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### **A Collection of quotes from Swami Dhyhan Giten**

Excerpted from the book *The Silent Whisperings of the Heart* on Creativity and Meditation - A "Yes" to Life

How can we learn to listen to the silent whisperings of our heart? How does love relate to aloneness? What is intuition? How can we develop our presence, so that our presence and intuition becomes a source of love, joy, healing and wisdom in the contact with another person? What is the difference between the personality and the inner being, the authentic self? How can we develop the inner being through meditation? How do the inner man and woman express themselves on the outside in the form of relationships? How do the three life areas, meditation, relationships and creativity, relate to each other in creating a loving, fulfilling and creative life? What is spiritual maturity?

The *Silent Whisperings of the Heart* consists of a collection of quotes from Swami Dhyhan Giten about awareness, meditation, intuition, relationships, the inner man and woman, healing, working with people from love and awareness, truth, creativity, silence, wisdom and enlightenment. Giten has been compared with the poetry of Kahlil Gibran, author of *The Prophet*, and quotes from *The Silent Whisperings of the Heart* has been quoted together with quotes of Albert Einstein, Carl Jung, Ramana Maharishi, Walt Whitman, Herman Hesse, Heraclitus, Johann Wolfgang von Goethe and the Indian book of wisdom *The Upanishads*. Each page inspires you to see yourself and life in a new way,

from a new dimension. This collection of quotes is an introduction to Giten's perspective on life. This book is a beautiful gift both for yourself or a friend.

**SWAMI DHYAN GITEN** was trained in modern psychology at the University of Stockholm, and in Eastern methods for awareness and meditation in USA, Italy, Sweden and India. He has 22 years of experience in individual counselling and in teaching awareness. He works internationally with seminars, courses and longer development programs in the areas of: awareness, meditation, intuition, relationships, inner man/inner woman, healing, creativity, *The Sacred Yes - The Art of Spiritual Healing and Presence - Working from Within: Working with people from love & awareness*. He also works as a teacher and consultant to companies and organizations seeking to raise awareness in their organizations.

Since he began to meditate when he was 15 years old, he has studied and investigated the inner journey in order to move out of his own way, to be in a flow, and to discover the authentic inner being, the meditative quality within, the inner silence and emptiness, the capacity to surrender to life. When he did an education in healing in USA 1984, he was told that he had the capacity to become a crownchakrahealer, a spiritual healer, to act as a channel and instrument for spiritual energy from the 7th chakra through the heart. The last 20 years has meant to deepen and develop this capacity.

His three creative areas in expressing the inner song of meditation in outer form are teaching, writing and painting. His meditative art is recognized internationally and have been nominated for the international art exhibition, *The Florence Biennale* in Italy, which is arranged in cooperation with *The United Nations*. His meditative art is also represented in *The World Artist Directory for Accomplished Artists*.

He is author of the book *Song of Meditation About Meditation, Relationships & Spiritual Creativity* (Solrosens forlag, Swedish edition, 2001) and *The Silent Whisperings of the Heart - A Collection of quotes from Giten*.

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## **Creativity**

What is creativity? Creativity is an attitude towards life.

Creativity is to contribute with something beautiful to Existence.

Creativity is about learning to choose people and activities that are nourishing for our soul and makes our soul blossom.

Creativity is about making conscious choices, which increases our joy and fulfilment.

Creativity is to do what we love to do. Love and creativity are not two separate things.

Creativity is to develop our creative potential, to develop our innate gifts, talents and skills. The more creative aspects of our inner being that we develop, the richer our life becomes.

Love and joy are the basic inner motivation for creativity.

Creativity is not work or duty, creativity is joy and play.

Creativity is less concerned with what we do, but with how we do it. Creativity is basically about how present we are in whatever we do. Creativity is about learning how the inner being, how the soul of a person, can be present in every little action that we do. Cleaning or taking a walk can become an act of creativity when we do it with awareness.

