

Multiple Names of
THE ONE
that cannot be
named

**Prajapatir vai idam-agre asit
Tasya vak dvitiya asit
Vak Vai Paramam Brahma**

**In the beginning was Prajapati (the creator),
with Him was the Vak (the word),
And the Vak (the word) was verily the
Supreme Brahman.**

- *Vedas*

**In the beginning was the word, and the Word was
with God and the Word was God.**

- *Bible*

**"Science without religion is lame, religion without
science is blind."
- Albert Einstein**

INTRODUCTION

The inner sound has also been developed as a spiritual path or reference point in almost all the religions, traditions and philosophies worldwide. It has been said that it goes by the following names in these various scriptures and philosophical works:

AUM, Naad, Akash Bani and Sruti in the Vedas

Nada and Udgit in the Upanishads

Akshar in the Bhagavad Gita

The music of the spheres taught by Pythagoras

Sraosha by Zoroaster

Kalma and Kalam-i-Qadim in the Qur'an

Word and Water of Life in the Bible

The Divine Wine and HU by the Sufis

Hari Ras and Amrit by Saints and Mystics

Naam, Akhand Kirtan and Sacha Shabd in the Guru Granth Sahib

Logos in Greek and Hebrew metaphysics, the unifying principle of the world.

It is called variously as Sruti or Shruti (that which is heard), Shabd (word) or Akash bani (voice from the heaven), Sraosha (music of the beyond), Harmony, Logos, Kalma or Bang-i-Ilahi (call from God) or Nida-i-Asmani (heavenly sound).

Interestingly, almost all the religions and spiritual philosophies have been giving various names to THE ONE that cannot be named. Some call it AUM, Brahm, Atma, Allah, God, Father, Mother, HU, Shabd, Tao, Word of the Almighty, Self, Awareness, Consciousness, etc. The list can go on and on. But the direction towards which all these names are pointing is ONE and the same.

According to the Vedas, one of the most scientific and oldest scriptures known to mankind, the whole creation was made through Naad (Sound). It was also referred to as “Akash Bani” (voice coming down from the Heaven). In the Nad-Bind Upanishad, for instance, the subject is dealt with in very lucid manner. The symbolic representation of this Naad (Sound) is AUM, the essence of all Vedas. Almost all the Vedic mantras recited during various religious ceremonies starts with and ends at AUM, the sound of Creation, Preservation and Dissolution.

The Upanishadic sages have described it as “Pranava” or that which can be heard through the pranic vibrations, without the help of tongue, lips and palate, for it is reverberating of itself in and out of space.

In Chapter 6 of the Maitreya Upanishad it is stated that there are two Brahms, one Shabd Brahm, one has to meditate, in the first instance, on the Shabd Brahm which has different kinds of Sounds that can be heard within by stop-cocking the ears with the thumbs; and by this means one can cross over to the Ashabd or Gupt Brahm, a state beyond the three Gunas and the three mental conditions, and called Turiya Pad or Super-Sensual plane.

In Yog-sandhya, it is enjoined that a yogin, practicing yogic disciplines, ought to close his ears with the thumbs and listen within him to the musical strains of the Chidakash or mental horizon and thereby still the mind and attain the Turiya state and merge in the Avyakat.

In Chhandogya Upanishad it is mentioned that Nad (heavenly music) springs from the universal Sun (of Brahmand) and that this secret was given by Ingris Rishi to Krishna, the darling son of devaki.

Whatever is spoken or heard is 'Shabd (word)', and it reveals the real nature of things and explains the hidden reality or mystery thereof. But in the terminology of the saints and mystics, the term "Shabd" has a much deeper significance, quite different from its commonly accepted meaning.

Shabd, the Inner Sound principle is All-Conscious, All-Pervading and too subtle for the ears, the tongue and the pen. It is an Unwritten Law and an Unspoken Language. It is self-existing, self-sustaining and self-supporting and yet is the very life of all that exists both in the animate and inanimate creations. But it can be realized in the deepest depths of the soul, for the two are of the same essence, the soul being but a drop of the Ocean of All-Consciousness.

Chozen Bays, the Zen Master of Great Vow Zen Monastery in Oregon, has spoken of how she feels this very sound, and the deep listening to it, are the basis of Hakuin Ekaku's famous koan: "Two hands clap and there is a sound; (but) what is the sound of one hand?"

