

**Mystic Silence:** The essence of mystic silence lies in first becoming still – the word still contains within it the potential for life. The art of becoming still lies in discovering the space that is within and from which all life emerges from our of the apparently no-thing. The word ‘STILL’ contains within it the potential for life, all the letters are symbolic; ‘S’ represent spirit immanent, or immanent spirit, ‘T’ stands for truth and ‘L’ for love and light.

It is the love for life that energises the true template that gives form to everything that exists and it is this marriage between truth and love that kick starts the creative process.

Reality is something that few of us experience, as the real underlies all the phenomena that we experience in daily life. Meditation is the key as it touches the unassailable, which is the reflective mirror that reflects back into ourselves that which we truly are.

The still centre does not readily give up its secrets, but is not unmerciful, as when purity of vision allows for this, it will by an act of grace, let us glimpse beyond the veil. Whatever is revealed, no matter how small, its beauty and form is encapsulated within a higher consciousness and which if assimilated, will transform every level of being. These timeless moments, as brief as they may be, are never lost. They bring warmth to the heart, peace to the mind and a feeling of continuity, each time we glimpse the eternal from whence we came and to which, when ready, we return.

***‘If your mind is troubles,  
Like water on the surface of a lake,  
Be confident ...  
Be patient!  
It remains ever still in the deep.’***

From: ‘The Little Book of Happiness’ Patrick Whiteside.

**The Philosopher's Stone:** is representative of that which lies at the heart of any transformative process, and can be the body of ideas around which we organise our lives, or be a reference to that mysterious alchemical substance that changed base metal into gold. Our own nature determines who we are and around which we crystallise responses according to that nature. We can be uncaring with a heart of stone and oblivious to the needs of those around us, or at the highest level, be multi-faceted, reflecting the light of truth that lies at the heart of creation.

To become the best that we can be and at one with the transcendent power of spirit, we have to look for the truth that lies within each moment. To learn to speak from the heart and avoid deception; this is not an intellectual exercise, as we have to feel about what we think and discover the truth that rings true from the centre.

The philosopher's stone is a centre of truth that love affirms. Its attributes are eternal and it rings true, whatever it strikes. We are reminded of the wheel tappers who tested wagon wheels by striking them with a hammer; those with a fault in their own hammer found fault in everything.

We are what we appear to be and if you do not like what you see when looking into a mirror, change it. Not only depression, pain and ill-health are etched into the face, but also the truth of who we really are never lies far below the mask that we present to the world.

The truth that patterns creation is the ordering of power of the living word, which is interwoven throughout life. Love, life and light are not separate energies isolated from each other but different aspects of the one life force that either flows toward and energises points of interest, or away, according to the Will of the Divine Creator.

This self-opposing life force is reorganised in the dance of life and the movement and rotation of planets and electrons. As children we became familiar with the sound of the humming top, which at planetary levels is referred to as the music of the spheres. Every form of circumscribed zone has its own vibration and emits sound at some level and for the yogi, the epitome of all these sounds is the mantra OM.

OM according to ancient tradition is the announcer of God and the sound that projected the universe. From this sound, with all its subtle vibrations, the

seers divined the Sanskrit alphabet, of which every sound of its fifty letters has cosmic significance.

With meditation on sound, form and the essence of sound, our words can become vehicles for love and truth, with the power to transform our own base metal into gold.

To transform our own lives we have to become more conscious of thought, word and deed, become proactive and bring control back into our lives. Aids are meditation, refining awareness coupled with yoga breathing techniques that will enable us to tap the subtle energy sources that give form and structure to life. The philosopher's stone is the catalytic light of our own consciousness, as consciousness is structured power which is dual aspected, comprising both power and form.

Each letter of our alphabet has form and structure and is a precipitate of the energy of life which brought it into being. Each consonant can be considered as spirit personalised and the vowels as pure energy which give life to each word. When we make a vowel sound we do not make a closure with the lips, hence vowels represent free unformed energy. The study of words and mantra is a lifetime's work, and we only make brief reference to these important symbols here. The letter 'H' is closely linked with the breath and represents spirit. It is also representative of a ladder which has many rungs and with the ability to establish a link between heaven and earth. The letter 'A' in all alphabets represents a beginning and is a symbol for the Absolute. The letter 'I' is a line pointing to a dot or a convergent point of spirit and therefore represents individuation.

***When meditating*** attune yourself to the whole cosmic field of life. The first sound is 'AH' which symbolises Absolute Spirit. It is barely whispered and felt principally within the subtle body. Feel the sound to be an integral part of the breath as you inhale and expand your awareness out to the Cosmos and beyond.

The next sound is 'IH' and symbolises individuated consciousness. It is to be felt as part of the out-breath as you return in feeling to the level of individuated consciousness. Repeat at least three times, then in silence become as the macrocosm within the microcosm and as above so below – experience the catalytic light of consciousness throughout the body.