Creativity is to contribute with something beautiful to Existence.

Creativity is about letting both the inner man and woman finding their inner roots and creative \_expression.

Creativity means to express our presence, love, joy, passion, playfulness, humour, awareness, meditation, silence and intelligence. Creativity means to learn what is nourishing and what gives joy and fulfilment to both the inner man and women in expressing themselves creatively. It means to learn to choose activities, which increases our sense of joy and fulfilment.

Creativity is not really a question of what we do, it is a question of the love, joy, presence, and quality we bring to whatever we do. In this way everything we do can become a creative act.

Creativity is doing what we love to do. Creativity is doing what makes our heart dance with joy. This

love makes our creativity a meditation. It does not mean that we have to paint or write books; it means to do that which gives us a deep inner sense of meaning and fulfilment.

## **The three life areas: Meditation, Relationships and Creativity**

What are the three life areas? Meditation, relationships and creativity are the three life areas. When we have developed a balance and harmony between these three life areas, it creates a rich, creative and fulfilling life. The three life areas also describe a balance between the inner and outer world, which simultaneously relates to and enriches each other.

The first life area is meditation, which is about creating a conscious relationship to oneself. Meditation means to learn to know ourselves and to discover the inner being, our essence and authentic self, the meditative quality within, the inner capacity to surrender to life.

The second life area is relationships, which is about creating a conscious relationship to other people. The second life area is about learning to relate to other people from the inner being, from the authentic self. Relationships means to learn to relate with other people in love, joy, acceptance, playfulness, trust, friendship, sincerity, understanding, compassion, sincerity and freedom. It is about learning that relationships are not a chain, but an invitation to follow the silent whisperings of our heart. Often we can be when we are alone, but we reduce ourselves together with others. We have forgotten the true nature of love.

Our inner male and female sides also express themselves on the outside in the form of relationships. The second life area includes developing and embracing both our male and female sides. It is then that the spark of love is lit naturally within ourselves.

The third life area is creativity, which is about finding and developing our inner talents, passions and gifts. Creativity means to learn to express our love, joy, passion and intelligence in creativity. This life area is about learning to follow the silent whisperings of our heart in creativity. This life area also includes the professional area through which we love to express our creativity and which gives us a deep feeling of joy, meaning and satisfaction. The third life area also includes the theme generating and attracting money with the basic understanding that Existence is abundance.

The criteria for how our meditation is growing in our life is that it begins to enrich both our relationships and our creativity. It also means that we develop a balance and harmony between all the three life areas. It is to understand that meditation is not a phenomenon, which is separate from life. It is when the meditative presence and quality begins to overflow from our inner being, from our inner life source, that we understand that meditation and life are not two separate things. It is then that we understand that meditation and life are one.

Meditation has traditionally been associated with something introspective and away from the world, but meditation has in fact two poles: the male and the female pole. The male pole is the outer, active and creative aspect of meditation. The female pole is the inner, silent and watching pole in meditation. These two poles also represent a balance between rest and activity. It is when we have developed both the male and the female pole in meditation that we can rest in ourselves while we are fully active and creative in the world.

A key to creativity can also be to be creative for oneself, to do things for our own joy and fulfillment, without expecting support or acknowledgement from other people. It is not all times that even our own family or friends can support us in living our own truth.

Creativity is a question of timing. It is a question of knowing when it is time to let go of the old and when it is time to invite the new.

Creativity also means to invite and create support for the projects that we want to accomplish.

When we help others to become creative and successful, we also invite success for ourselves.

To be able to rest in our own aloneness as an inner source of joy, creativity and inspiration is a necessary prerequisite for creativity.

When our creativity is followed by the fragrance of love, people will support this quality with joy.

Existence is abundance. Spiritual creativity is not about creating a split between the inner and outer world, between the material and the spiritual, between body and soul, between money and love or between our inner man and woman.

Financial abundance is to create a conscious relationship to money and creativity.

