

Vedic Insights on Silence, Sound, and Speech

“When the drop knows itself, it knows the ocean.”

—Rumi.

Know your Self to know the Divine, the one Self in all.

In a recent inspirational message, Yogacharya O’Brian taught that when we restrain the stream of thought, we can experience a luminous mind. The luminous mind acts like a polished mirror that reflects the radiance of the true Self, *Sat*, existence Being. These teachings can also be found in the oldest living manual of yogic wisdom, The Yoga Sutras of Patanjali. Our radiance uplifts the world’s collective consciousness, and our practice of silence brings joy, peace, love, prosperity, and progress to all.

According to the enlightened masters of Kriya Yoga and sages, the core of everything in the cosmos is made of Absolute Truth or pure consciousness. It is silent, still, and is the ground of Being, and we can know it directly because it is our true nature. We can know it by realizing It; we practice becoming silent and still. This Truth is the same, constant, unchanging, in all times and places, and beyond attributes, indescribable. We can experience It because we are It; It is our true nature.

How does creation, all these names, and forms evolve out of stillness? Through sound and vibration, which form words, names, and then forms. In practicing silence, we turn our attention to our Source, Absolute Truth. We listen. We become curious. Primordial sound becomes thoughts, thoughts become words, and our words (spoken and unspoken) become our worlds.

Paramahansa Yogananda said:

“Thought is the primary energy and vibration that emanated from God and is thus the creator of life, electrons, atoms and all forms of energy.”

There are four levels of speech awareness: three levels move from physical to subtle to causal speech.

The fourth is beyond speech, simply being, which is awareness beyond speech.

1. **Physical speech:** *vaikhari*, names and forms, categorizing, you and me, duality, mouth utterance, bound by likes, dislikes, body identification. I am what I do, be and have.
2. **Mental speech:** *madhyama*, as in reading a book silently to yourself, still classifying objects and subjects. Internal commentary: silent opinions and imagined conversations. The movement of prana can sometimes be perceived by others and have an impact on the world.

3. **Light as speech:** *pashyanti*, visible speech; open eyes symbolic language of images, closed eyes ethereal perceptions of sound as visible imagery. Artists, poets, and creatives access this realm of inspiration, and creative solutions can be found here. Experiences of awe, wonder, nature's beauty, state of love, or devotion can open up this realm. Mutual understanding takes shape to create greater harmony. We begin to contribute to more peace, real progress and prosperity manifesting in the world. Subtle but still some duality, deeper awareness of our continuity with souls and the one larger Truth in which we are included. Ideal forms present themselves such as the Sri Yantra, the Shiva lingam's transcendence reflecting in Nature, and others. Still two-ness present, intellect witnessing phenomena.

4. **The fourth state, beyond thought:** *para*, "Beyond" speech, beyond names and forms, where knower, knowing, and known become one. Two-ness merges into Unity. Go beyond phenomena to the origin of Om. Silence, unity. Nonattachment, surrender.

Words founded in truth strengthen our soul. Intentional silence, listening to the truth within, strengthens our words. From silence emerge inspired words, and heavenly worlds can manifest with peace, progress and prosperity for all.