

The Silence of the Mind

Ilie Cioara

Experiencing the Mystery of the Present Moment

In the whole Universe, there is nothing static, dead or frozen. Everything, but absolutely everything, is in eternal movement. Even within the so-called still nature reigns the same intrinsic law of movement.

Movement and newness, in perfect interconnectedness, affirm themselves as uniqueness. In this context, the moment represents the hand of the clock, used by Infinity in order to record the movement of Eternity. It is always new, as well as creative and transformative, in an ascending manner, progressively.

In order to be able to encounter the newness of the aliveness in its movement, we must come out and greet it the same way. Thus, we don't return to the past, to what happened, nor do we project ourselves into the future, in pursuit of an imaginary purpose or ideal to fulfill.

With a completely empty mind, we simply watch life as it unfolds. Nothing comes between us and the movement of life, in the form of images, opinions etc. Such a simple and direct meeting with the moment transcends us spontaneously from the finite world into Infinity.

And just as quickly, like lightning, we detach, in order to be free again, and therefore completely available to encountering the next moment. Nothing is anticipated and nothing is accumulated from the lived moment.

The purity, innocence of the mind is our constant companion, as each moment becomes an opportunity of creative "being". Through this way of "being" – as pure Consciousness – we ourselves create a new world in which Love, beauty, compassion and kindness become a reality positively influencing the whole of humankind.

The Power of Emptiness

The “void” or “psychological emptiness” is a strange phenomenon,
It appears spontaneously, in the pause between two thoughts;
As the old thought ends its course and disappears,
Its end is the gate, natural silence ensues.

Insist in being with it, as much as you can,
The mind is completely silent, we are attentive – a clear consciousness,
All meanings, boundaries disappear – us and the Infinite are “One”;
Practically, we have a new mind – always fresh.

Being in the pause – I become infinite!
It separates two worlds. I leave the limited world
And enter Boundlessness, through total melting;
The whole being is calm – a constant sparkle.

There is no time, no space – just everlasting Eternity;
I move in direct contact with life, in a permanent present.
I am Pure Energy, without motivations,
The simplicity of existence integrates us completely.

How can we free ourselves from the past and the future? It is all very simple!
With a lucid, all-encompassing Attention, we will watch every reaction of the mind,
without pursuing any purpose or goal. Everything we encounter in such a manner
disappears; in the void which appears spontaneously, an unlimited energy is available at
our fingertips and we are able to understand the absolute Reality through a direct
experience.

In this state, we acquire a great sensitivity and everything that life brings forth in
its natural flow is being regarded and appreciated with love and kindness.

Man is truly wise only when, detached from his selfish “self”, united with Infinity
through non-action and an aware passiveness of the mind.

This mysterious encounter is accompanied by simplicity. Once the past has
disappeared, we are integrated in the now and, with a clear and lucid mind, we watch
everything that comes as constant freshness from one moment to another.

Creation is constant movement, eternal newness and absolute freshness. It never repeats itself, it is never static and it is never caught in the trap of time and space.

The individual mind, no matter how cultured, has no access to the phenomenon of creation and cannot understand it, because the mind is always old and outdated. Each movement of this particular mind separates and limits. Thus, with such a mind, we will never, in any circumstances, be able to discover the mysteries of the movement of creation.

Therefore, this ordinary mind must be silent! But how can we make it become silent? Only in one way: when we encounter it simply and directly, with the flame of Attention, without having any motives or ideals to accomplish.

If the meeting happens in the right way, the mind becomes quiet - it becomes completely silent - and in that moment our whole being is detached from the known. From then on, the vessel of consciousness, thus emptied, is able to encompass and understand the newness brought forth by the movement of life.

Therefore, a new mind, without limits and without knowledge; in its stillness, it is creative and through it, the person is always new and active. Such a mind, in a state of Pure Consciousness, creates radical changes in the structure of the ordinary man by its simple presence.

Perfectly conscious, I see the emptiness of this world directly and my mind becomes silent. I have no choices, not even at the level of understanding of this limited mind. In the silence that ensues, the mystery reveals by itself its secrets to us.

The whole being expands to infinity. A light such as we have never experienced before envelops us and heals us. Out of time and space, we have a pure consciousness - in perfect union with the Supreme Being.

All of these demonstrate that the alive within us is, in its essence, immortal. It has no beginning, no end, it never sleeps, being therefore always awake.

Calm and Relaxed

To everything that comes from inside, as well as outside,
As turbulent reactions, as imaginary forms,
Just be relaxed – watch, listen – in a perfect way;
Neither past, nor future. With a lucid Attention, you encounter Truth.

There are no memory residues present in this meeting;
“Psychological emptiness” is the gate to infinite Love.
The Calm comes about indirectly, not by wanting nor through imagination,
But by simply watching the turmoil of the limited “ego”.

How could this small shell, which is the human mind, embrace and comprehend
the immensity of the ocean of Cosmic Energy?

Nevertheless, this audacious “ego” persistently affirms that he knows what God
is, what is creative Love, immortality etc.

More so, it states and even offers solutions to tackling and solving the great
problems that challenge humankind.

Yet this “ego” is not aware of one thing: that its own presence creates the whole
tragedy and suffering on the entire surface of the Earth. It is the human being’s main
and only enemy. Its fictitious, chaotic and misleading movement generates and
maintains the human misery and suffering.

But when a ray of light, emanated by Pure Consciousness, pierces the limited
shell of the mind and exposes its whole fiction, this mind becomes humble and silent.

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Excerpts from *The Silence of the Mind*, Published by OBooks

Ilie Cioara was an enlightened mystic who lived in Eastern Europe. His writings in 16 books describe the experience of meditation and enlightenment, as well as the practice of Self-knowing using all-encompassing Attention. Like Ramana Maharshi, Krishnamurti, Eckhart Tolle, his is a simple message of discovering our inner divine nature through the silence of the mind.

The Silence of the Mind is the first in a tetralogy by Ilie Cioara to be published by Obooks. Soon to follow: The Wondrous Journey into the Depth of Our Being, Life is Eternal Newness and I Am Boundlessness.

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