

Inner Silence

(Ref: Master Class on Antar Mouna Level 1 - Shrimath Yoga)

What is Inner Silence ?

- Practice of Pratyahara प्रत्याहार : Withdrawing is difficult as our nature is to seek knowledge.
- Vedanta: Our Ultimate Reality is Sat Chid Anand. सत् चित् आनन्द
- Sat सत् - Pure existence, why we wish to live forever.
- Chit चित् - Consciousness, reason for our thirst for knowledge.
- Ananda - Pure bliss, reason we avoid sadness.

Understanding Sat सत् Chit चित् Anand आनन्द

- We fear death because of our attachment to existence (Sat सत्).
- Knowledge is innate; absence of it makes us restless (Chit चित्).
- We resist sadness as our nature is bliss (Ananda आनन्द).
- Stress, annoyance, and irritation arise from deviation from bliss.

Ocean Analogy & Realization

- Waves exist only near the shore; deep ocean remains still.
- Inner silence grows with experience and realization.
- Excess money, fame, or power do not equate to true calmness.
- True peace comes from within, not from external achievements.

Withdrawal - The Key to Inner Silence

- Managing the five senses is the first level of inner silence.
- Sensory pulls appear enticing but cause distractions.
- Regular withdrawal helps recuperate and maintain balance.
- Use senses to transcend distractions, not be controlled by them.

Antar Mouna अंतर मौन - The Battle Within

- Practiced amidst daily life, not in isolation.
- 6 levels of Antar Mouna:
- Level 1: Live with sensory pulls, accept distractions.
- Do not give control of your mind to external factors.
- Listing and observing distractions helps detach from them.
- Avoidance increases suffering; face challenges and evolve.

Developing Inner Silence

- Swami Satyananda स्वामी सत्यानन्द : Inner silence = mind aware of external sounds.
- Awareness of sounds brings moments of quietness within.
- Gradually, duration of inner silence increases.
- Some external sounds will always exist; accept and transcend them.

Prayer & Practice

- Ask God for energy to remain present in the moment.
- Prayer + practice cultivates humility.
- Antar Mouna अंतर मौन Level 1: Eyes closed, smile, listen to sounds.
- Distractions will arise; bring awareness back gently.
- Witness, don't resist; cultivate patience and kindness.

Decision-Making & Sensory Control

- Pause for 2-4 minutes before acting on sensory impulses.
- Awareness of senses refines speech, relationships, and choices.
- Right understanding of sound improves communication and knowledge.
- Better taste awareness naturally improves health and well-being.

Cultivating Emotional Balance

- Self-awareness prevents emotional triggers from controlling us.
- We are our own saviors; no one else can do it for us.
- Antar Mouna अंतर मौन Level 1 builds emotional resilience through practice.
- Like agriculture, emotions need daily cultivation and care.

The Power of One

- Depth matters more than breadth in spiritual practices.
- Focus on one mantra मंत्र , one pranayama प्राणायाम , one technique.
- Meditation is the result, not the goal; focus on the process.
- Rushing meditation hinders progress; patience is key.

Response vs Reaction

- Antar Mouna creates moments of peace amidst chaos.
- In silence, personal realizations emerge.
- Situations won't change, but our response can evolve.
- Transition from reacting emotionally to responding mindfully.

Summary

- Part of Pratyahara (withdrawal of senses).
- Our attributes: We always seek to know, we wish to live forever and know what we don't know, even gossip is ok. We want to be happy.
- Level 1: learn to live with sensory pulls and pushes. Accept distractions. Going to retreat is running away from reality. We cannot change 'outside'. Be immune to it by being aware. Stand there in the problems. Be witness like a traffic police.
- Summary:
 - Lesser thoughts
 - Clarity in thought without confusion.
 - Lack of prejudice and being open.
 - Ability to stay calm even when triggered
 - Non judgmental and not jumping to conclusions even without listening and knowing about a subject.