Love and money are two sides of the same coin. Our relationship to love and money are a reflection of our basic attitude to life. Often we relate to both love and money in the same manner. If we are miserly with money, we are often also miserly with love. If we are generous with money, we are often also generous with love.

Financial abundance and spiritual consciousness are two aspects of the same phenomenon. Our financial abundance is a reflection of our spiritual consciousness.

Financial abundance is to let go of our notions of lack and to be in contact with our inner being, with the abundant source of Existence. Financial abundance means to use our talents, skills and gifts in order to generate money.

Riding first class in life does not always mean that it has to be the most expensive.

Creativity is to meet our inner being, the endless and boundless source of creativity. Creativity is to learn to say yes to and to be in contact with what Existence wants us to do.

# **Meditation**

## **- Yes to Life**

Meditation is a yes to life. Meditation is an inner yes - a quality of witnessing and affirming everything that we already are. Sometimes we are in contact with this inner yes and sometimes we behave automatically according to ideas, desires and learned attitudes. Through meditation we can find new solutions, which arises out of our basic yes to life.

Meditation means to learn to know one self. Meditation means to study our inner world.

Meditation simply means to learn to relate to ourselves. Meditation simply means to learn to relate to ourselves.

Meditation is the golden key that can help us rediscover the contact with our inner being, with our authentic self, with the inner source of love and truth.

Meditation means to be aware of both inner and outer events. On the inner plane it means to be aware of thoughts, emotions and physical sensations. On the outer plane it means to be aware of outer events such as situations, people, things and the sky. It means to be aware of everything that happens by itself. It is to live in trust and appreciation for what life chooses to offer. It is a deep yes to everything that life chooses to offer.

Life is an opportunity for meditation. Life is an opportunity to develop the two aspects of meditation, the two wings of life: love and awareness.

The heart and essence of meditation is a watchful quality. It means to watch with an attitude of acceptance, without interfering or trying to change that, which is now.

Meditation is to be aware of the reality of the moment, without any wish that the moment should be different than it is and without will to change the truth of the moment. When we can be aware and watchful without interfering, we can see all our life problems in a new and creative light.

The core of meditation is the inner witness, the inner witness that is aware of the thoughts, the feelings, the physical sensations and the outer events - and how the inner witness either can help or hinder authentic expressions that comes from the inner being, from the inner roots.

When we meditate, we develop a trust. We develop our inner being, which creates more space and freedom within ourselves. It allows us to rest in ourselves and be relaxed with whatever happens.

What is standing between ourselves and being in meditation is our identification with the problems of the thoughts, the passion of the feelings and the sensations of the physical body. Meditation means to realize that we are not the thoughts, we are not the feelings and we are not the physical body. We are the watchful consciousness, the silent inner witness, which is aware of the thoughts, the emotions and the physical body.

Meditation is the way to develop our inner being. Meditation means to be aware of the sensations of the physical body, the passions of the emotions and the problems of the thoughts. Traditionally man has created a deep split between the material and spiritual aspects of life. Man has created a split between the inner and outer world, between body and soul and between the male and female qualities.

Meditation is to get out of our own way.

Meditation means to grow by awareness. In the light of awareness, the false and artificial falls away by itself like dead leaves from a tree in the fall, while the alive, the real and the creative grows and develops.

Meditation does not try to teach us anything; it just gives us eyes to see.

Meditation is like lighting a light in the depth of our inner being.

Meditation means to learn to live secure in the insecure.

We are standing in our own way. Meditation is to get out of our own way.

Basically there are three things that are standing between meditation and ourselves: our identification with thoughts, attitudes and preconceived concepts, our identification with feelings and our identification with physical sensations.

Normally we live our lives in the memories of the past and in expectations of the future, but we miss the here and now. Meditation brings us back to the here and now, to this unique and precious moment, which is our only reality.

Clinging to the past and worrying about the future is to miss the present moment.

