Silence concentrating on Nothingness.

Yashyakasyapivarnasyapurvantheanubhavayeth
Sunyayasunyabhoothosowsunyakaarahpumanbhaveth.
VBT- sloka 40.

Before and after uttering a sound we can experience it, it is silence, the nothingness, and concentrate on it. It comes out of nothingness and the shape of nothingness (so, it is beyond the attributes of human beings), the Para Shakthi; merge into it.

Silence Eternal

It is Nothingness, beyond time
Know that it is God

-Rama