



## **The Strength of Stillness**

Sr. Aurobindo

There are two great forces in the universe, silence and speech. Silence prepares, speech creates. Silence acts, speech gives the impulse to action. Silence compels, speech persuades. The immense and inscrutable processes of the world all perfect themselves within, in a deep and august silence, covered by a noisy and misleading surface of sound—the stir of innumerable waves above, the fathomless resistless mass of the ocean’s waters below. Men see the waves, they hear the rumour and the thousand voices and by these they judge the course of the future and the heart of God’s intention; but in nine cases out of ten they misjudge. Therefore it is said that in History it is always the unexpected that happens. But it would not be the unexpected if men could turn their eyes from superficialities and look into substance, if they accustomed themselves to put aside appearances and penetrate beyond them to the secret and disguised reality, if they ceased listening to the noise of life and listened rather to its silence.

The greatest exertions are made with the breath held in; the faster the breathing, the more the dissipation of energy. He who in action can cease from breathing,—naturally, spontaneously,—is the master of Prana, the energy that acts and creates throughout the universe. It is a common experience of the Yogin that when thought ceases, breathing ceases,—the entire kumbhak effected by the Hathayogin with infinite trouble and gigantic effort, establishes itself easily and happily,—but when thought begins again, the breath resumes its activity. But when the thought flows without the resumption of the inbreathing and outbreathing, then the Prana is truly conquered. This is a law of Nature. When we strive to act, the forces of Nature do their will with us; when we grow still, we become their master. But there are two kinds of stillness—the helpless stillness of inertia, which heralds dissolution, and the stillness of assured sovereignty which commands the harmony of life. It is the sovereign stillness which is the calm of the Yogin. The more complete the calm, the mightier the yogic power, the greater the force in action.

In this calm, right knowledge comes. The thoughts of men are a tangle of truth and falsehood, satyam and anritam. True perception is marred and clouded by false perception, true judgment lamed by false judgment, true imagination distorted by false imagination, true memory deceived by false memory. The activity of the mind must cease, the chitta be purified, a silence fall upon the restlessness of Prakriti, then in that calm, in that voiceless stillness illumination comes upon the mind, error begins to fall away and, so long as desire does not stir again, clarity establishes itself in the higher stratum of the consciousness compelling peace and joy in the lower. Right knowledge becomes the infallible source of right action. Yogah karmasu kaushalam.

The knowledge of the Yogin is not the knowledge of the average desire-driven mind. Neither is it the knowledge of the scientific or of the worldly-wise reason which anchors itself on surface facts and leans upon experience and probability. The Yogin knows God’s

way of working and is aware that the improbable often happens, that facts mislead. He rises above reason to that direct and illuminated knowledge which we call vijñanam. The desire-driven mind is emmeshed in the intricate tangle of good and evil, of the pleasant and the unpleasant, of happiness and misfortune. It strives to have the good always, the pleasant always, the happiness always. It is elated by fortunate happenings, disturbed and unnerved by their opposite. But the illuminated eye of the seer perceives that all leads to good; for God is all and God is sarvamangalam. He knows that the apparent evil is often the shortest way to the good, the unpleasant indispensable to prepare the pleasant, misfortune the condition of obtaining a more perfect happiness. His intellect is delivered from enslavement to the dualities.

Therefore the action of the Yogin will not be as the action of the ordinary man. He will often seem to acquiesce in evil, to avoid the chance of relieving misfortune, to refuse his assent to the efforts of the noble-hearted who withstand violence and wickedness; he will seem to be acting pishacavat. Or men will think him jada, inert, a stone, a block, because he is passive, where activity appears to be called for; silent, where men expect voicefulness; unmoved, where there is reason for deep and passionate feeling. When he acts, men will call him unmatta, a madman, eccentric or idiot; for his actions will often seem to have no definite result or purpose, to be wild, unregulated, regardless of sense and probability or inspired by a purpose and a vision which is not for this world. And it is true that he follows a light which other men do not possess or would even call darkness; that what is a dream to them, is to him a reality; that their night is his day. And this is the root of the difference that, while they reason, he knows.

To be capable of silence, stillness, illuminated passivity is to be fit for immortality--amritavaya kalpate. It is to be dhira, the ideal of our ancient civilisation, which does not mean to be tamasic, inert and a block. The inaction of the tamasic man is a stumbling-block to the energies around him, the inaction of the Yogin creates, preserves and destroys; his action is dynamic with the direct, stupendous driving-power of great natural forces. It is a stillness within often covered by a ripple of talk and activity without—the ocean with its lively surface of waves. But even as men do not see the reality of God's workings from the superficial noise of the world and its passing events, for they are hidden beneath that cover, so also shall they fail to understand the action of the Yogin, for he is different within from what he is outside. The strength of noise and activity is, doubtless, great,—did not the walls of Jericho fall by the force of noise? But infinite is the strength of the stillness and the silence, in which great forces prepare for action.

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