



**DHYAN-KAKSH**  
SCHOOL OF EQUANIMITY & EVEN-SIGHTEDNESS



# The Importance of Silence in Life



**‘Sada Hai Sajan Ram, Ram Hai Kul Jahan’**

**‘Shabd Hai Guru; Sharir Nahi Hai’**

**SATYUG DARSHAN TRUST (REGD.)**

## GUIDING FORCE

### “Satvastu Ka Kudarti Granth”



**“Read, comprehend, and exercise the same  
to become a exemplary human being”**

**Scan this QR Code to read it.**



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**“Sada hai Sajjan Ram, Ram hai Kul Jahan”**

God is Our Beloved Friend  
and He is Omnipresent.

so

Acknowledge and embrace Him and  
accordingly adopt His virtuous qualities.

**“Shabd hai Guru, Sharir Nahi hai”**

The word of God (Shabd) is the Master  
not some physical body or idol/image.

so

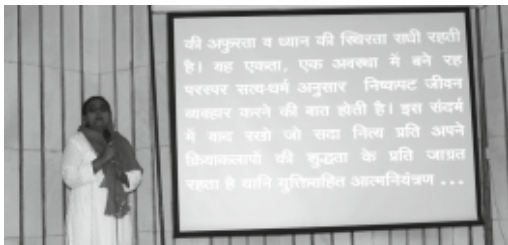
Embrace knowledge, not knowledgeable,  
Anchor your faith in eternal, not the messenger

**Stand firmly on this,  
remain steadfast on this eternal truth**

**“OM Amar Hai Atma, Atma Mei Hai Parmatma”**

“OM”, the soul is immortal  
within the soul resides the Supreme.







## **The Importance of Silence in Life**



As we know that the silent disposition is the supreme mantra for attaining happiness and peace. Through this, the world is churned, and studying the Vedas and scriptures, which reside in the heart, becomes possible. Through this, all tasks are naturally completed with tranquility, and it is through this that the divine power comes closer to the individual self and becomes radiant. The essence is that silence symbolizes liberation from worldly entanglements and represents a state of rest, which provides a person with immense strength, energy, and positivity. Therefore, recognizing its significance, embrace silence and become an instrument for the



welfare of the macrocosm. As the scriptures also state:



मौन व्रत धार के आना वे सजनों,  
सजनों वे महाराज जी दे वचन करो प्रवान  
खावो पीवो दुरो फिरो,  
चलांदे राहवो सजनों वे, वे नाम वे

(सतवस्तु का कुदरती ग्रन्थ, सोपान षष्ठम,  
कीर्तन न० 25)

Come, let us now move forward to understand the importance of silence in life.

## **Silence- Importance in Life**

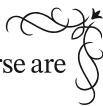
### **1. Silence – The Eternal Law of Nature**

Dear ones, if you observe nature with a calm and steady mind, you will realize that silence is the eternal law of nature. Silence always reigns in nature. The moon, the sun, the stars, and all of creation continue their existence without speaking or listening. The





most important functions of the universe are accomplished in silence.



Similarly, if a person wishes to achieve something great in life, they must adopt silence for a long time, as all tasks naturally get completed through silence. Recognizing this truth, Satvastu Ka Kudarti Granth states:

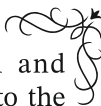

करन करावन आपे ही आप,  
मन में सजनों करो विश्वास  
जगत विच पसारा, सजनों उसे दा है ॥

(सतवस्तु का कुदरती ग्रन्थ, सोपान द्वितीय,  
कीर्तन न० 46)

## **2. Silence-A Means to Prevent Energy Dissipation and Enhance Inner Strength**

The power of silence is truly limitless. This is because by practicing silence, one can prevent the continuous and meaningless expenditure of energy, thereby protecting the tendencies of the mind from scattering.





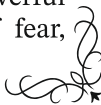

With the strength of meditation and concentration, one can dive deep into the inner self and reach the source of lasting joy and peace.

In this way, silence serves as an excellent means to prevent energy dissipation, enhance inner strength, and facilitate its expression.