“This Koan, the Sound of One Hand, has become trivialized in the west, but its actual meaning is very profound. The Koan is a question that cannot be answered by our usual method – by thinking. It asks us to undertake deep listening, to listen as we never have before, to listen not only with our ears but with our entire being, our eyes, our skin, our bones and our heart. Deep listening requires complete receptivity. This means that nothing is being broadcast. There are no outflows. Deep listening asks us to quiet the body, the mouth and the mind. Our thoughts must be silent. Impossible, you might say. It is not impossible, not when your thoughts are in the way of your listening. This is absorptive listening, complete absorption in Sound.”

The ancient Greeks also spoke of the Inner Sound. In the writings of Socrates, we read that he heard within him a peculiar Sound which pulled him irresistibly to higher spiritual realms.

Pythagoras also talked of Sound. Plato spoke of It as the “Music of the Spheres”. In the Greek language we have the term Logos, from “logo”, to speak, which stands for the “Word” or Second Person of the Trinity. This term Logos also figures in both Hebrew and Christian philosophy and theology and in its mystic sense is used both by the Hellenistic and Neo-platonist philosophies. St. John has used the term “Word”.

In the Chinese scriptures, it is known as Tao. Lao Tzu, in the fourth century B.C., used the word Tao meaning “Road” or “Way” to denote the Hidden Principle of the Universe. In the Avestic writings of Zoroaster, the Persian prophet of life, we come across the word

Sraosha, which stands for the angel of inspiration that inspires the Universe. It is a Power apart from the six spiritual Powers of which Zoroaster speaks. It is the cult of Eternal Life and is from the Sanskrit root "Shru" (to hear) and means that Power of God which can be heard. In the Zend Avesta, we have an invocation to Mazda praying for the gift of Sraosha for those whom He loves.

In our own times from Sant Kabir and Guru Nanak down to Guru Gobind Singh, and many others preached of Shabd (word).

Madam Blavatsky, the founder of the Theosophical Society, has described It as the "Voice of God". In the Masonic Order we hear of It as the "Lost Word" in search of which the Mason Masters set up their Order.

Hazrat Inayat Khan, a modern Sufi mystic, tells us that this creation is nothing but the "Music of God" for It is the outcome or manifestation of His Power. He calls it Saute Sarmadi or the intoxication vintage from the Garden of Allah (God).

In the Muslim and Sufi scriptures, It is variously described as Kalam-i-Ilahi (The Voice of God) Nida-i-Asmani (the Sound from Heaven), Ism-i-Azam (the Great Name), Saut-i-Sarmadi (the Intoxicating Sound), Saut-i-Nasira (the Sound Melodious), Kalam-i-Majid (the Great Commandment) and Kalam-i-Haq (the Voice of Truth) which can be heard inside, and It was taught as Sultan-ul-Azkar or the King of prayers. We have innumerable references to this Sound in the teachings of the Mohammedan fakirs.

All Master-Souls, whether Hindus, Muslims, Christians, Sikhs and countless others, were conversant with the practice of the divine soundless sound.

The Sublime Sound cannot of course be heard by the physical ears. There is a way for our listening to the divine music which can be heard by the inner faculty of transcendental hearing. Though science has not yet been able to probe into this mystery, yet it can be resolved and experienced by actual experimentation in the laboratory of the Self with the instruction and guidance of the Saints. The results of recent scientific investigations have now revealed the presence of rhythmic motion even in atoms, and scientific findings are every day coming closer to reality.

THE QUANTUM PHYSICS

In the past decades quantum science has demonstrated that our physical reality cannot be separated from our conscious awareness of it. In addition quantum science discovered an all-pervasive energy field that permeates the entire universe, **the Zero Point Field.**

From this energy field sub atomic particles jump in and out of existence all the time. The material world does not seem to be as solid as we thought it was. Empty space is not empty at all. The vacuum is actually a plenum (completely filled). It contains an abundant amount of energy, the zero point energy. There is a cosmic dance of energy back and forth between the physical realm and the zero point field, a constant creation and destruction of matter from the void.

