

Let's explore Silence..

Silence is a very good way to start to know ourselves. Taking moments to step back and realise that what we see outside is not the only reality. There is also an inner reality, and see our inner treasures and being. Peace resides inside and it's not out in the nature but it is my own real nature. It's like an awakening. Awakening what is already there.

But whenever we look around, we see only matter, all our senses are perceiving everything from this physical and material realm. We don't really see anyone coming from their inner treasure. So how do we see ourselves and others in their core nature rather than what's being expressed outside?

Being in the middle of work, I often stop and talk to myself and see who I am. I'm not seeing my name, not where I come from and my profession. It's like I recall my true identity and my true qualities. I need to accept them and believe in their existence.

There is of course a lot of noise outside, but there is an inner voice also, which we have never tried to listen to. It's the voice of wisdom. But our nature is that we want to do it for 5 minutes and expect a result for a whole lifetime. But this is not possible. It's like putting drops of silence in our lives, every now and then. And make ourselves breathe in another energy, which is away from "I have to finish this", "I

have to do that”, “I forgot that” etc. We have the right to be with ourselves and not do anything outside.

We have to understand and realise what is there inside. The inside is filled with positive, real and permanent qualities.

Understand what is peace for me? What is love for me? And take away the Hollywood dream out of your mind because it has nothing to do with love. Am I able to keep good wishes **no matter what**? Even if someone is not responding to me in a nice manner? Am I able to have pure feelings and good wishes? That is the language of love. I always believe that **understanding, love and silence** make a beautiful Triangle.

Firstly we need to **understand** what their meaning is and how they work in my life.

Then I need to have the interest, the **love** to awaken that respect, harmony and forgiveness. And lastly **silence** to realise if something is getting mixed. For example, we can feel that we love someone very much, but it can be attachment and not love. So in silence, you can see, if you are suffering then it's not love; it's attachment. The Silence makes you **think, observe and stop**. And finally restore everything that was out of balance.

This inner rejuvenation can only thrive in the energy of silence. When we become silent we become more active than ever.

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