



The Science  
of  
Silence

Experiments with the  
Power of Thought

Experience the  
Magic of Meditation

**Journal Series:**  
**“Experiments with the Power of Thought”**

**Part 1:**  
**The Science of Silence**

**Part 2:**  
**The Spiritual Sovereign**

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## BapDada on The Power of Silence...

Where science has failed, you can do whatever you want with the power of Silence. Now let the soul begin flying at a fast speed with soul-power.

Avyakt Murli, 15 April 1994

At the moment you experience the power of speech and the power of the instruments of physical service (instruments from science). The instruments of the power of silence are:

1. Pure thoughts
2. Pure feelings
3. The language of the eyes

Avyakt Murli, 18 November 1987

# BapDada on The Power of Silence...

To experiment with and to experience  
the power of Silence:

1. One needs to be introverted and
2. One needs to be in solitude

Avyakt Murli, 18 November 1987

It simply requires practice. The one who  
recognizes it's importance will find the time.

Avyakt Murli, 18 November 1987

# Preparation for the Experiments

## Studying of Murli and Churning

The preparation for experimentation is the study of Baba's sakar and avyakt murlis. Study means understanding Baba's murli and churning it.

Study is necessary to understand the complete and in-depth knowledge that Baba is giving us, the essence, the big picture and also the details.

Systematic and thorough study gives intoxication and will make us knowledge-full and wise.



## Studying of Murli and Churning

One who is knowledge-full can  
do accurate experiments in silence.

Experiments will bring about great experiences  
and many new insights.

This is the basis of self-transformation  
and through that the world will change.

Thoughts and experiences  
based on Truth,  
give great intoxication and power.

Thoughts and experiences  
based on Truth...transform.

# An 8 Step Method for Yoga Experimentation

## **STEP 1: Inner Preparation**

- Create the right inner environment and become introverted.
- Disconnect your mind from everyday life, (including Brahmin life and service).
- Disconnect your mind from the body and the role.
- Disconnect the mind from the whole drama.

## **STEP 2: Choosing**

- Choose your topic of exploration.
- Introduce a thought (that is based on Baba's Versions) into the mind.
- Be sure that you have enough accurate information about it (see preparation for experimentation).
- Observe your initial feelings when choosing the subject and take note of them.
- Check your conviction (nischay). It is essential for experiences and success.



# An 8 Step Method for Yoga Experimentation

## STEP 3: Concentration

- Focus the mind on the chosen thought/topic with 100% concentration and determination for a fixed period of time (e.g. 5 minutes).
- Stay with that thought/topic.
- Only allow thoughts or images, connected to that topic, in your mind. Keep other thoughts/images/associations out of the mind for the duration of the experiment. If other thoughts and images do come in the mind, it is an indication of attachments, etc. Don't fight with them. Just affirm that right now is the time for this specific yoga experiment, and let them fade away.
- Visualization is a very powerful tool in enhancing the concentration. Baba uses many visual images in murlis to inspire us to also think in images, apart from thinking in words and concepts.
- The deeper the concentration, the deeper will be the experience.

# An 8 Step Method for Yoga Experimentation

## **STEP 4: Experience**

- Whilst staying with the chosen thoughts and visual images, observe the feelings that emerge.
- The thought (with conviction, recognition & concentration) will become a deeper experience.

## **STEP 5: Observation**

- Silently observe the experience.
- Catch all detail of the experience.

## **STEP 6: Surrender**

- Surrender to the experience.
- Surrender completely.
- Conviction and experience will make all reservations and doubts, that might still have been there, fade into the distance.

# An 8 Step Method for Yoga Experimentation

## **STEP 7: Newness**

- Stay with the experience and see if any new insight emerges. Other forgotten truths might come up. Thoughts and experiences based on truth will give peace and will uncover other truths.
- Identify connections with other areas of Gyan.

## **STEP 8: Record**

- Write down and reflect on your observations and experiences.
- Use them in future experiments.

# An Example Using the 8 Step Method

## **THEME: Immortality**

### **STEP 1: Inner Preparation**

- Creating the right inner environment, become introvert.

*Keep the body comfortable and make sure that the breathing is regular... With every breath the mind becomes more and more introverted... We see the body and the whole drama as if from a distance...*

### **STEP 2: Choosing**

- Choose your topic of exploration.

*The theme I choose for this experiment is...  
**The 'Real I' is an Immortal Being***

# An Example Using the 8 Step Method

## **THEME: Immortality**

### **STEP 3: Concentration**

- For five minutes, concentrate thoughts on the chosen topic.