### **3. Silence-A Remedy for Mental Peace**

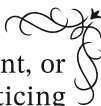

There is no better way to calm the mind than cultivating silence. Only in a peaceful mind do awareness and consciousness, along with positivity, develop. Positivity, in turn, strengthens both mental and intellectual power.

### **4. Silence-A Cause for the Eradication of Mental Disorders**



Silence eradicates all faults. A powerful mind does not harbor any form of fear,









desire, anger, worry, greed, attachment, or restlessness. In this way, by practicing silence, all kinds of mental disorders gradually vanish, leaving no trace of conflict or distress.

### **5. Silence-A Medium for the Fulfillment of Self-Discipline**

It is through silence that self-discipline is accomplished. When we remain silent for some time, we turn away from the world and converse with ourselves. In this way, we evaluate ourselves and strive for self-improvement through self-restraint. Through this process, new mental energy is generated which inspires us to adopt the Sattvik i.e. righteous and virtuous thoughts contained in the truthful scriptures. These profound thoughts elevate our power of thinking and understanding i.e. intellectual capacity, purifies our disposition, memory, and nature. As a result, our awareness becomes concentrated and Self-centred





Aatm kendrit enhancing our meditative power and ultimately leading to supreme peace.



## **6.Silence-A Method for Staying Healthy**

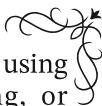

Silence nurtures good health. Instead of engaging in unnecessary and meaningless conversations, consistently practicing silence for most of the time keeps the heart and mind calm and balanced.

As a result, the mind remains free from stress, depression, and anxiety, leading to better sleep at night, a cheerful disposition, and an increased immune system that helps the body fight diseases.

## **7. Silence-A Skill to Prevent Verbal Sins**

By adopting silence, we can avoid sins committed through speech. This is because, by practicing silence, we refrain from





speaking harsh or unpleasant words, using abusive language, lying, gossiping, or criticizing others.

That is why it is said:

**"Brahm is that which cannot be expressed through speech."**

Thus, the vow of silence is prescribed to restrain Abrahm Shabd i.e. meaningless and untruthful words.

## **8. Silence – The Basis of a Mindless or Thoughtless State**

If silence is practiced along with meditation, a person can attain a mindless state—a state of living without the influence of the mind. This is referred to as the "death of the mind," which is essential for spiritual progress.

Recognizing this truth, Satvastu Ka Kudarti Granth states:



मन भुलन हारा भुल जावंदा ए,  
सानू शहर पर शहर फिरावंदा ए।  
इस मन नू मार मुकाओ महाबीर जी,  
तुहाडे चरणां तों जावां बलिहार महाबीर जी ॥

(सतवस्तु का कुदरती ग्रन्थ, सोपान द्वितीय,  
कीर्तन न० 46)

## 9. Silence – A Symbol of the profound Knowledge

Just as still water is profoundly deep, silence too is a symbol of the depth of a person's knowledge. Silence is the ornament of the inner self. It makes us "Antarmukhi" which means turning us inward. Only in this silence-supported meditative state can we listen to and understand the voice within and thus experience and enjoy inner peace and relaxation.

## 10. Silence – The Sky of Liberation

In silence lies the sky of liberation, meaning it is a state where the divine power comes even closer to the individual self. In this state, a person attains a God-like form and ultimately unites with the divine.

Recognizing this significance, it is said:

मन अपना सब शांत रखो,  
मस्तिष्क भी सब शांत रखो  
सोचने समझने की शक्ति को,  
बुद्धि बल से बलवान रखो

(आत्म अनुभूति)

May you all succeed in this endeavor, for this, Satvastu Ka Kudarti Granth says:

बात किसे दी न करियो,  
न करियो किसे दी गल

(सतवस्तु का कुदरती ग्रन्थ, सोपान पंचम,  
कीर्तन न० 108)

That is, do not engage in meaningless discussions, debates, arguments, or disputes. Instead, focus all your energy on your true self through the continuous, silent chanting of Pranav Mantra and keep your mind fully assimilated into the Shabd Brahm Vichar.

