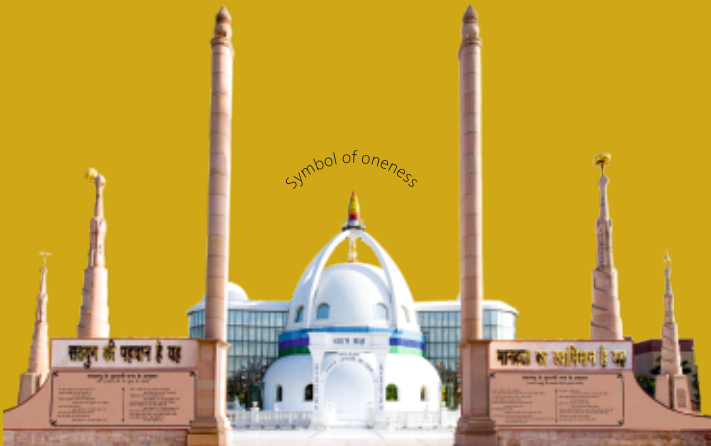




**DHYAN-KAKSH**  
SCHOOL OF EQUANIMITY & EVEN-SIGHTEDNESS



# The Significance of Silence



**‘Sada Hai Sajjan 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.**



Published by:

**Satyug Darshan Trust (Regd.)**

‘Vasundhara’, Village Bhupani-Lalpur road, Faridabad-121002 (Haryana)

Email: [info@satyugdarshantrust.org](mailto:info@satyugdarshantrust.org)

Website: [www.satyugdarshantrust.org](http://www.satyugdarshantrust.org)

@ All rights reserved. Satyug Darshan Trust (Regd.)

First Edition: | April, 2025



**“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

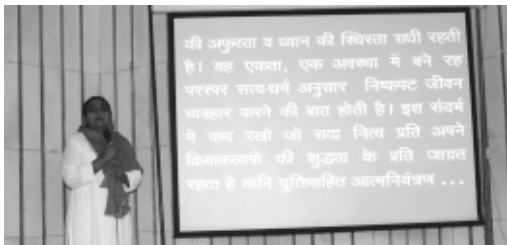
Embrace knowledge, not knowledgeable,  
Anchor your faith in eternal, not the messenger

**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 Significance of Silence**



Dear friends, we all know that our journey is from the gross to the subtle, meaning from the microcosm to macrocosm. However, the irony is that the tendencies of the mind lead us in the opposite direction-taking us from subtlety to grossness, making us "Bahirmukhi" i.e. outward-focused. On the other hand, to realize our true self it is necessary to become "Antarmukhi" i.e. turn inward, for which silence is essential. In this context, let us explore what silence truly is and its significance in our lives.

## **Silence – Its True Meaning**

In simple words, silence is the act of not speaking or remaining quiet. However, merely remaining silent is not called true silence. A person may remain silent for

countless reasons, but as long as the mind continues to speak, true silence is not easy to attain. This is why the silence of the mind is considered superior to the silence of speech. In other words, silence is the name for stillness, inactiveness and peacefulness of the mind. When this silence is achieved, no waves of thoughts, resolutions, or dilemmas (Sankalp-Vikalp) arise within the mind. It becomes completely wordless and the all-pervasive Sat-Chit-Ananda (Existence, Consciousness, and Bliss) is experienced. As it has been rightly said:

मन मिटया ते होया है आनन्द मालका,  
तेरी जोति हिम कुल जहान मालका

(सतवस्तु का कुदरती ग्रन्थ, सोपान द्वितीय,  
कीर्तन नं० 60 )

In this sense, silence means being wordless.

In other words, true silence refers to a thoughtless inner state of the mind that

remains unbroken even while speaking,  
which means it is a state beyond words.

When this state is attained, a person rises above the material world, learns the art of listening to the Gurumat, the divine voice of the perpetual source, and attains eternal peace. Through this realization, one understands that when the heart, mind, and body are harmonized into a unified state, complete silence naturally emerges.

The outcome of this state is true rest, which means stillness or cessation. Keeping this truth in mind, it is stated in the Satvastu ka Kudarti Granth:

वृत्ति मौन की होनी चाहिये।  
मौन का नतीजा है विश्राम।

(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम (तृतीय भाग),  
बुधवार का दूसरा बोर्ड, कीर्तन नं० 1)

It is clear that silence is a spontaneous,



natural state. On the contrary, forcibly trying to attain silence requires struggling with the mind and making efforts, which, in today's polluted environment, seems almost impossible.



To make this impossible task possible, one must eliminate the disturbing tendencies of mental turmoil from the root through practicing the skill of equanimity and even-sightedness and bring the mind to a state of tranquility, unity and harmony.

As stated in Satvastu ka Kudarti Granth:

**खलबली को हटाते हुए  
सब सजन विश्राम पावें ।**



(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम (तृतीय)  
बोर्ड बुधवार का दूसरा, कीर्तन नं० 1 )



The essence is to eliminate the desires or cravings arising in the mind and make it content and peaceful. Understand that when









this happens-when the mind attains tranquility and complete satisfaction-true silence will naturally emerge from within. This silence will be spontaneous and permanent.