According to the relativistic quantum field theory, particle and field are complementary manifestations of one and the same thing. Reality is nothing but the transformation and organisation of the field quanta. Particles are interactions between fields, and are ephemeral manifestations. They only appear to be substantial as a result of the dynamic, energetic interplay of the quantum fields. All types of particle-pairs are constantly generated and absorbed by the field. The “dance” of all possible particles, may be regarded as the fundamental activity of Nature.

“Nothing is more important about the quantum principle than this, that it destroys the concept of the world as ‘sitting out there’, with the observer safely separated from it by a 20 centimeter slab of plate glass. Even to observe so miniscule an object as an electron, he must shatter the glass. He must reach in. He must install his chosen measuring equipment. It is up to him to decide whether he shall measure position or momentum. To install the equipment to measure the one prevents and excludes his installing the equipment to measure the other. Moreover the measurement changes the state of the electron. The universe will never afterwards be the same. To describe what has happened, one has to cross out that old word ‘observer’ and put in its place the new word ‘participator’. In some strange sense the universe is a participatory universe.”

- *John Wheeler's Words*

From the Book “The Tao of Physics” by Fritjof Capra

QUOTES

THE VEDAS

Let yogi sit on Sidh Asan and while practicing the Vaishnavi Mudra, should hear the sound through his right ear.

By communion with the Word, he will become deaf to the external sounds, and will attain the Turiya Pad or a state of equipoise within a fortnight.

First the murmuring sounds resembling those of the waves of the ocean, the fall of the rain and the running Rivulets and the Bheri will be heard intermingled with the sounds of the bell and conch.

- *Nad Bind Upanishad*

Though He is beyond speech and mind, yet one can Experience and realize Him by going beyond speech and mind.

- *Brahm Upanishad*

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He is the Immutable, the Supreme and the Self-Luminous,
And knowing Him one transcends death; there is no
other way to freedom...

He is to be realized in the cave that shines.

- *Kaivalaya Upanishad*

Meditation on Nad or the Sound Principle is the royal road to salvation.

- *Hansa Naad Upanishad*

Like the butter hidden in milk, the Pure Consciousness resides in every being. That ought to be constantly churned out by the churning rod of the mind.

- *Amritbind Upanishad*

Shabd is Brahm and "Silence" too is Brahm, Brahm alone is vibrating everywhere.

- *Sama Veda*

All Devas (Gods) have their adobe in me (Vak or Word), and I look after each one of them. I am the efficient and the material cause of the very creation and I am sustaining the same. I am Knowledge and Enlightenment.

- *Rig Veda (Vak Devi)*

I (Vak or Word) am the Creator of all regions and the demons and I am all-pervading like the Pranas or vital airs in all forms and bodies. I occupy all space and girdle the Universe in the form of ether. In fullness I exist here, there and everywhere, beyond the earth and sky with hosts of solar systems; and by the power of my inherent nature, they have assumed all forms and all colors.

- *Atharva Veda (Vak Devi)*

ISLAM & SUFISM

All space is filled with *Saute Sarmad* or the “Abstract Sound.” The vibrations of this Sound are too fine to be either audible or visible to the material ears or eyes, since it is even difficult for the eyes to see the form and colour of the ethereal vibrations on the external plane. It was the *Saute Sarmad*, the Sound of the abstract, which Mohammed heard in the cave, Ghar-e-Hira, when he became lost in his ideal. The Koran refers to this Sound in the words: “Be and all become” (*Kun-feu-kun*). Moses heard this very sound on Mount Sinai (*Koh-i-Toor*), when in communion with God. The same word was audible to the Christ when absorbed in his Heavenly Father in the wilderness. Shiva heard the same *Anahad Naad* during his *Samadhi* in the Himalayas. The flute of Krishna is symbolic of the same Sound allegorically explained. This Sound is the source of all revelation to the Masters to whom It is revealed from within and it is, therefore, that they know and teach the one and the same Truth.

- *Hazrat Inayat Khan*

Grow not skeptical, but attune thyself to the sound

Coming down from the Heavens,

Thy soul shall have revelations from afar.

What are these? The glimpses of the Unrevealed; were

I to speak of these sweet melodies,

Even the dead shall rise from their graves.

Rise above the horizon, O brave soul, and hear the
Melodious Song coming from the highest heaven.

- *Maulana Jalaluddin Rumi*

Name and the Named are but one,
Light of Name witnesseth His glory.

