

Meditation

'Meditation is a movement in and of the unknown ... it is that energy that thought-matter cannot touch. Thought is perversion for it is the product of yesterday ... Everything put together by thought is within the area of noise, and thought can in no way make itself still ... thought itself must be still for silence to be. Silence is always now as thought is not. Thought, always being old, cannot possibly enter into that silence which is always new. The new becomes the old when thought touches it ... Love can only be when thought is still. This stillness can in no way be manufactured by thought ... this stillness can never be touched by thought. Thought is always old, but love is not ... the flowering of goodness is not in the soil of thought'