

# Advaita as 'The Road to Silence'

*By Nicky Verbeek*

Advaita actually has not any provided road, it is in fact the road as well as the final destination. This authentic and living silence is only recognized directly, although people can experience it as a long and continuous search. Advaita is the 'awakening in being' that happens spontaneously when the division collapses between the see-er and that what is seen, the observer and the observed. It arises when the one who beholds totally integrates with that what is being beheld, or to put it different, when you become one, or fall together with the situation you're confronted with. Total synchronicity with here and now. And that is at the same time absolute freedom. Without any division between you and 'everything else' you are totally free, there's nothing in between you and life, you're guided by no one, you are totally present. There is simply put nothing else than Now. You are here, without any tendency of denial or avoidance from it or the wish to change anything about it. Completely without resistance, in total surrender, in which you naturally flow with what is presented to you. Life itself. That is Advaita, the living experience of consciousness.

Welcome in Advaita. The final destination. The silence itself.

You're – still – on a journey to silence when you experience a deep inner desire to learn to know yourself, to find yourself and to become in unity with your environment, with the other, with life. You want to search and research. But how? What can you do? How do you get into Advaita? How do you get back into the silence, to that what you actually are?

Non-Duality doesn't arise by something we do, and it is therefore not something we can achieve, simply because it's already there. It's the position from which you left and it's at the same time the position where you long for to return. Home.

As a matter of fact you are already home, but home is disguised with a dream about home, in which it seems as if you are – still – not there. And because you believe the dream, which you subsequently keep alive, your desire keeps unfulfilled. The desire creates the dream and the dream creates the desire. A vicious circle, like a dog that runs behind his own tail, the faster it runs, the tail is always faster! In that sense you go from one dream to the next, hardly possible to get out of, although, if you keep trying the same all the time, namely doing something. So stop for a moment. Stop doing for a moment. Stop dreaming. Stay here. You left the here and now with the creation of a dream, and you return by ceasing to continue the dream. So stop and stay. Every movement is the start of a dream, every form of effort makes you disappear in the dream, and confirms your experience of separation. The good news is, you really don't have to do anything. You can just relax. And from that relaxation you can see (through) the dream.

You can see (through) the dream. You are always there when a dream arises. You're standing, so to speak, right in front of it. It takes place in your presence. You can see a dream arising as long as you stay with it. As soon as you can see the dream arising, without buying into it, you stay in the presence that is already there. You see through the dream by seeing the impulse that causes the dream. There is apparently a certain need, or in any case a certain belief in this need for the creation of a dream, and then to use that dream to cover the reality. There is a sense of urge to disguise the truth with a dream about the truth.

We cannot handle the truth, or in any case that's what we believe, and that causes the urge to deny, avoid or change the truth as it is. Something else is created of it. This is the moment that something is added. Here the 2 is created! So, from the moment a dream is created, there is the situation of two. There is The Reality, *and* there is the dream about the reality. Duality. And that is exactly the moment that an 'I' is born. Every moment again. Every moment when a dream about reality is created, an I is born. The I is the one who claims this dreamreality, because this truth is his or her personal truth. So with the creation of duality, by the creation of a dream about reality, a somebody directly arises in the dream, and that's me!

Without a dream, there is no I. When the dream is seen, in which the necessity of the dream falls away, namely to take you into it, the associated I will dissolve, by itself, directly. Because there was nobody to begin with. That was the illusion. Seeing through the dream, the I, with which the dream is maintained, is nullified. This moreover is absolutely not a standing issue, and it isn't a development, or path, where you need to destroy all the I's, who will then disappear forever. What you can develop is a – permanent – observing attitude with respect to every I that could stand up to claim a certain truth.

You can develop an observing openness, in which you are willing to give up your position time and time again and to surrender to that what is, without any holding on to 'something' that should be the truth. That a dream arises, and that you this seem to create does no harm by the way. Reality cannot be destroyed, it never disappears. It is always present, and endlessly available, yet to see it. Also everything that must perform will take place. This is something that stands apart from your directives, and also apart from your clear or blurred view on it. Everything happens in total attunement, no matter if you recognize it or live it through your dream. So don't worry, don't punish yourself, don't feel guilty. You didn't do anything wrong. The urge, the absolute necessity that is experienced out of which the dream is started, is so convincing, that you really do not seem to have – another – choice. The tendency is so strong, and feels so necessary. It just seems to destroy you if you don't give into the tendency.

Well then, this necessity deserves our attention. It is this necessity that deserves our research. Self-examination has to do with the development of a clear discernment, by which we can recognize the difference between the dream and reality. We will learn to discern reality and our 'personal truth' about reality. Then we learn to see this 'personal truth' for what it is, a dream, whereby it loses its existence, by your belief in it, your attachment to it, whereby it can fall away directly, making visible the total reality of every situation. When everything becomes fully transparent, you will spontaneously fall together with it, immersed in it, like a drop in the ocean.

There is only one condition for self-examination that needs to be gratified. Self-examination is only possible when you lose your claim on the truth. When you don't want to take any position, except the one that is given to you in every moment. This non-reactive, but total ignorant open attitude is a very valuable exercise and requires a certain discipline of you. Now it is exactly this discipline, I use the words 'preparedness to surrender', that you need, to get to self-realisation.

To get to self-realisation you need to truly feel your specific, personal truth and that doesn't happen if you project your experience 'outside' of you. You can only experience it, when you are in silence and feel. There the dream is tucked away. There 'somebody' is dreaming. At the moment you are docile to the personal story – and thus react, you're

gone. Only in presence you become aware of the dream. Within the dream there is nothing to see.

To exclude your knowledge every single time while all kinds of feelings and thoughts arise that seem to force you into immediate action, is the most important exercise to fall back into to self-realization. I call this 'the great un-doing'. All what the body expresses (past), ... and all that the mind brings up. This will cause quite some stir up. Be willing to experience that!

Yes, so how does it feel not to agree with something? How does it feel to see your truth being attacked, and not to defend this? Take it. Want it! Want this experience. *Want* to feel it. Everything that comes up, and everything what is. Everything. Not only now, but always. Again and again. Tireless. That is being – meditatively – present. That is meditation pur sang, just like it is meant. Give total access to that what happens now. Everything that comes. Without any countermovement. Allow it. Allow it to come home.

Who comes into silence?

Consciousness wants to come home in you. It wants you. You are the one who is sought. You have always been it. You are the end of the search. You are 'home'. Until that time, until the moment you grant it total access it will patiently knock on the door. This is experienced, this is felt as an inner urge to meditate, to search yourself. To research. To be on the go. You give hearing to the impuls to come into silence, whilst it is consciousness that wants to come home in you. You only have to be available. When you realise that it isn't you, all the time, but your presence, that is needed for Being Conscious, you will be totally prepared to give your presence to every moment. The body becomes the temple, the mind becomes the servant of consciousness. There you find total servitude. There you find total surrender to consciousness, there you find self-realisation, out of which every movement can be observed.

What if you are THAT?



Source: <http://muhja.nl/>