

Chapter 19

The silent sound

Growing up in the mountains of Austria I was experiencing silence in nature from childhood on. Especially in the winter, when the land is covered with snow, everything becomes quieter and I always loved that silent quality entering life and people's hearts. Once in my youth I stayed for a week alone up in the mountain cabin of my family. It was wintertime and I was pretty much snowed in and no people passed by. Day by day I started more and more to enjoy that silent communion with the glittering white land. It was the first time in my life I entered states of meditation and deep peace and witnessed something like an inner life and spiritual experience.

Many of the great spiritual masters of humanity, prophets and saints of all ages chose to live in places of silence or at least retreat into places far away from the business and noise of life from time to time. Jesus, Moses, Buddha, Mohammed or Siva; they all received their true insight, knowledge and light in the solitude of the deserts and mountains, in silence and contemplation.

Modern life is so busy and noisy that hardly there is even a moment of quiet.

If we stop to speak and communicate for a while and stay in silence we realize that there is still a lot of noise and talk in our mind; thoughts of all kind, memories, reflections and a kind of dialogue with ourselves. Our mind is like a storehouse of all the impressions ever received and from seemingly nowhere all kind of thoughts arrive into our consciousness. Usually we are not aware of this process and those thoughts start to be active and creative by themselves, leading to more thoughts, feelings and actions.

The saints of all times understood the nature of our mind and how every impression has an effect on it and produces thought and more mental activity. This thought activity slowly fades away once we receive no new input from our surrounding. After a few days of solitude and silence more and more we become silent also within our mind, more present and calm. Nature is never disturbing that inner silence; its impressions are pure and purifying. As our mind becomes more empty and transparent we start to see and experience many more layers of it.

We can compare our mind with a deep ocean where there is silence and peace in its depths and waves of activity on the surface. Once the wind stops and the surface of the water calms down, everything returns to its motionless state and suddenly the water becomes transparent and we start to see the underwater life and all the creatures that exist within that big ocean. Our conscious mind is only the waves on the surface and our sub consciousness the deep waters beneath.

A glimpse into these depths of our mind and being is very exciting but sometimes also frightening because that mighty ocean of our sub consciousness contains all aspects and faces of ourselves and the whole universe. Down there we will eventually meet all our fears, complexes and desires that want to rise up towards the surface to be recognized and released and to meet those inner demons and dark creatures can be very challenging. Usually we have to cross that pool of our own darkness before we can fully enjoy the light aspect of ourselves and its brilliance and divinity.

We can sit in the most beautiful place on earth and feel depressed because being tortured by some of those dark creatures within our mind. Darkness and all the dark aspects want to be acknowledged, understood and transformed into light. Our spiritual practice is the rising sun that makes the darkness disappear and light prevail. By doing that work the water fully clears up, becomes transparent and our mind a clear mirror for the Divine. Any practice of meditation in its essence is polishing that inner mirror of our soul. Inside that mirror and nowhere else we'll see the true reflection of ourselves and God.

Silence is one of the keys into the garden of our soul and infinite in its nature.

According to the mystic teachings of eastern Sufism as well as the Vedas all life starts from a silent and motionless centre of divine spirit and the activity of that spirit creates vibrations that are radiating out into existence. Silence contains very subtle vibrations that are neither audible nor visible but felt from our soul. The Sufis call those vibrations "the abstract sound" and the Vedas refer to them as the unheard sound. The Aum is born from that silent sound and the essence and cause of all sounds of the universe, the vibrating consciousness of the Divine. Audible sound is unfolding in time and space and vibrating with a certain speed or frequency. The abstract sound is beyond time and space, infinite, eternal, unlimited, ever present and the source of all.

It is the seed and silent potential of the universe, containing the information of all life, above and below, future and past, beginning and end. It is in that silence that all masters and prophets received their inspiration and truth, heard the voice of the Divine and brought down to humanity the knowledge and vision of the higher realms of existence, spheres of angels and gods. Through the mastery of silence everything becomes clear and we start to communicate on a soul level, understand animals and plants, feel the hearts of people and also read their presence, atmosphere and thoughts like an open book. Silence is presence, is truth and timeless.

The music of silence is the highest music there is and by listening to the sounds of nature and silence we train our ear to open up to receive and realize the abstract sound. High quality music with a silent and pure quality as well as certain instruments and sounds reach in harmonics lead us towards that experience of the infinite sound.

Holy places many times contain a silence and vibration so powerful that every word spoken is one word too much and destructs us from the sacred experience and communion. Only in the silence the voices of the masters and angels start to reveal themselves and fill us with blessing, insight and light. Silence teaches us the true nature of peace and helps us to become more balanced, centered and wise.

Mt. Sinai

In one of my journeys to Mt. Sinai I had a very transforming experience concerning music and silence. I had climbed up the steep path directly from St. Katherine monastery and arrived at 'the garden of Elia', a picturesque oasis with a big cypress tree, a well of drinking water and a little pond. It is a wonderful place and the female counterpart to the mail dome like top of the mountain. After a good rest I took out my instrument, sat down under the tree and started to play music. After a while without any obvious reason I started to feel a bit uncomfortable,

something disturbed me, and to my very big surprise I realized that it's my music. It somehow felt like making noise and not adding anything to the perfection and harmony of the place and moment. I stopped playing, put my instrument aside and was a bit irritated at first but after a while just started to listen, to listen deeply to the sound of the place, to its silent music and story. I entered a state of deep meditation and the harmony and peace I experienced was so profound and fulfilling that I didn't take out my instrument anymore during the whole journey. The mountain simply told me to "listen!"

I spent the night alone up on the top of the mountain just below the chapel and stayed awake until the morning next to a little fire that kept me warm. In this night I realized that only by becoming silent I could fully tune into the vibration of that mountain and experience the portal gate that Mt. Sinai is.

The silence up there was actually not empty; it was filled with many layers of subtle vibrations and more like a silent sound I could listen to. Whenever I entered that state of silent presence I started to hear the loving and guiding voice of 'the master', a direct and true communion with my higher self. In this night heavens gates were wide open and not only had I received a divine blessing for myself but also the vision of manifesting the 'mystery school of music & harmony'.

*Music leads to the sound
Sound leads to the silence
Silence leads to realization
Realization leads to the truth
Truth leads to the love
Love leads everywhere*