- *Hazrat Moieen- ud- Din Chisti*

The glory of God's Naam has attuned my body and soul,
The parched and thirsty get honeyed nectar from it.

- *Khwaja Nizam-ud-Din Chisti*

From the turret of the Heaven, a call bids thee Home,
But fallen into the snares thou listeneth not.
No one knows where the Mansion of the Beloved lies,
But sure enough, the chiming of the bells proceeds there from.

- *Khawaja Hafiz*

O God! Show me that place from where the *Kalma*
(Sound Principle) proceedeth without words.

- *Shah Niaz*

O Saqi! Give me that wine which one cannot find even in paradise.

- *Hafiz*

World came into being through *Saut* (Shabd or Sound Principle),

And from *Saut* spread all light.

- *Shamas Tabrez*

The Great name (ism-i-azam) is the very essence and life of all names.

Its manifested form (Shabd) is supporting the entire creation,

It is the great sea in which we all appear as waves.

He alone can understand this mystery who belongs

to our order.

- *Abdul Razaq Kashi*

The Turks, Kurds, Parsis, Goans and Arabs,

They have all known It without the aid of lips and ears.

Rise above thy mental horizon, O brave soul,

And listen to all call of Music coming from above.

- *Maulana Jalauddin Rumi*

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Everyone repeats the Kalma orally, by word of mouth,
A rare soul may repeat It with the tongue of thought;
And whoever repeats It within with loving devotion,
He cannot describe it in words.

- *Hazrat Bahu*

The whole world is reverberating with Sound,
To listen to It thou must unseal thine inner ears,
Then shalt thou hear an Unending Music,
And that shall lead thee beyond the confines of death.

- *Shah Niaz*

An unceasing Sound is floating down from the heaven,
I wonder how ye are engaged in pursuits of no avail.

- *Hafiz*

Drive away all skepticism from thy mind,
And listen to the strains of heavenly music,
And receive within thee the messages of God,
For these come only by Holy Communion with the self.
The Prophet declared that he heard the Voice of God,
And it fell on his ears as clearly as any other sound,
But God has sealed thy ears,
And so ye listen not to His Voice.

- *Maulana Jalaluddin Rumi*

All the seven heavens are echoing with the Sound,
The ignorant do not hear It nor catch the strains.

- *Hafiz*

First is the hum of the bees and the second is the sound of anklets,
The third is that of the conch and the fourth that of a gong
The fifth is a trumpet-blast and the sixth that of a flute,
The seventh is of a *Bhir*, the eight of a *mardang* (drum beat) and the
ninth of a *Shahnai* (*Naferi*).

And the tenth resemble the roar of a lion,
Such indeed is the Heavenly Orchestra, O Khusro.
In these ten melodies a Yogin gets absorbed,
The senses get stilled and so doth the mind, saith Khusro.
With the flourish of limitless Music within,
All the lusts of the flesh and the deadly sins fly off,
The master too has a wonderful world of his own,
Khusro is now fully engrossed within himself.

- *Amir Khusro, a great scholar and mystic poet (discipline of Kh.
Nizam-ud-Din Chishti)*

Sound is pervading the whole world in Its fullness,
Ye can surely listen to It with transcendental hearing,
This ye can do by closing the outer bodily ears,
For surely then shall ye hear the endless song,
And It shall take you beyond the sway of destruction
and dissolution.

- *Shah Niaz*

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There comes a Sound, from neither within nor without,
From neither right nor left, from neither behind nor in front,
From neither below nor above, from neither East nor West,
Nor is It of the elements: water, air, fire, earth and the like;
From where then? It is from that place thou art in search of;
Turn ye toward the place wherefrom the Lord makes
His appearance.

From where a restless fish out of water gets water to live in,
From the place where the prophet Moses saw the divine Light,
From the place where the fruits get their ripening influence,
From the place where the stones get transmuted to gems,
From the place to which even an infidel turns in distress,
From the place to which all men turn when they find
this world a vale of tears.

It is not given to us to describe such a blessed place;

It is a place where even the heretics would leave off their heresies.

- *Shamas Tabrez*

God is much nearer than even the life-chord.

In the Koran it is said,

I am nearer to thee than thy life-line.

- *Bulleh Shah*

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The bells and gongs in the churches and temples are meant to suggest to the thinker the same sacred Sound, and thus lead him towards the inner life.

