

# THE SILENCE: WHAT IT IS AND HOW TO USE IT



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# TABLE OF CONTENTS

- ◆ **APPROACH TO THE SILENCE**
- ◆ **HEALTH SILENCE**
- ◆ **THOUGHT TO HOLD IN THE SILENCE FOR ABUNDANCE**
- ◆ **THOUGHT TO HOLD IN MEDITATION IN THE SILENCE FOR MISFORTUNES, GRIEF, MISTAKES, REVERSES, FAILURE, SORROW, LOSS AND DISAPPOINTMENT**
- ◆ **FOR HARMONY, PEACE, COMFORT**
- ◆ **THOUGHT TO HOLD AS A BASIS FOR THIS SILENCE FOR SUCCESS**
- ◆ **ABUNDANCE**
- ◆ **HEALTH, SUCCESS, PROSPERITY, UNIVERSAL PEACE AND BROTHERHOOD**
- ◆ **HOW TO HAVE MORE**
- ◆ **ALL THINGS ARE IN DIVINE ORDER**
- ◆ **THOUGHT TO HOLD IN SILENCE AND TO MEDITATE UPON DURING THE DAY FOR JUSTICE**
- ◆ **EXERCISES**

## APPROACH TO THE SILENCE



Wrong thinking produces inharmony in our body, which in turn produces sickness. Our bodies sometimes are instantly re-harmonized while in the Silence. In the Silence our minds become passive, open, free and loving, at which time the Infinite Master of harmony touches the mental chords of our being and we are well.

Just as the piano can be tuned, so can the mind. Man's body is made up of twelve octaves the same as in music. All matter is music. All matter is composed of twelve octaves. Wrong thinking brings inharmony in some of the octaves of our body. Right thinking tunes these organs, puts them back into their normal condition.

Boys have their little steel magnets by which they pick up small pieces of steel, pins and so forth. When overworked, these magnets no longer attract. Then the boys take their magnets, have them rubbed against strong magnets or remagnetized with an electric current and their power is quickly restored--so with our bodies. Mind is the re-electrifier and re-harmonizer of the octaves into all harmony.

Right thinking, therefore, is the most important thing in life. As a man thinketh in his heart so is he. Just as a tuning fork near a piano will respond with a vibration when a key of the same pitch is struck on the piano nearby, so likewise do the bodies of men respond to proper stimulus and become in tune. By right thinking man can re-harmonize himself, can achieve health, success and prosperity.

To enter the Silence one must first establish perfect relaxation in mind and body. Then as the consciousness is brought from one part of the body to another the tuning takes place.

If the leader in the Silence should be intoning, there will be many in the audience who will feel tinkling sensations--vibrations--and often are instantly healed. They have been instantly re-harmonized. Sometimes it may take several intonings in the Silence for a complete healing. Should you have a violent vibration, feel no fear, but thank God for your healing because the more violent the vibration perhaps the worse has been your condition and the more surely has the re-harmony begun. Some people will feel this vibration for hours, even days, throughout which there is always healing.

Others may not feel the vibration at all, yet if there has been any inharmony in the bodily organs, these organs are unconscious to the conscious intoning re-harmonization. Many people who have been healed of divers and many malignant diseases were at no time conscious of any vibration. Never be discouraged if you feel no sensation. If you do feel a vibration, know that you are susceptible and on the high road to a healing demonstration.

The one intoning may or may not be feeling vibrations. Religion is the life of God in the soul of Man. The Silence is the medium by which the life of God and the soul of man are brought into

At-one-ment.

The Silence is a medium by which man comes in a closer touch with the Infinite; a medium by which man becomes conscious of his nearness to the Infinite. The Silence is the meeting place where man's spirit links with God's spirit; where spirit meets spirit and the marvel of His grace never ceases.

The Silence is another way of praying, which is another way of concentration. It is another way of visualization.

