

Noise and Quiet

Tan

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Source: <http://www.shiningworld.com/site/satsang/read/1289>

George: Hi, Tan.

I found this very helpful, knowing that my neighbor is a gift from *Isvara*. I also realized that the more I seek quiet the more I will find noise.

Tan: Yes, you are prior to noise and quiet. Noise and quiet are just dualistic objects appearing in you. If you seek one you seek the other as well – or find them both appearing in alternating sequence.

George: I agree with what you say about me being in the stage of the opaque witness. It seems to fit the description.

Tan: Yes, but to clarify just in case:

George is in an opaque witness stage. You are prior to any stage. All these stages appear in you awareness and it is *Isvara* pulling the strings there.

George: Also, my mind has been very *sattvic* for a while, and when disturbances have arisen in the subtle body I've been able to dismiss them as not me. I've also started reading the *satsangs* at ShiningWorld on a daily basis.

Tan: This shows dedication. That is very good.

George: I've been away on a meditation retreat for a week and although I didn't do the meditations they recommended it did give me a lot of space to reread James' book and do his meditation practice. We also spent two days in silence, which I found very liberating as I didn't have to be a person. I'm looking forward to the course in Spain next month, particularly since you told me James will be talking about *Vivekachudamani*.

Other than that, there doesn't seem to be much to say.

~ Love, George