

The mind is silent only with the abundance of energy, when there is that attention in which all contradiction of the pulling of desire in different directions, has ceased. **The struggle of desire to be silent does not make for silence.** Silence is not to be bought through any form of compulsion; it is not the reward of suppression or even sublimation. But the mind that is not silent is never free; and it is only to the silent mind that the heavens are opened. The bliss which the mind seeks is not found through its seeking, nor does it lie in faith. Only the silent mind can receive that blessing which is not of church or belief. For the mind to be silent, all its contradictory corners must come together and be fused in the flame of understanding. The silent mind is not a reflective mind. To reflect, there must be the watcher and the watched, The experiencer heavy with the past. In the silent mind there is no centre from which to become, to be, or to think. All desire is contradiction, for every centre of desire is opposed to another centre. The silence of the total mind is meditation.

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Chapter 51 'Time, Habit And Ideals'**