*With the eye of my mind I see...*

*The living star of subtle light...*

*Invisible to the physical eyes...*

*An unearthly being...*

*Made of subtle...serene...light...*

*This being is immortal...eternal...*

*Imperishable...*

*Indestructible...*

*Timeless...*

*Without end...*

- Thoughts are few and calm.;  
no distractions from the drama.

*The screen of my mind is totally filled with the image  
of the Star of Light...just silence, and light....*

# An Example Using the 8 Step Method

## **THEME: Immortality**

### **STEP 4: Experience**

*Feelings of security and relief emerge...I drop into a deeper sense of peace and relaxation...a feeling of freedom, and I glimpse the Supreme Peace that Baba experiences...eternally.*

- When concentrating and repeating the thoughts around the chosen theme, another feeling might emerge: a feeling of distance and disinterest towards the body, role and drama as a whole.

### **STEP 5: Observation**

- Silently, observe the experience.

*I explore all the detail of this experience. No-end means no-end.  
Death-less.*

*Inner security makes me feel confident and fearless...  
and power-full...*

*There is so much sweetness in that peace...*

*The feeling of wonder and amazement at that Supreme Peace  
and Power of Baba...*

# An Example Using the 8 Step Method

## **THEME: Immortality**

### **STEP 6: Surrender**

- Surrender completely to the experience...

*I completely dive into eternity and immortality...last traces of doubts and inhibitions fade...*

### **STEP 7: Newness**

*All of a sudden, reincarnation is so obvious and clear...*

*Life is at a subtle and invisible level and continues eternally...*

*Eternal connections and relationships now make so much sense...*

*Doubt and fear can only exist in a state of ignorance...*

### **STEP 8: Record**

- Interest in a topic for future experiment and research:

*A mind that knows no fear: how does that feel?*

## Other Examples for Experimentation

**Some examples of experiments that can be done individually or in a group setting:**

- Experiment with the Home of Light.
- Experience all details of the Home.
- Step into that World of Light and observe.
- The 'real I' is a guest in this body, in this world.
- The soul is an actor and the drama is the film.
- The Supreme is my Father, Teacher and Satguru.
- Experiments with the divine eyesight.
- See the invisible, see what Baba sees.
- Experiment with: 'Real I' is bodiless, egoless, viceless.



## Other Examples for Experimentation

- Write meditation commentary without using the words 'I' and 'my'.
- See the drama as if from a distance; small and insignificant.
- Do experiments with all the different relationships with Baba. Take every relationship through the eight (8) steps.
- Take both a physical and a spiritual destination for the mind and observe the result. Experiment for a minute at a time. Share the observations if you do it with a group. Then take the exercise again. Baba said that controlling power of the mind will help the power of concentration.
- Do the experiment of dying: See the death of the physical body. Grasp the deeper understanding of dying alive.

## Murli References on Experimentation

In an Avyakt Muli of 1973, Baba spoke on the subject of light and gave the following experiment:

Baba said that light is necessary to give visions. He said just as when you are soul conscious... you see yourself (soul) in the aura of the five elements (body), likewise, see yourself, the soul in the aura of light...a body of light...an angel.

Be the resident of the subtle region and come down as an incarnation to do a particular task!

Come down as 'light' and when the task is done... go back to your region. Baba said that this was Brahma Baba's secret effort.



## Murli References

Can you stabilise yourself in the stage of sweet silence whenever you want or does it take time?

Your eternal form is of sweet silence.

Your eternal, imperishable sanskars are of silence.

84 Births are taken to come into sound,  
but your eternal form is of silence.

The cycle is now finishing, so you have to  
return to your Home of silence.

Now is the time to close your role of the three  
aspects of time, so become stable in your eternal stage  
and your eternal form.

Have you conquered the senses?

There is a need for spiritual exercise to make the soul  
powerful. While living in sound, you need to practice over  
a long period of time, going into the stage beyond sound.

You should be able to stabilise your mind anywhere, at  
anytime, in any stage, for any length of time you wish.

Sakar Murli, 16 March 1986

# Personal Experimentation I

Write your experiments and your discoveries  
in the open space...

**TITLE:**

**PREPARATION:**

Extracts from Murlis & Churnings

# Personal Experimentation 1

## **STEP 1:**

Creating the right inner environment,  
become introvert.

## **STEP 2:**

Choose your topic of exploration.

## **STEP 3:**

Concentration.

