

The Silence

What is meant by “the Silence”?

The Silence is:

- A goal of meditation.
- The source of Divine Illumination and Insight.
- What allows us to commune with Divine Mind, to listen to the “still small voice.”
- That state of consciousness where we have no awareness (no time, space, experience or other awareness from the senses).



“Practicing the Silence” is another way to describe meditation.

Source: *Heart-Centered Metaphysics*, Paul Hasselbeck

What strategies help you relax in preparation for the Silence?

- Body?
- Mind?
- Spirit?

Sometimes, concentrating on a Divine Idea can help us enter the Silence.

- What have you found it helpful to concentrate on?
- What would you like to try as a concentration technique?

How is the Silence connected to our Truth that every day is Independence Day?