Awareness is the cornerstone that can transform our quality of life. Awareness can create the inner presence, which can transform our life into a joyful dance, a song of meditation.

Through awareness, we can discover our true inner nature. It allows us to discover a new dimension of being in contact with life. Awareness gives us the freedom to choose between clinging to the past and living in the unknown mystery of the moment.

Awareness is not about continuously trying to change ourselves or trying to get better; awareness is about becoming conscious, of lighting the light in our inner being. It is about learning to love and accept ourselves as we are. Awareness is about discovering that which is already perfect within ourselves.

Awareness is not about becoming something; awareness is about realizing that we already are somebody. Awareness is about discovering the beautiful being that we already are. In the light of awareness, everything real and authentic grows and develops, and the false and artificial falls away by itself like dead leaves from a tree.

There is really nothing that can disturb our meditation. Everything can be used as an object for meditation. Everything that happens on the inside and everything that happens on the outside can be used as an object for meditation. It does not really matter if it is a feeling of joy, sadness, anger or aloneness that we find within ourselves. With awareness and understanding, we can include and embrace everything that arises from our consciousness in our meditation.

A question that we can ask ourselves in different situations is if we are identified with the thoughts, the feelings and the sensations that arise in our consciousness, or if we simply can be aware about and watch whatever arises in our consciousness. Through this awareness and understanding, we can use all situations in life as an opportunity to grow in meditation.

The second quality and aspect of meditation is an accepting attitude. Awareness includes an accepting attitude. An accepting attitude means to learn to say yes to everything that arises in our consciousness. It means to learn to say yes to both positive and negative experiences, to both light and darkness and to both joy and sadness. It means to include and embrace everything that we find within ourselves with presence,

awareness and understanding. An accepting attitude means to lovingly embrace everything that we find within ourselves like a mother embraces her child.

An accepting attitude means an attitude that the reality of the moment is perfect exactly as we find it within ourselves. It means to not have a will to change the reality of the moment or to have a wish that the moment should be different than it is. It is to embrace the moment as we find it within ourselves with a love and acceptance for how the moment is. It is a love for the reality of the moment. This accepting attitude develops and expands our inner being. It creates a greater space and a freedom within ourselves. A question that we can ask ourselves in different situations is if we say yes to, if we accept, what arises in our consciousness, or if we say no to, if we deny, what arises in our consciousness.

The third quality and aspect of meditation is a non-judgmental attitude. Awareness also includes a non-judgmental attitude. Normally we judge and evaluate our behavior and ourselves, rather than simply watch without judgment and evaluation. Since an early age we have been taught to judge ourselves, so that now it is even easier not to judge others than ourselves.

A non-judgmental attitude means to learn to love even the imperfect and incomplete within ourselves. It means to include and embrace all that which we do not accept in ourselves in the light of awareness. A non-judgmental attitude means to say yes even to that which we say no to in ourselves. A question that we can ask ourselves in different situations is if we say no, if we judge that which arises in our consciousness, or if we simply can be aware and watch without judging and evaluating.

The fourth quality and aspect of meditation is relaxation. The watchful awareness, the accepting attitude and the non-judgmental attitude leads to a deep relaxation together with a feeling that whatever is happening within right now is perfect exactly as it is. It leads to a rest in ourselves together with a feeling that we are already Ok as we are. This relaxation creates a feeling that we can appreciate the beautiful being that we already are. We can rest in that which is already perfect within ourselves.

There are basically two different ways to relate to life. The first way is to say no to life and the other way is to say yes to life. The first way means to act out of our ego, from our separate I. The other way means to act from our inner being, from our authentic self, from the inner source of love and truth, from the silence and emptiness within us, from the inner capacity to surrender to life.

The first way means to work against life and the other way means to cooperate with life. The first way leads to fight, struggle and separation from life and the other way leads to harmony, cooperation and wholeness. Learning to say yes to life means to learn that we are a part of life, that we are part of the Whole.