# Personal Experimentation I

**STEP 4:**

Go deeply into the experience.

**STEP 5:**

Silently observe the experience.

**STEP 6:**

Surrender completely to the experience.

# Personal Experimentation 1

## **STEP 7:**

Newness.

## **STEP 8:**

Record your realizations / experiences.



## Personal Experimentation 2

Write your experiments and your discoveries  
in the open space...

**TITLE:**

**PREPARATION:**

Extracts from Murlis & Churnings



# Personal Experimentation 2

## **STEP 1:**

Creating the right inner environment,  
become introvert.

## **STEP 2:**

Choose your topic of exploration.

## **STEP 3:**

Concentration.

## Personal Experimentation 2

**STEP 4:**

Go deeply into the experience.

**STEP 5:**

Silently observe the experience.

**STEP 6:**

Render completely to the experience.

# Personal Experimentation 2

## **STEP 7:**

Newness.

## **STEP 8:**

Record your realizations / experiences.



# Conquering Maya

Maya is our big enemy. Maya is like poison for the soul. In our journey towards perfection, it is essential to recognise Maya. Baba gives us antidotes for every form of Maya. Identify the different forms of Maya and do your experiments with Baba's antidotes.

## **Methods to destroy attachment**

(An example from Avyakt Murli 22 July 1972)

Maya says, "I am a householder. I have so many responsibilities. I have no time. Other things are so important."

Baba's antidote is to remember your 5 forms:

1. Child of God
2. Godly student
3. A spiritual pilgrim
4. A warrior
5. A helper of God

**Murli Points, churned and applied:**

1. As a child of God, my responsibility is to meet with Him and to listen to Him, to stay within His love and protection.
2. As a Godly student, my responsibility is to study.
3. As a spiritual pilgrim, my duty is to be pure and simple and stay focussed on the destination.
4. As a spiritual warrior, my duty is to destroy the enemy (Maya and Ravan).
5. As a helper of God, my duty is to share God's wisdom through thought, word and action.  
To align all my resources in God's Task.

Doing experiments with these forms, (taking every form through the 8-step method), will diminish or even fade out the feeling: 'I am a householder. I have so many responsibilities'.

## Antidote for Maya

Any situation...see it from Baba's perspective.

How would Baba see and feel about it?

If seen from the Home and from that state of absolute freedom and wisdom, if seen in the context of eternity, then many situations will appear petty and insignificant.

Seeing with truth, will expose Maya.

Seeing in clarity...will make Maya's statements weak and appear ridiculous.

**Experiment with this  
in different situations!**

## Conquering Maya: More Examples for Experimentation

- You came to know the Father, you accepted Him, you belonged to Him and you received your fortune. Bring your fortune in your awareness and see what emerges. Lose yourself in your fortune.
- See/visualise any scene of extreme calamity. Practise putting a full stop in a second and take your mind to Baba. In a second go beyond the drama, take your mind into Baba's world and be lost in that.

# More Examples for Experimentation

## 5 Minute Drill

Save all your bhagats  
and unhappy and peaceless souls who are  
remembering you and are calling out,  
“O our ancestors,  
give us peace for even a short time.  
Give us a drop of happiness.”

With the power of your mind,  
while sitting here, make those souls emerge.  
Can you hear them calling out?  
“ Save us! Save us!”

Enable rays of happiness and peace to reach  
such souls with the power of your mind.

Sakar Murli, 17 February 2011



## Murli Extracts on Conquering the Mind

Only create the thought that you wish to have.  
If any impure thought arises,  
your pure thoughts should finish it.  
The soul is the master, the mind is not the master.  
The mind is the companion of the soul.  
So, order your companion with love.  
Become a conqueror of the mind.  
This will make you a conqueror of the world.

Avyakt Murli, 18 January 2011

Also pay attention to yourself.  
You mustn't have any impure thoughts in your  
mind because their vibrations reach many others  
and cause a loss which would create a burden on  
you; this burden then becomes a bondage.  
Correct mistakes with the power of your intellect's  
yoga. Realize as soon as you receive a signal and  
transform the self and pay attention in the future.  
This is the duty of the children with a broad  
intellect.

Sakar Murli, 9 April 2011

## Murli Extracts on Mansa Seva

Create such bondage of pure thoughts that the pure thoughts will even encircle those who are weak.

Then this bondage of pure thoughts will become a canopy of protection for them; it will become their means of safety; it becomes a fortress.

You have not yet fully realised the power of pure thoughts.

