



Silence as Yoga

Swami Paramananda

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This edition is the only one that has been prepared and updated at Swami Paramananda's own center, the Vedanta Centre in Cohasset, Massachusetts, by those carrying on his work.

The practice of silence has been an important part of spiritual life always. Interior silence even more so. In all religions and in all times, silence has played a vital role. In this book, Paramananda introduces us to the creative power of silence as it leads to the Light within each of us...the Eternal Presence. As Lao-Tzu wrote: "Silence is the source of Great Strength." We live in a time of noise on all levels. Learning to practice silence within, as well as in the smooth rhythmic flow of every aspect of our being, is both the inspiring and the practical focus of this book.

Swami Paramananda, a member of the Ramakrishna Order, was the great Swami Vivekananda's youngest monastic disciple. He was sent to the United States from India to assist in the work of the first Vedanta Society in the United States. From New York, he founded the Vedanta Centre in Boston in 1909. From then on, he lectured throughout the United States, Europe and in India. He founded two more ashramas, one in La Crescenta, California in 1923 and a second in Cohasset, Massachusetts in 1929. He also established an ashram school in India in 1931. An idealist, a mystic, a poet, an inspiring teacher, Swami Paramananda had the gift of inspiring and of providing practical instruction in spiritual living.

In a time when we are surrounded by sounds, these teachings...simple, yet profound...remind us of why silence has always been so important in spiritual life. Most of us won't be living our lives in monasteries or convents, retreat centers or mountain top caves; however, the wise have always valued silence...periods when we place ourselves in the healing silence of nature or when we go on retreat...and in the invaluable richness of interior silence...when the "monkey mind" finally experiences peace. Peace be unto you.

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