That which has a yes and support in Existence, grows and expands. That, which has not a support in Existence, changes or disappears. It is like the continuous dance and music of the waves of the ocean. It is the breath of life.

One way of describing meditation is like a freedom from the "I". The heart of meditation is a freedom from desires, ambitions and expectations.

When we begin to meditate, we often have an idea that meditation should bring positive results. But when our meditation integrates within ourselves, it also deepens the trust that meditation includes both light and darkness, both joy and sadness, both positive and negative experiences, both success and failure and both life and death. Meditation creates a deep acceptance for all climates and atmospheres of life.

The process in meditation is like planting a small seed and lovingly and patiently water and take care of this little seed until it grows into a strong and large tree.

Meditation is the way to awaken and develop the inner being. Meditation is about finding that which is already perfect within ourselves. The process to develop the inner being can be described as the process of step by step emptying a room from furniture until the room is completely empty and only a silence, a space and an emptiness, remains.

What are the two aspects of meditation? How do love and aloneness relate to each other? Just as the rhythm of ebb and flood of the sea, meditation grows and develops between two aspects. The two aspects of meditation are love and aloneness. Love and aloneness are the two wings of meditation. We need to develop both these wings to learn to fly.

Meditation and love are really two sides of the same coin. The inner aloneness and the outer love are two aspects of the same phenomena. Meditation means to learn to be happy and satisfied in our own aloneness and love is the fragrance that arises when we can rest in our aloneness. The word aloneness consists of three syllables: al-one-ness. Aloneness means to be one with ourselves. When we can rest in our aloneness as an inner source of love, joy and satisfaction, this aloneness also becomes a door to oneness with life.

What is aloneness? Aloneness is our inner nature. We are born alone and we die alone. Aloneness is the quality of our inner being. Aloneness is to be rooted and grounded in our inner being.

Meditation means to learn to love ourselves in our own aloneness. Take as a meditation to sit under a tree, in your room, in nature or wherever you can be alone - and allow yourself to love yourself. Forget the world and just love yourself. The inner journey basically means to learn to love oneself. This meditation develops our inner being and real harmony happens when we are in contact with our inner being, with our inner source of love, with our true inner nature.

Meditation can be defined as the art of learning to be with ourselves in our own aloneness. Meditation means to learn to rest in our own aloneness. When we can rest in our own aloneness, aloneness becomes an inner source of love, joy, acceptance, relaxation, silence, freedom and creativity. Aloneness means to learn to give this unique and precious moment to ourselves. To rest in our own aloneness is like sitting on a mountaintop liberated from the noise and madness of the world.

It is a paradox of life that the more we accept our own aloneness, the more we discover a belongingness with life.

Man has traditionally chosen to either deny the world or to deny the spirit. The three life areas, meditation, relationships and creativity, describe how the inner being of a person can be implemented in all three of these areas. They describe how a person's actions can carry a certain quality and fragrance, which we call awareness the presence of our soul.

Meditation is a balance and a development between aloneness, learning to be with ourselves, and love, learning to be and relate with others. It is a balance between inner emptiness and the outer world. It is a balance between East and West, between spirituality and materialism, between body and soul and both aspects are needed to create wholeness.

Some people can easier be happy and satisfied in their own aloneness and some people can easier love and relate with others. My experience from working with people is that there are basically two types of people: those that can be satisfied in their own aloneness and those that need love and confirmation from others. Based on previous experience in life, it can be easier for us to be with ourselves in aloneness and have a tendency to reduce ourselves when we relate with other people. None of these ways are better or worse than the other.

