

Silence

Black Magicians focus on Change and building, improving the Self. For us, staying silent, doing it as a meditative or contemplative practice might sound illogical – isn't it like a RHP technique...? Taking away quick and false impressions, Great Value can be found in Silence:

The Becoming of Equilibrium in Life, by ordering Inner Space and emptying parts of it.

Is it possible to accomplish an absolutely Silent Contemplation?

If contemplation is focusing on Silence, then it is already directed to something that exists: an imagined Silence. It is not fully silent anymore. The Mind always creates images, ideas and other “things”, hence killing Silence immediately.

This logic says then, it is impossible to Contemplate Silence. The Magic here comes from Daoist practices, where you reach a goal by non-doing, non-acting. This sounds like another strange logic to the Mind, especially to the Ego part of the Self – fortunately we can go beyond that.

Technique to Silent Contemplation

Sit down in a comfortable position, preferably in something similar to Lotus if not the same. Put your hands on your knees – you don't need to do the lame put-three-fingers-against-each-other meditation position. Just close your eyes, look into the darkness by focusing on a single point and on your breath. Thoughts will come and all you need to do is to let them go. Practice letting go and see how this practice helps creating Order. Our human existence has the power to order itself into a healthy state. This is a great value of the Daoist non-doing.

Surely, that's not easy at the beginning and takes tens of hours of practice to be able to sit in semi-Silence for 10-15 minutes. But aren't we focusing on darkness and the breath now? You can stop focusing on these after the disturbing thoughts are gone.

How long you practice this is up to you. I recommend daily 10-15 minutes to get a decent result in a reasonable time.

Added value

Our brain takes care of all the “things” that happen during daily life while we sleep. The difference with Silent Contemplation is that a very Peaceful quality is added to our existence, hence it provides value that standard sleep doesn't. This helps you to be more relaxed and also improve confidence – the feeling of your own Self and how others perceive you is altered by the addition of an emanation of deepness, trustfulness and peace.