

MEDITATION 3



SILENCE IS NOT THE ABSENCE OF SOUND. That would be to imagine it negatively. Silence is a toning down of inner and outer static, noise that occupies not only the ears but also the attention. Silence allows many sounds to reach awareness that otherwise would go unheard—the sounds of birds, water, wind, trees, frogs, insects, and chipmunks, as well as conscience, daydreams, intuitions, inhibitions, and wishes.

One cultivates silence not by forcing the ears not to hear, but by turning up the volume on the music of the world and the soul.