"As a man thinketh in his heart so is he." In the Silence a man can by his thoughts change his life, his conditions, his environment, his all. By right thinking man becomes harmonious. A harmonious man--in tune with the Infinite--is on the King's highway to health, success, abundance, prosperity, happiness, love and peace.

By means of wrong thinking our minds are put out of harmony with the great Infinite spirit of God. "As a man thinketh in his heart so is he." When wrong thinking becomes right thinking, then man's right relationship to God is restored. He becomes an open channel for the influx of the spirit so that whatever demonstration he may desire he may have.

In the Silence a man may change his thinking as in no other way, therefore, may change his heart, change his whole being, change his environment, change every condition to which he was subject.

The human body may be likened to a harp. When man thinks rightly his body is in tune; but wrong thinking creates inharmony in the body and produces sickness. Wrong thinking produces inharmony in the mind, which, of course, disconnects man from rightful association with the Divine. A man must, therefore, think right. Yet, because of centuries of erroneous conception of God and of the world, man has been a negative instead of a positive being, and his un wisdom has reacted upon the present generation.

We are mental sending and receiving stations. What we receive depends upon how we are thinking Now. For success, health and happiness we must in the silent chambers of the soul change our thinking if we are holding negative or inharmonious thoughts. In the Silence there is presented to man his greatest opportunity to change his thinking. Wrong thinking produces inharmony of the body which in turn produces sickness. If we change to right thinking we have health, success and happiness. Therefore the Silence when properly used re-harmonizes our bodies and minds through the simple agency of right thinking.

"There are steps of approach to the Silence. Stillness is one thing and the Silence is another. One may quiet himself physically and not be still, and he may be still without entering the Silence. When one becomes physically and mentally at rest, he is apt to become receptive to psychic influences; and when these are not desired it is advisable to protect oneself while mentally negative. One may affirm his Oneness with God, his being surrounded and protected by the divine Goodness, and may symbolize this by enveloping himself in thought with the white light of love or the mellowed tints of sunshine.

"With the senses calmed and unresponsive to the slower vibrations, but responsive to the quicker ones, a peace and calm pervade one's mind, and it becomes consciously receptive to higher vibrations of vital energy. Immune from the lesser harmonies, one opens himself to the greater ones, which are always seeking avenues of expression. With the greater influx of the One Life, a sense of power steals over one and he becomes conscious of increased vigor and vitality.

"In relinquishing specific thoughts, one opens inwardly rather than outwardly, and becomes receptive to subconscious impressions that are directed by his conscious affirmation of fundamental Truth. The subconscious responds by returning to the conscious the logical sequences of the Truths that have been consciously impressed upon it. The subconscious follows the lead given to it by the conscious affirmations of Truth, and it brings back the consciousness of those Truths in their various ramifications."

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# HEALTH SILENCE

Select one or more of the affirmations or formulas below to hold in thought while in the Silence. You may change or vary these as you choose:

- ◆ Soul is health, spirit is health, God is health, I am health. Since there is but one mind, there is but one mentality. This mind and mentality is God; God is health. I am health.
- ◆ "I am whole, perfect, strong, powerful, loving, harmonious and happy and what I am myself I desire for everyone else."
- ◆ "I am filled with the abundant, intelligent, ever-present life of Spirit. It flows through me freely, cleansing, healing, purifying and vitalizing every part. I am one with this life and in it I am every whit whole."
- ◆ "The all-powerful Christ Mind in me dissolves and dissipates every adverse thought. My body is the pure and Holy Temple of the Living God, and every organ and every function is now in Divine Order and Harmony."
- ◆ All the organs of my body are functioning normally and I am well, whole and complete.
- ◆ All is mind, all is God, all is universal energy. I am part of creative force and I am health, abundance, joy and peace.
- ◆ I am filled, I am thrilled with Life Eternal and I radiate that life within to me and without to all.
- ◆ Every experience of my life has been for my good and I am happy in living.
- ◆ God is Spirit. I (use your own name) am life. Life Spirit is now flowing through me freely and I am well, whole and complete.
- ◆ "Be still and know that I am God."



