

March

2024

S	M	T	W	T	F	S	S	M	T	W	T	F
1	2	3	4	5	6	7	8	9				
10	11	12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31				

Friday

02

138-3065-0002-0000-0000-0000-0000-0000

WK 05 / 033-333

Feb 2024

• Silence is the space in which one awakens, and the noisy mind is the space in which one remains asleep. If your mind continues chattering, you are asleep. Sitting silently, if the mind disappears, and you can hear the chattering birds ~~outside~~ and no mind inside, a silence... this whistle of the bird, the chirping, and no mind functioning in your head, utter silence... then awareness wells up in you. It does not come from the outside, it arises in you, it grows in you. Otherwise, remember: you are asleep.