

This contact followed a viewing of a segment of the Anthony de Mello video tape entitled A WAY TO GOD FOR TODAY. We viewed the first 30 minutes on the subject "Silence." The transcribed words from the tape are given first, followed by the message from JEY and ALLA. - - - -

SILENCE

From the Video Tape A WAY TO GOD FOR TODAY

by Anthony deMello, S.J.

Any way to God has to be a way to silence. If you ever come to union with God, you must pass through silence. What is this silence? Let me explain it by means of a simple tale that we have in the East. There is a great king who goes to visit a spiritual Master and he says to the Master, "I am a busy man. Could you tell me how I could be united with God? Give it to me in one sentence." And the Master said to him, "I will give it to you in one word...SILENCE." And the king asked, "How would I get silence?" "Meditation," says the Master. Meditation in the East...the Sanskrit word 'beyond'...that means not thinking about anything but going beyond the thinking.

"How will I find God?" SILENCE! "And how do I get silence?" MEDITATION! "And what is meditation?" SILENCE!

Well, I imagine while I was telling this tale you got the secret. Silence means going beyond ones own thoughts. What's wrong with words and thoughts? They are very wonderful...but God is nothing like what we say he is and he is nothing like what we imagine or think he is. That is what is wrong with words and thoughts! And most people will not accept this. They cling to their images of God and that is their biggest obstacle to reaching silence. Would you like to experience this silence that I am talking about? Well, you will have to do three things.

First is UNDERSTANDING. Understanding what? That God isn't anything like the idea that you have of God. In India where I come from we have plenty of roses. Suppose I had never smelled a rose in my life and I say to you, "What is the fragrance of a rose?" Could you describe it? Go on, describe it! You see, if you cannot describe a simple thing like the fragrance of a rose, how could anybody describe the experience of God? What ever words are used are quite inadequate. God is totally beyond that. So now you have it... that's what is wrong with words.

There is a great Christian mystic who wrote THE CLOUD OF UNKNOWING, and he says there is only way of knowing God...you have to get out of your mind and your thinking and then you may grasp him. And St. Thomas Aquinas said that only this can be said about God with certainty...that we do not know what he is. The church says that any image that we have of God is more unlike him than like him! Now I know that some of you are going to say that if that is true, what about Scripture? Well, Scripture doesn't give us a picture or a description of God. It gives us a direction because no words can give us a picture of God. In India let's suppose I am walking toward Bombay and then I come to a signpost that says "Bombay" and I say, "Well what do you know! Here it is, Bombay!" And I look at it and go back and people ask if I got to Bombay and I say, "Yes" and they ask what it is like. "It's like a board painted yellow and there are words on it, one looks like a B..." You see, I missed the point because that signpost isn't Bombay...it is only a pointer. That is what Scripture is...a pointer.

FATHER, what a lovely word to indicate God. But the church says to us that God is a mystery, and if you take the word Father too literally you will get into trouble because people will ask, "What kind of a father is this that he allows so much suffering?" See? Unknowable, unintelligible, beyond the mind! One more way of showing you what I am saying. Imagine there is a man born blind. He says to me, "What is this color green that everybody is talking about?" How would you describe that to him? Impossible! And then he says, "Is it hot or cold? Is it long or short? Is it rough or smooth?" It is none of these things. The poor man is asking the questions from his limited experience. But let's suppose I were to try to answer his question. "That color green is like soft music." And one day the man recovers his sight and I say, "Well, did you see the color green?" He says, "No!" You know what. He was looking for soft music...and when he was looking at the color green he failed to recognize it.

Can it be that God is staring us in the face, but because we are clinging to some ideas, we fail to recognize him? So then we come to the second thing. The first was UNDERSTANDING. The second thing is...and some of you are going to think that this is absurd... all you need to do is LOOK, LISTEN, HEAR, SEE...that's all. In the East we say, "God created the world. God dances the world." Can you think of a dancer and his dance? They are one thing... they are not the same thing...but they are not two! An English theologian put it in a profound way... "God is in Creation the way the voice of a singer is in a song." You have the voice, you have the song, so intimately connected though not the same thing. Isn't it strange that we would be listening to the song and not hear the voice? That we are looking at the dance and don't see the dancer? Does it mean that if we look we will be given the grace of seeing and recognizing? No, you MAY be given the grace because this calls for a special way of seeing. Remember the book

THE LITTLE PRINCE? The fox says something to the prince that is marvelously put. He says, "It is only with the heart that one sees rightly. What is essential is invisible to the eye." So what you need is heart hearing...heart seeing.