``Tapping Grace through Yoga Nidra योगनिद्रा"

(Ref: Grace & Yoga Nidra by Shrimath Yoga)

Part 1

- Take every situation as a boon from the divine. For example, Covid brought people together and gave a new perspective on life.
- Divinity works in five ways:
 - Creation (Brahma ब्रह्मा)
 - Sustenance-Maintenance (Vishnu विष्णु)
 - Dissolution-Destruction (Shiva शिव Mahesh महेश) to enable new creation
 - Veiling (Tirodhana तिरोधना): The illusion that external things bring happiness (e.g., "If I have money, I will be happy"). This illusion drives action, reaction, and over-action.
 - Grace (Kripa कृपा , Anugraha अनुग्रह): When one sincerely asks within ("Who am I?") to know the truth, grace is experienced. Just as one needs to tune into a specific station to hear a song—though the waves are always present—there are many processes to tap into grace, one of which is Yoga Nidra.

Part 2

- U-N-I-V-E-R-S-E: "You and I"—just one of the worlds. By grace, you can tap into abundance.
- Operate from a state of fullness (Purnataa पूर्णता).

Part 3

- You can give only if you have it, or you must ask a bank to give.
- The cosmos is a bank of infinite wealth and grace.
- We must make ourselves eligible for this grace.

Part 4

- We can receive only if the source has it, i.e., Purnataa पूर्णता .
- Something appearing blank does not mean it is empty. Even space has the capacity to be full.

Part 5

- To tap into grace, you need awareness.
- Just BE—wherever you are, however you are, whatever you are—and observe with a non-judgmental attitude what is happening around you.
- For example, a traffic police officer or a judge observes in a detached manner, without being judgmental.
- Awareness is similar to mindfulness, heartfulness, and living in the present moment.

Part 6

- Accepting fullness is better than trying to empty the mind.
- The mind is vast—the subconscious is immense. It is not possible to empty all its contents.
- Reality is infinite. Thoughts cannot be counted.
- Just be the witness.
- Whether empty or full does not matter, as long as you live in the present moment.

Part 7

- Indian traditions provide not just theory but also practical processes.
- Yoga Nidra is the practice of developing a witness attitude and a state of acceptance.
- It helps manage stress and desires while promoting relaxation.

Part 8

- Yoga Nidra helps manifest desires.
- We walk through life with a veil (curtain) and thus do not see reality.
- By fulfilling desires through Yoga Nidra, we begin to believe in the practice. Continued practice deepens the attitude of witnessing.
- We realize that process orientation is more important than results. Many factors determine outcomes, and much is beyond our direct control.

Part 9

- Once we become aware, we start living in the present moment.
- Anxiety is neutralized.
- We realize that we must do our best and accept whatever happens.
- A contented mind subdues its fluctuations and perturbations.
- A calm and contented mind becomes eligible to receive grace (the fifth mode).

Part 10

- We all need to know how to tap into grace, regardless of our differences.
- Seeking knowledge and truth is common to all.
- Peace and prosperity manifest when grace falls upon us.

Part 11

- Yoga Nidra is a skill developed progressively.
- It builds mental capacity and stamina to remain still, alert, and aware.
- Preparatory levels provide calmness, relaxation at both physical and mental levels, steady breath flow, and a quiet mind.

Part 12

- Yoga Nidra was introduced by Swami Satyananda स्वामी सत्यानंद to complement the practices of Yogasana योगसन and Pranayama प्राणायाम.
- Passed on to Niranjanananda निरंजनानंद , it has now spread worldwide.

Part 13

Yoga Nidra Instructions (...)

Part 14

- Yoga Nidra restores remote control of our emotions to us.
- Awareness and witnessing help filter which emotions we allow to impact us.
- Yoga Nidra helps fulfill deep desires that define us and our lives.
- The next step is to move into the state of 'Just Be.'