Silence is of two types:

1. Silence of Speech
2. Silence of the Mind

Controlling speech, speaking less, remaining silent, and uttering words only when necessary is called silence of speech. On the other hand, stabilizing the mind, avoiding negative thoughts, removing unspiritual thoughts and engaging in spiritual contemplation, freeing oneself from the desire for external pleasures, immersing in self-bliss, and keeping the mind under the control of the soul is known as the vow of mental silence.





To attain both worldly and spiritual progress and become a noble person, it is essential to practice both types of silence. That is why it is said:





जिह्वा गल बात उल्टे,  
फिर ख्याल नूं पलटा खवाओ।  
हम हैं सजन तुम हो सजन,  
एहो नवीन पोशाक सजनों पाओ,  
ते सजनां नूं पवाओ।

(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम (प्रथम),  
कीर्तन नं० 16 )

## **Characteristics of One Who Observes Silence**

Silence is considered the vow or ornament of sages (Munis). Here, while clarifying the meaning of "Muni" (sage), let us explain that- a Muni is one who continuously contemplates (Mannan) on 'Shabd Brahm Vichar' (wisdom of God) as prescribed in the natural Vedas and scriptures. Such a









meditator of the true self is a keen thinker of dharma, truth and falsehood, and a lover of peace.

That's why that discerned, patient, and profound observer of silence possesses immense power. Not only this, a true silent practitioner (Mauni), who engages in continuous contemplation (Mannan), becomes detached from the material world i.e. inward-focused (Antarmukhi), free from fickleness, non-confrontational, renunciant, and ascetic. Hence, such a person is known as a devotee, saint, sage, or monk.



The essence is that such a noble person who listens to the inner voice-the voice of their soul-and contemplates it thoroughly, does not experience the turmoil of conflicting thoughts (Sankalp-Vikalp) in their mind.





This is why such a person does not easily express their emotions in front of everyone in response to any situation or event, nor do they hastily respond to anything without careful thought. Instead, that restraint in speech and self-controlled person, upholds the secrecy of the subject and takes every step patiently with very careful thought, in accordance with the divine inner command. As a result, they achieve victory at every step in life and attain eternal honor and glory.

In this way, such a person does not allow their mind to be easily drawn toward the material world. Instead, while they constantly contemplate the divine nature of the Supreme Being, keep their mind immersed in it at all times. Gradually, they become free from all thoughts and transcend all words, ultimately addressed as the Supreme God and attain true rest and peace.





Keeping this attainment in mind, dear friends, it has been said:



इस नगरी तों मन आज़ाद रखो,  
स्थान अपना जे पावणा ।  
स्थान अपना जे पावणा ।।

(सतवस्तु का कुदरती ग्रन्थ, सोपान पंचम,  
कीर्तन नं० 59)

In other words, if you also wish to reach your true abode-your real home-and attain true rest, then constantly keep your mind immersed in the contemplation of the divine nature of the Supreme Being. Even when circumstances arise, do not let your mind be drawn toward the material world.

In this way, by the power of self-discipline, keep your mind free from worldly and mental entanglements and constantly establish it in the true self. Understand that this is the true state of silence, which is



attained when one's notion becomes fully aware, completely focused, and deeply meditative. This state opens the gateway to truth and divine energy.

Once this state is mastered-meaning, as one gradually matures in the nature of silence-the mind's tendency to generate conflicting thoughts (Sankalp-Vikalp) weakens, and its separate existence dissolves. As a result, the mental strength of that self-controlled and diligent seeker increases infinitely, leading to the attainment of supreme peace.

Dear friends, it is for the attainment of this infinite and supreme power of peace that God says:

सजनों मेरी सुन लौ बात,  
दुनियां तों राहवो आज़ाद

(सतवस्तु का कुदरती ग्रन्थ, सोपान पंचम,  
कीर्तन नं० 53 )

# **Learn the science of inner dimensions**

*at Dhyān-Kaksh*

School of Equanimity & Even-sightedness

---

## **SUBJECT**

---

### **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

#### **Offline classes and activities**

Every Sunday from 12.45 pm to 1.45 pm  
at Dhyān-Kaksh, Satyug Darshan Vasundhara,  
Bhopani-Lalpur Road, Greater Faridabad - 121002

**Online classes  
can be viewed at**



**You can watch the video on this topic by scanning the following link (QR code).**

View this class by scanning this QR code link



### **Initiatives of Satyug Darshan Trust (Regd.) on Humanity and Ethics**



**INTERNATIONAL  
HUMANITY OLYMPIAD**  
[www.humanityolympiad.org](http://www.humanityolympiad.org)



**HUMANITY  
DEVELOPMENT CLUB**  
[www.awakehumanity.org](http://www.awakehumanity.org)



**INTERNATIONAL OPEN  
ORATORY CONTEST**  
[www.dhyankaksh.org](http://www.dhyankaksh.org)



**INTERNATIONAL OPEN POETRY  
RECITATION CONTEST**  
[www.dhyankaksh.org](http://www.dhyankaksh.org)

### **For FREE workshops in your School, College and groups**

Scan for Dhyani-Kaksh Social Media



#### **Contact**

Mobile : +91 8595070695  
Email: [contact@dhyankaksh.org](mailto:contact@dhyankaksh.org)  
Website: [www.dhyankaksh.org](http://www.dhyankaksh.org)

Scan for Dhyani Kaksh Location



<https://bit.ly/3v4O8B2>

**Disclaimer:** The contents of this book are intended to foster universal human values, consciousness, fraternity, and love for humanity without endorsing or promoting any specific religious belief