

go deeper and deeper into your inner stillness and silence
listen so deeply that you become a magnet
everything within you becomes magnetic...
it starts pulsating silence
this magnetic quality of silence within you
starts drawing from the outer spaces
and the silence of existence filters into you

from the inner...you are reaching the outer silence...
and the outer silence is showering upon you...
slowly slowly you merge
and you are no more there
what remains is a pure state of silence...

this experience is so utterly simple
this experience expands your inner boundaries
and you become boundless
and all that weight simply evaporates like an illusion
you do not have a body anymore
you have wings
and you can touch the sky
this is the experience of unboundedness
and in this state you can experience your utter bliss

the body completely evaporates
there is no more sense of i
there is no more sense of body
just a pure spaciousness...
pure emptiness...
filled with the blissful buzzzzz of life

this silence is not empty
it is filled...with harmony...with grace...
with so much sweetness...with such a bliss...
it is overflowing with life
this is the beauty of the word silence

in silence you are not alone...
in silence you are connected to everything that surrounds you
the trees and the birds and the flowers
in silence this earth...this sky reaches out to you
just learn how to listen to that message
you are not separate from the whole
you are one
oneness...
a real experience
no separation
just that experience of unbounded silence
and something within you settles
this anxiety...this rush...this achieving mind...
this dreaming state of desires suddenly becomes fulfilled

in this state of silence...for one moment...
just feel what i am conveying to you
in silence you are not alone but connected
with no wall...with no separation...
with all that surrounds you...

you need to grow subtler and subtler
and understand this silent treasure
that you are carrying within you
this is your eternity
when all will be gone
this mind...this desire...this dream...
when all disappears...
what will remain will be this presence
your being of light and weightlessness
will suddenly reveal itself to you
silence is the message
deeper and deeper and deeper states of silence