There is a Japanese tale that brings this out. A disciple goes to his master and he says, "You are hiding the final secret of contemplation from me." And the master says, "No, I am not." And the disciple says, "Oh, yes you "One day they were walking along the mountain side and they heard a bird sing, and the master said to the disciple, "Did you hear that bird sing?" And the disciple said, "Yes." And the master said, "Well, now you know that I haven't hidden anything from you." And the disciple said, "Yes." You know what had happened? He had obtained heart hearing...heart listening. This is a gift that may be given to us if we would look.

This is another comparison. Imagine that I am looking at the sunset. A peasant comes to me and asks, "What are you looking at? You seem all enraptured." And I say, "I am enraptured by the beauty?" And the poor man comes every day to look for beauty. "Where is this beauty?" He can see the sun and the clouds...but beauty? He doesn't realize that beauty isn't a thing but a way of looking at things. Look at creation. Hopefully, some day heart looking will be given to you, and when you are looking at creation don't look for anything sensational...just look and observe and don't look at ideas...just creation...and hopefully it will be given to you because you will become quiet as you look. And silence will overtake you, and then you may see. In the gospel according to John we are told in the 1st chapter, "All things were created in him and through him. He was in the world for the world was created by him but the world did not recognize him." If you would look maybe you would recognize.

I have now given UNDERSTANDING and LOOKING. There is a final thing that I would recommend in obtaining silence and that is the SCRIPTURES. It is par excellence, so we use the words of scripture to go beyond the words and to obtain silence. How would you do that? You take a passage from the scriptures. One of my favorites is.. John 7..."On the last day and the greatest day of the festival, Jesus stood up and cried aloud: Anyone who is thirsty should come to me and drink." Now let's suppose you are gripped by that sentence. What do you do then? You recite that sentence in your heart and you stop the reading. "Anyone who is thirsty should come to me and drink." "Anyone who is thirsty should come to me and drink." Something like a mantra. . .you keep saying it again and again until your heart is satisfied, until your heart is saturated. You don't think explicitly upon the meaning of those words, for your heart knows the meaning; and when you have come to the point of satisfaction, then you react to the words. How would you react? Some may say, "Do you really mean that, Lord? Anyone? Well, here I come." Or another may react by saying, "I don't believe a word of this. What is this drink? I have come so often and you have given me nothing." That's alright. Here is someone who is frustrated and angry and it is perfectly alright to talk to the Lord like that because you are honestly telling him what you have in your heart. Yet another person might say, "I know exactly what you are talking about, Lord. I have come to you in the past and you have given me to drink. Well, here I come again." So that is the way you react. It is possible that a time will come when you will tire of reacting in words. There will be sentiment swelling up in your heart that will be so deep and rich that no words will be able to express them. And you will be able only to stay helplessly in silence, responding to those words and the Lord who said those words beyond any words that you could use; and you keep to that silence as long as you are not distracted. Then you read again until you alight upon another sentence. And so you see, here is a way of using the words of the scripture to go beyond the words into silence. Read, recite, and react. Gradually the reaction will be silence. There are other ways...being aware of your breathing, being aware of your body, etc. that will lead you to quietness. Get into silence and then have someone to read a sentence of scripture to you and those words will be etched in your heart and will deepen your silence. They will have a meaning that is beyond the mind.

An exercise to do right after this (program) is this. Take some of those lovely sentences that Jesus said such as "Come, follow me," or "Everything is possible to someone who believes," "Do you believe?", "Peace, don't be afraid; it is I," or "Do you love me?" Suppose you choose the sentence, "Do you love me?" Imagine that Jesus Christ is standing in front of you and he addresses those words to you. You must resist the temptation to react. Don't say anything, don't respond. Let the words reverberate within your heart; let them resound within your being. When you cannot contain it any more, then react and give your response. You know what is likely to happen? You are likely to get into silence long before the response. It is a very simple and very effective way of getting into silence.

