



Gangaji's words in her book "You Are That" are very powerful. It seems my connection with who I really am, with the space her words point to, is deepening. Check out the following passage:

Could you explain what silence is?

There is no way to explain silence. Silence can only be experienced.

It is not something that you go to and get. If you go into nature or go into your room or close your eyes, you may feel quieter. In nature, or in a quiet place, you are not distracted by your usual worries. That peace of non-distraction points you to silence. In silence, you recognize that any efforting arises out of silence and is actually searching for that silence.

If you tell the truth and are very attentive to silence, a profound discovery is revealed. You are home.

Many people stop at relative quiet, relative pleasure, relative comfort, relative happiness. Maybe you don't have a television in your house or you don't go to noisy places, but relative quiet is conditional. If by chance life flings you into the middle of downtown New York, where is the quiet? If it is relative, it is gone. Something else relative has displaced it. The lasting discovery of truth is in absolute, unconditional silence. Then, wherever you are, you know yourself to be the silence itself, absolutely.

I was inspired to dust off Gurumayi's message for 2002, *Abide in Silence*, which I have been listening to. I ripped the cd and uploaded it. If you want, go to <ftp://www.essentialoiltherapies.com> and use user name recordings and password jeffrey. You can then download by dragging the folder gurumayi from the window that comes up onto your computer. Then you can open itunes and import the folder and play it out of itunes, or make a cd out of it, or load it onto your ipod, if you have one.