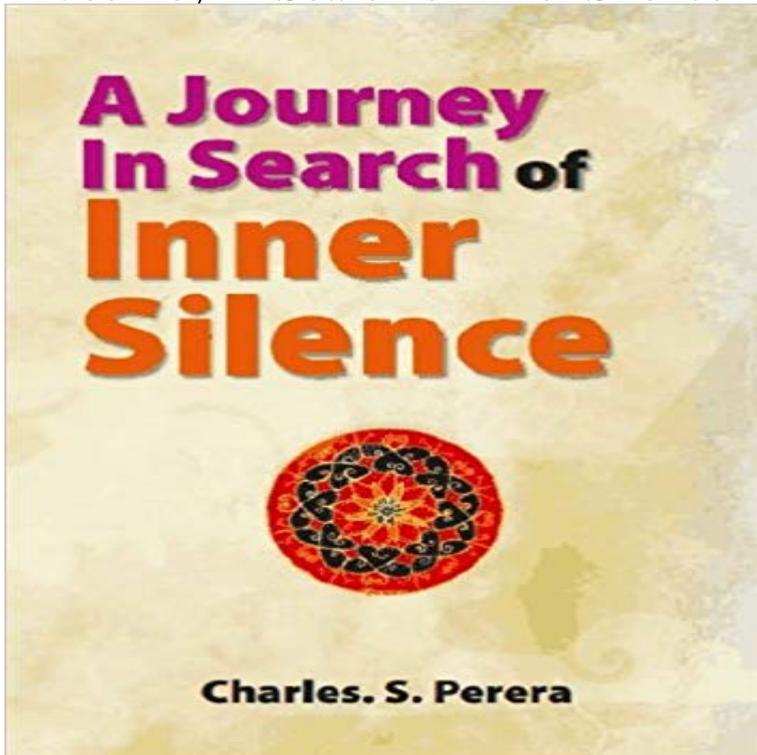


A Journey In Search of Inner Silence



A Journey In Search of Inner Silence The search for an inner silence is to escape from the exterior Noise. The book therefore opens with an essay on Noise , from which there is seemingly no escape. There are different types of noises with most of them having degrees of tolerance, beyond that it could cause to a lesser or a greater degree physical and mental damage. Even the unborn still in the mothers womb does not escape from noises of the world outside. Is there silence in death,? Apparently even in death there may be no silence as many cases of Near Death Experiences show that the death is not the end. The writer explains in his book A journey in Search of Inner silence that his own near death experience left an indelible mark in his life, and feels that he now knows that the death is no more than a step into another existence which does not frighten him any more. A search of an inner silence in a religious sense is to find a means to accommodate noise, a shock absorber to moderating its negative effect for a peaceful human existence. The book which the author wrote at the ripe age of 80 years is also to look eighty years back making the book a tribute to those who interacted with him in various ways at various stages in life to make him what he is. Therefore the book is also partly autobiographic. Been born the youngest of six children to a Middle Class family in a remote village in Colonial Ceylon-now called Sri Lanka, he went through a period of hardship being brought up by a devoted mother with an absent father living on dwindling means eking out an existence maintaining with great difficulty a middle class respectability. He loses his chance to be educated in the best English school of the country due to his mothers fear to send him to Colombo which was just bombed by the Japanese. However, his mothers perseverance enabled him to have an English education in a Christian School,

yet preciously preserving Buddhist traditions inculcated by his caring mother. He recounts in the book the poverty line his family traversed during the Second World war and how they gradually overcame the suffering and discomfort only to endure unsurmountable grief caused by the untimely death of his beloved sister when the family was stepping in to ease and comfort from the darkness of suffering. He joins the government service and comes abroad to serve his country's Embassy in France. He keeps up his religious devotion intact despite his adventuring into the most romantic city in the world -Paris. He recounts what seems essential of his life, as right along he had been seeking above all to seize the evasive inner silence. His retirement which threw him in to verge of depression necessitated the search in earnest the inner silence the search of which had been temporarily set aside living the worldly life. Now he had the choice between living under antidepressants or escape into the inner silence. Seeking the latter choice he comes back to Sri Lanka and searches in earnest for Inner silence in Buddhist meditation. He explains in great detail his experience in meditation in several Buddhist meditation retreats and how they are conducted. He describes the necessity to devote hours of untiring effort to let the mind reach out to peace in inner silence. It is finally not me or you, he says who escapes from the bonds of suffering, but the mind which is neither you nor any other. The search and finding inner silence is within reach of every one if only the necessary effort is made in the correct direction in earnest. Inner Silence in reality is the silent mind . A silent mind is a mind without thoughts, without conflict, a smooth, calm serenity, a mind with an undisturbed silence. Looking inside is looking into the mind, both when it is disturbed to be aware of the disturbance and when silent to be aware of that deep silence.

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