- *Hazrat Inayat Khan*

SIKHISM (Guru Nanak & Sant kabir)

All sing of the Shabd without realizing that It is Videh or the Bodiless,

No tongue can describe It, but soul may contact It within.

- *Sant Kabir*

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Without the aid of Shabd, the soul wanders blindfold
In ignorance and knows not the Way out.

- *Sant Kabir*

Close thy outgoing faculties,
And hear the eternal Melody.

- *Sant Kabir*

Everyone is endowed with the Water of Life,
None but the destined one can drink It.

- *Sant Kabir*

I have got love for the lotus feet of the Lord,
Through a saint, the mind has become purified,
And I am ever engaged in the Kirtan (Song) of Hari.

- *Sant Kabir*

One returns not to see his children, friends and the
Household,
Kabir saith: without contacting the Naam, life goes in vain.

- *Sant Kabir*

The tuneful trumpet of Thy doorway,
Sounds in the middle of my forehead.

- *Sant Kabir*

By communion with the Naam, one transcends the
Limitations of the flesh,
And reaches far beyond the realm of the pairs of opposites.
All the supernal powers serve but Naam;
Blessed with Naam, one becomes the adobe of all powers.

- *Sant Kabir*

Naam is not the subject of the eyes. It is something wonderful and indescribable.

- *Guru Nanak*

I need no obsequies after my death,

I depend only on Sat Naam, the maker of all, and pervading all, here and hereafter.

- *Guru Nanak*

He - the Nameless – expressed Himself and made the Naam or Word.

- *Guru Nanak*

Thou manifested Thyself as Naam and set up the Creation.

Out of the Formless proceeded forms in varying degrees.

- *Guru Nanak*

Thou art immanent in all;

And nothing is where Thy Word is not.

- *Guru Nanak*

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The intoxication of the Naam, O Nanak, works round the clock.

- *Guru Nanak*

I live when I listen to Naam's music and I die when I forget it.

- *Guru Nanak*

Absorption in the Naam brings in Cosmic Awareness,

O Nanak! those who engage in the Naam are ever blissful.

- *Guru Nanak*

Those who have communed with the Naam, their
toils shall end,

And their faces shall flame with glory,

Not only theirs shall be salvation, O Nanak! but many
more shall find freedom with them.

- *Guru Nanak*

The Naam is the only companion after death, and

Without It, there is the bondage of Death.

All cunning and cleverness prove futile and one departs

With tearful eyes,

O Nanak! by forgetting the Naam, one gets no relief at His door.

- *Guru Nanak*

Dhun (or the Sound Current) is both true knowledge and true meditation and remains indescribable all the same.

- *Guru Nanak*

The mind when attuned with the Sound becomes

Detached and gets engrossed,

In the heart of the Light within is a delectable Sound,

That makes one fully absorbed in God.

- *Guru Nanak*

In this world true devotion is that of Shabd,

Without Shabd, one remains an egoistic fool.

- *Guru Nanak*

The restless mind knows not the Way,

The filthy cannot recognize the Word.

- *Guru Nanak*

Without the word of the master, the mind remains restless.

Our restless mind becomes steady when engrossed in the Shabd,

And this is the highest worship and the greatest virtue.

- *Guru Nanak*

The Master's Word is an ocean of serenity,
It is the Path of salvation and destroys all egotism.

- *Guru Nanak*

The world without the Water of Life is but a wasteland and a worldly-wise man does not even know of It.

- *Guru Nanak*

No longer does he hunger and thirst for things of the world,
He sees Him as All- pervading, in the core of his heart;
Dyed in the colour of Amrit, he renounces all and revels in his
Master and his teachings.

- *Guru Nanak*

Listen, thou ignorant self, learn to fall at the feet of the Master,
Be thou devoted to the Word and then thou shalt have
no fear of death.

The unfortunate ones have a heavy load on their
heads and can never be happy.

- *Guru Nanak*

CHRISTIANITY

Man shall not live by bread alone, but by every Word
That proceedeth out of the mouth of God.

- *Christ*

Upholding all things by the Word of His Power.
And He is before all things, and by him all things consist.

- *St. Paul*

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By the Word of God the heavens were of old, and the earth
standing out of the water But the heavens
And the earth which are now, by the same Word
are kept in store.

