

## ***2025 CSE Silent Meditation Retreat Quotes***

### **From Paramahansa Yogananda**

*Silence and seclusion are the secrets of success.  
In this modern life of activity,  
there is only one way to separate yourself  
from its ceaseless demands:  
get away from it once in a while.*

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*The temple of God is within your soul.  
Enter into this quietness and sit there in meditation,  
with the light of intuition burning on the altar.  
There is no restlessness, no searching, or striving there.  
Come into the silence of solitude....*

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*Silence is the Altar of Spirit.*

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*Stop, be calm, pray steadfastly —  
and out of the silence will loom forth the Divine Presence.*

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*O' Cosmic Vibration, manifest thyself to me as the voice of Infinity.  
May I intuit the Christ consciousness in Thee.  
O', Omnipresent sound of Aum, Amen, reverberate through me,  
expanding my mind from the body to the universe.  
Teach me to feel in Thee, the immortal heartbeat of creation.*

### **From the Upanishads**

*It is in the depth of silence that the Divine Self awakens.*  
— Maitri Upanishad 6.22

*The wise one, by meditating on the silent Self within,  
attains peace beyond all understanding.*  
— Mundaka Upanishad 3.1.8

*In silence, the Supreme Truth is known.*  
— Chandogya Upanishad 6.2.1

## **From Yogacharya O'Brian**

*Silence is where we meet the Divine,  
where the soul hears what cannot be spoken.*

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*Be aware that each word you speak is a seed planted in the field of life.  
Each word spoken puts energy into motion.*

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*Our words are an extension of the manifesting power of God.  
Let them serve Love.*

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*Let us pay attention to what we say and why we say it.  
As a spiritual practice, seek to discover  
the intention and motive behind your words.  
What is it that is speaking?  
Is love speaking?*

## **From Acharya Sundari**

*Silence is not the absence of sound,  
but the presence of God.  
It is not emptiness, but fullness—  
it is the presence of the Divine.*

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*In the world outside, the currents of change swirl around us.  
The wisdom of Kriya Yoga teaches us  
that true peace is not found in circumstances,  
but in the stillness that underlies all movement,  
in the Divine Presence that pervades all things.*

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*Silence is not an absence, but the highest form of Presence.  
It is where words and concepts dissolve, and pure awareness remains.*

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*In this sacred stillness, beyond thought, beyond identity,  
you will touch the peace that no world event can shake—  
the eternal Peace that you are.*