One pure and elevated thought can perform such wonders. Try it and experience it this year.

Avyakt Murli, 14 April 1994

Serving with the power of silence is through benevolent thoughts, benevolent feelings and the language of the eyes (drishti).

Avyakt Murli, 18 January 1987

## Murli Extracts on Mansa Seva

You have the happiness  
that your kingdom of the world of happiness  
is about to come. In that kingdom there will be  
no name or trace of sorrow or peacelessness,  
because you are becoming  
conquerors of matter at the confluence age.

The rays of happiness  
that you have attained through the Father,  
you should now give those rays to your brothers  
and sisters who are in sorrow and peacelessness.

It is very necessary to fix a time  
to do this service through the mind.

Sustain them with your happiness.

Sustain them with the power of your mind.

Give them blessings and make them happy.

BapDada now wants you to do service with  
your mind, your face and your activity

Avyakt Murli, 31 March 2011

## Murli Extracts from 2010-2011 on Mansa Seva

Give the rays of happiness,  
rays of peace,  
rays of joy and rays of love to many souls  
through your mind.

Do this service simultaneously with what you do  
through words and all the different methods.

As you progress further there will be a great need  
for this.

Circumstances will be such that it will be difficult  
for those who are speaking and those who are  
listening to come together.

Instil the habit of both types of service.

If the mind is kept busy, it is easy to be  
manmanabhav.

If the mind is busy, you will receive help in easily  
transforming your sanskars and nature.

Avyakt Murli, 25 October 2010

## Murli Extracts from 2010-2011 on Mansa Seva

To reveal the Father, each one, who has become a Brahmin, has to pay special attention to their chart to have good wishes and pure feelings.

At any time, someone's nature or sanskars confront you, when you do not have good wishes and pure feelings for that soul at that time.

So, if you have this thought from amrit vela, "I definitely have to have good wishes and pure feelings for every soul", you will then be able to fulfil the thought that you have had to definitely bring about transformation.

Situations will come. It is their duty to come. But it is your duty to be victorious.

Avyakt Murli, 15 November 2010



## Murli Extracts from 2010-2011 on Mansa Seva

The meaning of service  
is very subtle and deep.

Service is not just cautioning someone  
about a mistake. No.

You have to send them vibrations  
through your power of yoga and destroy  
their impure thoughts. This is the most  
elevated true service. This is the alokik  
duty of you serviceable children.

Those who do such service should not  
take any service from others.

Sakar Murli, 9 April 2011

## Murli Extracts from 2010-2011 on Mansa Seva

Father Brahma is even now signalling the children to adopt the angelic stage, like him. While having so many responsibilities, he constantly experienced the pleasure of liberation in life.

Avyakt Murli, 18 January 2011

Give the love of the heart  
through the language of the eyes.

Avyakt Murli, 18 January 2011

## Questions & Answers

*What is a pure thought?*

A thought, based on Baba's knowledge, about the eternal truth of the self, others or drama.

*What is a pure feeling?*

Feelings that emerge from pure thoughts. Pure feelings have power because they are based on truth.

*What is drishti?*

Seeing others how Baba sees them?

*How to spread rays of happiness to my brothers and sisters?*

You yourself experience happiness, be in that happiness because of your experiments and experiences! The stronger and more solid your internal happiness, those rays of happiness will automatically spread to others.





The purpose of science is  
to uncover hidden truths.

Be a spiritual scientist.

Truth and God are beautiful.

Truth will set you free.

Where there is Truth,  
the soul dances in happiness.

# Drill

Today, BapDada has come to meet all the children of the one land, the original land. You know how lovely that one land is.

BapDada is seeing the 5 forms of everyone:

1. Point of Light
2. Deity Form
3. The Middle Form, the Worthy of Worship Form
4. Confluence-aged Brahmin Form
5. Angelic Form

Practise with these forms and experience them in the mind. Every hour, perform this drill for 5 seconds or 5 minutes.

Keep your mind busy with this spiritual exercise and then your mind will always be good. Concentrate on that form in your mind. As you bring each form in your mind, you will experience the speciality of it.

If you practise like this, your mind will become a weapon for you to become a conqueror of Maya. Every child wants to become a conqueror of the mind and a conqueror of the world and this is why, before the time comes, you have to practise easily stabilising your mind where ever you want.

Avyakt Murli, 20 November 2010

# Notes

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# Notes

There is no limit to being unlimited...

Sakar Murli 20 March 2011



BRAHMA KUMARIS