- *St. Peter*

Then the Eyes of the blind shall be opened, and the
Ears of the deaf shall be unstopped. Then shall the
Lame man leap as an hart, and the Tongue of the
dumb sing: for in the wilderness shall waters break
out, and streams in the desert.

- *Isaiah*

When the dead shall hear the Voice of the Son of
God, they that hear shall live.

- *Christ*

In the beginning God created the heaven and the earth...
And God said, Let there be light, and there was light.

- *Genesis 1:1,3*

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The Word is a lamp unto my feet, and a light unto my path.

- *The Psalms*

By the Word of the Lord were the heavens made; and
All the host of them. He spake and it was done; He
Commanded, and it stood fast.

- *The Psalms*

The grass withereth, the flower fadeth, but the Word
Of our God shall stand forever.

- *Isaiah 40:8*

The wind bloweth where it listeth, and thou hearest
The sound thereof, but canst not tell whence it
cometh, and whither it goeth: so is every one that
is born of the Spirit.

- *John 3:8*

Now ye are clean through the Word which I have spoken unto you.

- *John 15:3*

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Whosoever drinketh of the water that I shall give him, shall never thirst; but the water that I shall Give him shall be in him a well of water, springing up into everlasting life.

- *Christ*

The Kingdom of God cometh not by observation. The Kingdom of God is within you.

- *Christ*

By hearing ye shall hear, and shall not understand; And seeing ye shall see and shall not perceive.

- *Christ*

And thine ears shall hear a Word behind thee saying, This is the Way, Walk ye in It, when ye turn to the Right hand, and when ye turn to the left.

- *Isaiah*

I tell you most solemnly, whoever keeps my Word will never see death.

If any man thirsts, let him come unto me and drink. He that believeth in me... out of his belly shall flow rivers of Living Water.

- *Christ*

He that findeth his life shall lose it: and he that loseth his life for my sake shall find it.

- *Christ*

For the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed.

- *St. Paul*

And he showed me a pure river of Water of Life, clear as crystal, proceeding out of the throne of God and of the Lamb.

- *St. Paul*

I am the Light of the World; He that followeth Me, Shall not walk in darkness, but shall have the Light of Life.

- *Christ*

BUDDHISM

“A sound of Suchness clear and bright,
The boundless inner peace of light
Whose unremitting presence roars
Oceanic at its shores.”

- *Ajahn Amaro*

“O nobly-born, when thy body and mind were separating thou must have experienced a glimpse of the Pure Truth, subtle,

sparkling, bright, dazzling, glorious, and radiantly awesome, in appearance like a mirage moving across a landscape in springtime in one continuous stream of vibrations. Be not daunted thereby, nor terrified, nor awed. That is the radiance of thine own true nature. Recognize it.

From the midst of that radiance, the natural sound of reality, reverberating like a thousand thunders simultaneously sounding, will come. That is the natural sound of thine own real self. Be not daunted thereby, nor terrified, nor awed.”

- *Extracts from the Tibetan Book of the Dead (Bardo Thodol),
Edited by Dr. W.Y.Evans-Wentz (London, 1957)*

The Shurangama Sutra:

The Shurangama Sutra describes various spiritual practices that different Bodhisattavas present to the Buddha as being the way that they themselves were liberated. The one that the Buddha praises as the most effective is that of Avalokiteshvara. It is a meditation based upon hearing. Here is the translated version of the same:

“I begin with a practice based on the enlightened nature of hearing. First I redirected my hearing inward in order to enter the current of the sages. Then external sounds disappeared. With the direction of my hearing reversed and with sounds stilled, both sounds and silence cease to arise. So it was that, as I gradually progressed, what

I heard and my awareness of what I heard came to an end disappeared, I did not rest. My awareness and the objects of my awareness were emptied, and when that process of emptying my awareness was wholly complete, then even that emptying and what had been emptied vanished. Coming into being and ceasing to be themselves ceased to be. Then the ultimate stillness was revealed. All of a sudden I transcended the worlds of ordinary being, and I also transcended the worlds of being who have transcended the ordinary worlds. Everything in the ten directions was fully illuminated, and I gained two remarkable powers. First, my mind ascended to unite with the fundamental, wondrous, enlightened mind of all Buddha's in all ten directions and my power of compassion become the same as theirs. Second, my mind descended to unite with all beings of the six destinies in all ten directions such that I felt their sorrows and their prayerful yearnings as my own.

