

Silence is the language of God, all else is poor translation.

— Rumi

Silence is God's first language; everything else is a poor translation. In order to hear that language, we must learn to be still and to rest in God.

— Thomas Keating

There is no need to go to India or anywhere else to find peace. You will find that deep place of silence right in your room, your garden, or even your bathtub.

— Elisabeth Kubler-Ross

Someone once said to Rumi, "If you believe in silence, why have you done nothing but talk and talk and write and sing and dance?"

He laughed and said, "The radiant one inside me has never said a word."

The silence is there within us. What we have to do is to enter into it, to become silent, to become the silence. The purpose of meditation and the challenge of meditation is to allow ourselves to become silent enough to allow this interior silence to emerge. Silence is the language of the spirit.

— John Mains

Silence of the heart is necessary so you can hear God everywhere — in the closing of the door, in the person who needs you, in the birds that sing, in the flowers, in the animals.

— Mother Teresa

Get to know that aspect of our own inner Self that is changeless. All things in this world change, physically, emotionally, and mentally. To have a still mind, a still emotional state, or even a still body would be a great attainment. There is great power in stillness, for it is the substratum of life as we know it. All movement, motion, and activity take place like a painting on the canvas of inner stillness.

— Ram Butler