USE THE FOLLOWING AS A BASIS FOR YOUR MEDITATION AS YOU DEMONSTRATE HEALTH. OF COURSE, YOU MAY USE OTHER THOUGHTS PROVIDED THEY ARE CONSTRUCTIVE HEALTH THOUGHTS.

You may practice the Silence sitting, reclining, or in bed.

There is no better way to learn how to relax than by going into the Silence. Are you tense? Let go. Relax.

Then direct the mind to go from one part of the body to another. Take a deep breath between each change of your consciousness. Be sure to use the diaphragmatic or abdominal breathing--breathing through the nostrils, mouth closed until the muscles of the abdomen expand.

The best time to hold the Silence is as you retire at night, and just as you awaken in the morning. But you should hold your thought at least three times a day, without stress or strain, without doubt or worry, passive in mind and body--perfectly relaxed.

Hold the Silence or thought upon retiring at night, awakening in the morning, and at noon day. Of course, you may take any other time that is convenient. You may concentrate on the roadway, street car, home or office, but it is well, if possible, to have one room for your Silence. Most people in that way will build up stronger vibrations. At noon now there are all over the world thousands of others holding Silence so that there is a great combined mental force working together at one time for success, health, prosperity and happiness, and we therefore get the benefit of this great vibration.

The more often you hold the Silence without stress or strain, as a rule, the quicker may be the demonstration.

The real part of me is Spirit, not matter. I believe that this body of mine is a Tabernacle for the Spirit. The real "I am" within me is therefore Spirit. The real "me" is Spirit.

This Spirit is the God Spirit. This is what Jesus meant when in the fourteenth chapter of John and again in the seventeenth chapter of the same Gospel, speaking to His Disciples He referred to "I in you, you in Me and We in God."

My Spirit is a part of the God Spirit. God is health, God is perfection, God is abundance, God is harmonious. Therefore, the real "I am" is God; the real "I am" is health, perfection, abundance and harmony.

When I am sick I know that it is the material of me that is sick, not the God Spirit; it is my *physical* being which is out of harmony, it is this Tabernacle of which Paul speaks, housing my spirit, which gives me pain and suffering. The real "me" is not sick, it is *my body*.

For centuries we have held to a wrong idea of life. We have thought that life is material; but life is spiritual, it is the invisible within me which is eternal, which is God. Many still believe that life is material and matter, instead of mind and spirit. I no longer hold that conception. I believe that all is mind and Spirit.

Just here is where the healing methods of drugs and the scientist's explanation of life is so limited. Not until we recognize that life is really a thing of spirit--not matter but mind--not material but spiritual--do we come into an understanding of Truth.

Jesus said, "God is Spirit," and on different occasions told His Disciples that this Spirit was within them as well as within Himself. Therefore, this same Spirit is within me and this same

Spirit is the God Spirit of health, abundance, happiness, harmony and perfection.

God is all health, all abundance, all harmony, peace and perfection. Therefore the God Spirit within me is the same. I am sick in body; not in mind, not in Spirit.

Inasmuch as I cannot conceive of God being sick neither can I conceive of my Spirit being sick. My spirit is health, perfection and harmony. My body may not be well, but since mind is all, since this material is subject to the spiritual, since matter is subject to mind, I believe and affirm that my health does not depend upon matter but upon the God Spirit within me. It depends not upon the material but the spiritual, upon the God mind within.

Just as wood when made into a violin and properly tuned, will give forth harmony, so my body, though made in the material, when properly tuned by mind will give forth harmonious living, perfect health.

As the tree standing in the forest may be made into the violin music box of harmony, so my body, the material in the forest of matter, may be put in tune, become harmonious and be raised to perfection by the Master Musician, God--His mind within me.

God is all health. No one could conceive of God as being sick. I can visualize only the eternal spirit of the Infinite Father. Perfection existing in everything and I being a child in Spirit, am well, whole and complete in Spirit. My real "I am" is well.