I now respectfully say this to the World-Honored One - The One who came to be a Buddha in this Saha world

In order to transmit to us the true, essential teaching meant for this place - I say that purity is found through hearing. All those who wish to gain Samadhi's mastery will surely find that hearing is the way to enter.

Great Assembly! Ananda! Halt the puppet show of your distorted hearing! Merely turn your hearing round to listen to your genuine

true nature, which is the destination of the Path that is supreme. This is the genuine way to break through to Enlightenment”.

- *Excerpted from: 'The Surangama Sutra'*
Newly translated from the Chinese by the Surangama Sutra
Translation Committee of the Buddhist Text Translation Society

Guan Shi Yin Bodhisattava describes the method thus:

“I began with a practice based on the enlightened nature of hearing. First I redirected my hearing inward in order to enter the current of the sages... By the means that I have described, I entered through the gateway of the ear-faculty and perfected the inner illumination of Samadhi. My mind that had once been dependent on perceived objects developed self-mastery and ease. By entering the current of the awakened ones and entering Samadhi, I became fully awake. This then is the best method.”

“To listen wisely is to listen inside, not outside. You do not allow your mind to chase after sounds. You reverse your hearing to listen to your own true nature. Instead of listening to external sound, you focus inwardly on your body and mind, you cease to seek outside yourself, and you turn around the light of your attention so that it will shine within yourself.”

- Ven. Master Hsuan Hua

OTHERS

The Tao that can be expressed is not the eternal Tao;
The name that can be name is not the unchanging Name.

- *Lao Tzu*

This Sound develops through ten different aspects because of its manifestation through the different tubes of the body (Nadis); it sounds like thunder, the roaring of the sea, the jingling of bells, running water, the buzzing of bees, the twittering of sparrows, the Vina, the whistle, or the sound of Shankha (Conch) until it finally becomes Hu the most sacred of all sounds. This Sound Hu is the beginning and end of all sounds, be they from man, bird, beast, or thing.

- *The Mysticism of Sound*

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The silence is so intense that you can hear your own blood roar in your ears but louder than that by far is the mysterious roar which I always identify with the roaring of the diamond of wisdom, the mysterious roar of silence itself, which is a great Shhh reminding you of something you've seemed to have forgotten in the stress of your days since birth.

- *'The Dharma Bums' by Jack Kerouac*

Nothing, nothing, nothing, nothing, nothing.

And even on the Mountain, nothing.

(Nada, nada, nada, nada, nada. Y en el Monte, nada.)

- *The Ascent of Mount Carmel - The way of Pure Spirit.*

If you should in this world bring many thousand sorts
Of musical instruments together, and all should be
Tuned in the best manner most artificially, and the
most skillful masters of music should play on them in
Concert together, all would be no more than the howlings
and barkings of dogs in comparison of the
Divine Music, which rises through the Divine Sound
and tunes from Eternity to Eternity.

- *The Aurora*

If all the mountains were pounded into ink-powder and mixed with
the waters of the oceans, pens were made out of all the forest trees
and the entire earth were a sheet of paper, the glory of God or
Naam or God-into-expression Power could not even then be
described.

- *Sahjo Bai*

He is the true saint, who talks about the secret of the
Divine Word (Eternal Sound). Having scrutinized
the Unknowable and the Unthinkable, He has realized
the Bani (the Eternal sound).

- *Tulsi Das*

Ever since I heard the Limitless Divine Song (Anhad) reverberating throughout, The indriyas (organs) have become tired of going out,
And the mind has shed all its ramifications,
All desires have been satisfied; like a madman, I have lost myself in the Word, and obtained complete oneness with it.

- *Charan Das*

Myriad of mystic tongues find utterance in one Speech, and myriads of mysteries are revealed in a single melody; yet, alas! There is no ear to hear, Nor heart to understand.

O Children of Negligence and Passion!

Open your ears that ye may hearken unto the Word of God, the help in peril, the Self-Existent.

O Son of Dust!

Hearken unto the mystic voice calling from the Realm of the Invisible.

- *Baha-Ullah, a Mystic Saint of Persia*