Message from JEY and ALLAH

July 10, 1991

JEY comes and is aware that you who are here at this time are awaiting the one who has come as teacher for the OMEGA. JEY comes to bring this short message...Know that as you are here at this time, the one who will come as ALLA has been assigned the responsibility for you at this time. Be accepting of what is said and know that as ALLA comes to you it is in the will of God. And JEY would ask now that you attempt to remain in a state of meditation.

ALLA is here. ALLA comes now to bring a message to those of you who are OMEGA. ALLA comes as a teacher for you who are OMEGA, with the knowledge that those things which you have been receiving through these times of meetings of the OMEGA have been things of importance. But know that as ALLA returns now as teacher, it is for a purpose that must be fulfilled. It is a responsibility for this one to be here at this time; and so ALLA would ask you now to open your hearts and your minds and be receptive to what is to be said. ALLA comes in Love. ALLA comes in the will of our Creator for each of you. And know that as ALLA comes there are others in your midst who will lend their energy to you who are here. Be at peace now as ALLA attempts to give you this information.

There has been a time in recent meetings of the OMEGA for you to attempt *to* understand those things that have been given to you on the subject of 'ascension.' You have received information in writing, with the knowledge that it has been given through spirit. Know that what you have received in writing is indeed from spirit; but know, too, that there are those bits of information that ALLA can provide that will give you a greater understanding of what has been given heretofore. Even as ALLA is aware of your need, ALLA is aware also of the need to remain as teacher for the OMEGA; and when there is an opportunity for you to receive a lesson, ALLA comes with great joy to be able to enter into this which is the fellowship of the OMEGA. And so ALLA will attempt now to give you this information.

As you are nearing a time where you may enter into a time of quiet, as you have been told in the lesson which you have just received...a time of great quietness, a time of great silence....know that this will lead you to that which you have been seeking to find. ... that which is a spiritual ascension. When we who are in spirit come to bring you an understanding of spiritual ascension, we bring you this information in that regard. SPIRITUAL ASCENSION is simply that which is a deepening awareness of those things which are spiritual. In other words, you are ascending to that which is a height that you have yet to climb., to an area where you will fully understand that which is oneness with the Creator. And so this one would come to tell you now of some of those aspects of spiritual ascension that will have meaning to you. And this one would begin with this.

ALLA would come to tell that as you begin now to fully understand that which is spiritual ascension, you will begin to access an area beyond your own physical body... that which is your spirit within, your own awareness will project outside the physical body in order that you will be able to more fully attune yourself to oneness with the Creator. As that occurs, there are essential things that will begin to be opened to you. ALLA will tell you that perhaps this may be one of the more important things that may occur to you at that time.

It is known that as you then are able to more fully attune yourself through ascension', you will be able then to recall from your Spirit Within various aspects of your lives in the past, that may occur to you often as unwanted memories within your spirit. As those unwanted memories then begin to project themselves to you, it is known that as a result of spiritual ascension you then have the power to ask for the unwanted memory to be erased from your spirit. Access to that is indeed a mark of great spiritual ascension. Know that as you then are able to recognize those unwanted memories on your spirit and can in turn seek to have them erased, you are freeing that which is your spirit from those things which have produced karma and etched those things of memory upon your spirit. And as those are erased, you then have freed from your spirit that karma that has been assigned to the spirit. Give thanks to this. Know that you are indeed now free to begin to experiment in this.

As the lesson which was given to you tonight on silence was chosen, it was not by accident. You are aware that the one who is JEY has suggested that this lesson be given. Know that it has not been by accident because it has helped you to understand silence... that which would take you beyond your own physical and mental self to that which is to be experienced without thoughts and words. As a result of your being able to access that type of silence, you will then in turn reach into that which is a greater attunement to the oneness of God and then be able to access your spirit and draw forth those memories which can be erased from the Spirit Within. Give thanks to the Creator for this. Know that ALLA comes with great joy to see this happening, and know that ALLA is pleased at this time to have been your teacher and to continue to be your teacher.

