

Teaching about Truth

Truth is Silence.

How about teaching with words? How can words tell about Truth?

There is nondual Truth, the ultimate Truth if one transcends duality. And there is dualistic truth. All words are spoken in the dualistic realm.

(Nondual) Truth can only be revealed in Silence (it is literally beyond words). So what I am trying to do now (explaining in words about Silence and Truth) is not explaining Truth. You could say that words are the great grandson of the original Source, and that preaching in Silence is the most powerful. One can extract full inspiration from Silence. Unfortunately many seekers are under the (dualistic) illusion that objects and words are required to explain and reveal Truth.

Silence is not the absence of sound, as the following story reveals

One day, a teacher and his disciples sat in silent meditation in a monastery.

Suddenly, a loud clatter rang through the halls as the cook's assistant tripped and dropped a number of empty pans he was bringing to the kitchen.

The disciples were all disturbed from their meditation and expressed their irritation by muttering and frowning. But when they looked at the master, he seemed as relaxed and calm as ever.

"How could you maintain your silence and meditation amidst the noise a while ago?" asked a few disciples later.

The teacher replied:

"You must understand, my friends, that silence is not the absence of sound.

Silence is the absence of self."

A teacher can only inspire and create conditions for learning (often by acting as a mirror).

A teacher does not judge, does not make choices, is not interfering.

And a real teacher is a student at the same time.

To know the Truth, you need not undergo the torture of learning.

Not by reading you will get the Truth.

BE QUIET

That is Truth.

BE STILL

That is God