Science now asserts that matter is composed of twelve octaves, just as in music. My body is the composite of these twelve octaves. Science also says that every cell atom, every electron in my body is intelligent.

This spirit of mine is housed in the Tabernacle of the body which is composed of millions and millions of cells, all of which having intelligence respond in my body according to the way I think. Every word I entertain, every thought I hold, influences everyone of the millions of cells making up this Tabernacle.

My body is made whole and complete physically. That is, all the cells of my body are made over new every eleven months. The body I have today is not the body I had eleven months ago. I get a new body every eleven months and my body is today what my thinking was yesterday, the day before that and the months before that. My body in the future depends upon my thinking in the future. I am what I think I am.

When I affirm that I am well, whole and complete; that I am perfect, harmonious and strong, I am suggesting to every atom in my body perfection and every atom in turn begins to make my body over, new in health and and in perfection.

I may or I may not have to wait for the element of time to make over every cell. That may be done spontaneously and instantly. There is no limitation to the power of God so I shall not set a time limit for my healing, knowing that all things are possible with the Father. I affirm that now I have that which I desire. I know that now the Spirit of divine health is surging through me,



touching and reaching every atom of my body and that now the God Spirit within me is perfect and that Spirit makes my body perfect.

"Man is a Spiritual Being. Man expresses himself mentally and manifests himself physically. The One Life animates all that exists. Harmony of existence depends upon the polarities of the three aspects of life. The mind is at ease when open to the inflow of the Spirit. It is discordant when it follows sensory impressions. The body is healthy when responsive to the direction of the spiritualized mind. It becomes diseased when it accepts the physical as its guide. One achieves mental ease and physical health through his mental polarity. If open to the physical and closed to the spiritual, discord will prevail. If open to the spiritual and closed to the physical, he lives the One Life, in mental ease and physical health. I open my mind to the inflow of the Spirit. I place my body under the control of my spiritualized mind. I feel the One Life animate my mind and my body. I AM a Spiritual Being. I AM Perfect Health!"

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# THOUGHT TO HOLD IN THE SILENCE FOR ABUNDANCE

*"The Universal Abundant Spirit Supplies All My Needs."*



There is no want or limitation in the law. If, perchance, there should appear to be lack of, or need of, abundance in our lives, it is because of wrong thinking--not because there is a lack of abundance. Therefore, we should enter the Silence with the profound faith and conviction that the world is filled with plenty, and that all our needs are most bountifully supplied.

The mind should be saturated with the conviction that all life is filled with abundance--all space is overflowing with abundance--all living comes from an abundant source of supply.

In a Universe where this is true, there can be no want, no lack for you or yours (for me or mine).

As you take your exercises this month, take the affirmation above. As you walk on the street to your office, or place of business, continue this thought. As you go about your daily duties in the home or workshop, let the mind be saturated with a spirit, a feeling and thinking of abundance--"The opulence of the Universal Source of Supply now meets all my needs," "The Abundant Life Giving Spirit of Prosperity now leads and guides me into the paths of plenty, peace and power," "My mind is filled with prosperous thoughts, my being is pulsating in abundant rhythm, my soul is uplifted and sustained by a thousand thoughts of ever-present abundance, prosperity and opulence."

As these thoughts are maintained and repeated again and again, absorbed and sunk deep into the subconscious mind, know that all of your needs are this minute supplied. Know that you could not ask for anything from the Universal Spirit--Father, God--without that Spirit being most willing to supply, instantly, all your needs. The spirit and body are well, but the flesh is weak. Allow your flesh to be stimulated, and your body to respond by thoughts of abundance, prosperity and opulence.

"I am now rich in thought, rich in body and rich in spirit. I am now part of the abundant ever-present spirit of prosperity and opulence. All that I need is now mine, mine, mine."

The Universal Abundant Spirit supplies all my needs.



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