ALLA would also tell you one other thing with regard to spiritual ascension. Even as you become free and able to erase those memories from your spirit within, this will free your spirit to become more attuned to that which again would be Oneness with the Creator. As a result of that, you will find that in those many lives that have passed, those things that have encumbered your spirit have weighted down your spirit; and with the freedom that comes then from the erase of those memories from your spirit, your spirit will become much lighter, will become more attuned to things of spirit daily and thus affect the actions of your physical body. You become now a greater instrument for the good of God. Know that this is Truth... that as your spirit becomes enlightened and more attuned to the Creator, you become one who is a greater instrument for the Good and the Glory of the Creator. This then attunes you and prepares you for that which lies ahead for you. You have struggled many times to be able to reach a greater

understanding of spirit, a great understanding of your relationship to the Creator. Know now that it is within your grasp! You have only to reach out, you have only now to give time for practice of Silence, and it will be given to you. Know again that as it was said to you, indeed Silence will come as a gift to you. It comes as a gift of Love from the Creator, and you must accept it and hold this in your heart and indeed enfold it within your very being, because it does come as a gift and will enlighten your days and steps as you tread through the remainder of your life on the Earth plane.

Those who are in spirit come now to rejoice with you at the knowledge that you are receiving. We come to give thanks with you, and it will behoove you at this time to spend some time in quiet, realizing that you have been given a gift from the Creator and is indeed a gift of the Love and Peace and Joy that can be given to you by the Creator.

We who come to you in spirit come with the knowledge that you may receive that for which you are prepared. You have been preparing yourself for this event. You have been seeking beyond self for this event, You are now willing to accept what is being given to you; and ALLA would ask you to create within yourself now that which will be an atmosphere for receiving this which is the gift of the Creator. Know that it must not fall on a deaf ear; it must not fall on a mind that is not receptive. You must create within yourself a receptive area within your own being, and know that it shall be received.

And so ALLA would come at this time of giving thanks with you to suggest this for you... that you begin now daily to seek for the silence that was described for you, using the methods that were described for you, and know that the one who gave the message was one of great worth in the Creator's sight. Know that one has been given to you as an instrument for Truth at this time; and so you would allow then a time to seek that silence. Once you have sought and received that silence and are aware that you have gone beyond the physical and mental aspect, know that you can ask then for your spirit within to bring forth to you those visions of lives past that have been imprinted upon your spirit.., those memories that are imprinted. And as you receive those memories now with your physical mind, accept that indeed they come from spirit. If they are not acceptable to you, simply ask that they be removed, no longer to encumber your spirit.

As that is done, then, realize that you can then know that your spirit has become lighter and that you can reach out and fully access the joys of the Kingdom of the Creator with the knowledge that you have been told by that which is your Scripture that the kingdom of God is within you.

As you then remove these memories which encumber the Kingdom within you, know that you will have an enlightened time within your life at this time. As you release those things from the Spirit Within, that which is the kingdom of the Creator within you...you release those things that have encumbered the spirit for far too long.

Know that ALLA comes to give you this lesson because you are prepared at this time to receive it. Know that as you are here, you have been here for a purpose. And so ALLA comes to ask that the One who is our Creator would look upon each of you now and provide you with the strength that you need, the energy you need, the physical and mental understanding that you need to receive the spiritual aspect of your own ascension. You are indeed ascending. You are becoming one as you are nearing the knowledge for which you have long sought. Know that it is now within your grasp. ALLA comes to give thanks. Go now in Love and be in the Peace of the Creator.

JEY returns and is here to remind you that always JEY remains the gatekeeper for the OMEGA. It is not often now that JEY can communicate with you, but know that it has been a special privilege at this time to be in your midst and to have the opportunity to communicate as ALLA has been able again to bring you an understanding and a lesson. Be at peace with your life and know that you have been given an approval and are now receptive to that which has been given. Go now in the love and peace of the Creator. Amen.