Know that, by doing this falsehood will disappear, slandering others will cease, useless discussions will come to an end, you will never have to ask for forgiveness, there will be no enmity with anyone, you will not regret speaking, time will not be wasted, there will be no bondage to any actions, inner peace will remain undisturbed and you will safeguard your Gyan Swaroop i.e. true knowledge or wisdom.

In this way, simply by practicing speech restraint (Vak Sanyam), all ignorance will

be dispelled, and by continuously remembering the divine name, you will have a complete opportunity to attain supreme peace.

Embracing this opportunity, you will then joyfully exclaim:

हुन अन्दर जुड़ो जी, बैरूनी छडो वृत्ति।  
बैरूनी वृत्ति विच लाभ न कोई।  
अन्दरूनी वृत्ति विच प्रसन्नता होई।  
हुन प्रसन्नता होई जी बैरूनी छडो वृत्ति।  
हुन अन्दर जुड़ो जी बैरूनी छडो वृत्ति।

(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम, तृतीय भाग,  
बुधवार का दूसरा बोर्ड, कीर्तन न० १)

Understanding this significance, dear ones, through practicing a skill of equanimity and Even-Sightedness, eradicate the worldly and mental delusions created by external objects, the mind, and the senses



and become a self-controlled noble person by restraining disposition of the mind.



Know that, by doing so, your awareness will become focused and stable, and the disposition, memory, intellect, and distorted fabric of nature will be purified. This will lead to a state of unity and oneness.

Thus, with the dissolution of all desires and cravings, you will roam this world with patience and joy, like a contented soul, successfully achieving the true purpose of your life. In essence, by becoming free from desires, you will attain the wisdom of the Absolute.

## **Conclusion**

In the end, dear ones, we can only say this: Understand the significance of silence and cultivate a silent disposition. To achieve this, let your awareness descend and







deepen into silence through the meditation  
of the primordial sound.



In this context, do not forget that when speech exhausts a person, and speaking feels like a burden, diving into the depths of silence feels as soothing as a tired person finding deep sleep at night. Therefore, break free from the cycle of words and thoughts, and strive to enjoy this state of restful stillness.

Remember, words and thoughts are merely nourishment for the mind. The mind will inevitably create a craving to consume words, but you must remain free from this web of words and strive to become empty i.e. free from mental chatter. In doing so, rise above mental distractions and experience eternal peace.



Know that, by doing this, the mind will become focused, the heart will be joyful, and the intellect will be purified. Thus,





your mind will remain focused on contemplation and your contemplation directed towards divine enlightenment will witness the presence of the higher self, attaining self-contentment. At that, in alignment with the scriptures, you will exclaim:

उस कमरे विच वड़ जाओ सजनों,  
उत्थे शान्त ही शान्त है।  
बिन सूरजों प्रकाश उस अन्दर,  
नज़र आवे अपना आप है।।

(सतवस्तु का कुदरती ग्रन्थ, सोपान तृतीय,  
कीर्तन न० 21)

Know that, this is the simplest way to conquer yourself. Therefore, make the effort to skillfully adopt this silent disposition. Thus attain a state of restness/stillness, and make your life meaningful for the welfare of all.



# Learn the science of inner dimensions

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## SUBJECT

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### Human Values

- Contentment-Definition
- Means to develop Contentment
- Endurance-Definition
- The Practical form of Endurance
- The identity of an Enduring person and the benefits of adopting Endurance
- Truth/Truthfulness –Definition
- Means of developing Truth
- The Importance of Satsang/Association with Truth
- Importance of being a Truthful Speaker (Satyavadi)
- Dharma (Righteousness) –Definition
- Subject and Main Objective/Purpose of Dharma/Righteousness
- Surrender for the pursuit of Dharma i.e. Righteousness
- Selflessness – Definition
- Obstacles on the Path of Selflessness and Ways to Overcome Them
- Benevolence

### The means of restraining the mental tendencies

- Practice
- Practice-The key to success
- Detachment
- The True Criteria of Detachment
- The Significance of Silence
- Silence and Speech
- The importance of silence in life

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