Life develops like the continuous rising movement of a pendulum between opposite poles and tendencies. Life develops between apparently incompatible pairs of opposites for example positive and negative, sadness and joy, light and darkness, day and night, male and female and life and

death. Meditation has traditionally been associated with something introspective and away from the world. Meditation has been associated with a static sitting, but just as electricity needs both a plus- and minus pole for a spark to happen, meditation has also two poles to ignite the spark of love. The two poles of meditation are the male and the female pole. The female pole is the silent, receptive and watchful pole in meditation. The female pole is the depth within ourselves independent of if we are a man or a woman. The female pole is the door to our intuition, to the inner true voice, to the inner source of love, truth and wisdom. The female pole in meditation is our inner being, the capacity to surrender to life.

The key to allow creative impulses to arise from the female pole in meditation is trust. It means to develop a trust in allowing creative and authentic impulses to arise from moment to moment from our inner being. To allow our creativity to arise from moment to moment out of meditation can create insecurity, why it is necessary to develop a trust in allowing these impulses to arise from our inner being, from the meditative quality within, from inner emptiness.

The male pole in meditation is action. The male pole is the active and creative aspect of meditation. It is the outgoing pole in meditation and the female pole is the ingoing pole. The relationship between the male and the female pole in meditation expresses itself like a balance between rest and activity, between relating and aloneness and between love and freedom. The female pole is silence in our inner center and the male pole is activity in the periphery. It is to be in the world without allowing the world to be in us.

To choose only the male pole in meditation without the balance of the female pole results in ego, destructivity and separation from life. To choose only the female pole in meditation without the balance of the male pole results in passivity. These two poles in meditation are like the balance between East and West, between spirituality and materialism, between body and soul and both these poles are needed to create wholeness. When we develop a balance between both the male and the female pole in meditation, a new spark arises and we experience the boundless and limitless source of love within ourselves.

What are the difference between the way of meditation and the path of love? There are basically two different paths towards inner wholeness. The first path is the way of meditation and the second path is the path of love. The way of meditation is the path of meditation and aloneness. The path of love is the path of joy, devotion and relating. The way of meditation is the inner path and the path of love is the outer path. These two paths can also be described as the male and the female path, although they are not confined to a certain gender.

The goal for both these paths is the same, but the ways to reach the goal are different. It is like one path travels along the north side of a mountain and the other path travel along the south side of the same mountain. These two paths take different routes up the mountain, but they both meet on the top of the mountain. These two paths both end in a balance between meditation and love, between aloneness and relating.

The way of meditation begins with aloneness and meditation and ends in love. The path of love begins with love and relating and ends in meditation and silence. This does not mean that the person who travels the way of meditation is always alone or that the person who travels the path of love is always relating, but there is a basic disposition in each individual to travel one of these two paths.

Meditation has traditionally been associated with something serious, but one sign that our meditation develops is that we develop a sense of humor. Humor means to develop a distance to oneself and not taking oneself too seriously. Humor means to not take life too seriously. Humor means to see the absurdity in situations. Taking oneself too seriously is a sign of ego and self-centeredness, while the ability to laugh at oneself is a sign of awareness.

Meditation gives us an inner silence, a rest in ourselves, together with a feeling of being at home in the world.

When the meditative presence and quality begins to overflow from our inner being, from our essence and authentic self, from our inner life source, we understand that meditation and life are not two separate things. We begin to understand that meditation has more to do with music than logic, that meditation has more to do with joy than seriousness. It is to understand that life is born out of meditation, that life is a song of meditation.

When I sat and meditated beside a slow flowing river in India, I learnt that if I really listened to the river, if I surrendered myself to the river, I did not need any other teacher in meditation. The river could teach me all the mysteries of life. In the same way can everything become a door to the secrets of life, for example a man or a woman, a tree, a bird, a stone or the clear blue sky, if I know how to surrender to life. It is such a deep joy, such a deep inner satisfaction, to know that I am part of life, that I belong to life and that I am one with life.

Meditation is not just a static technique; meditation is the way to discover our authentic being, our inner diamond. It is to find the joy, silence and freedom of our inner being. It is to rediscover the original life source, where we are already one with ourselves and with life. It is to come home.