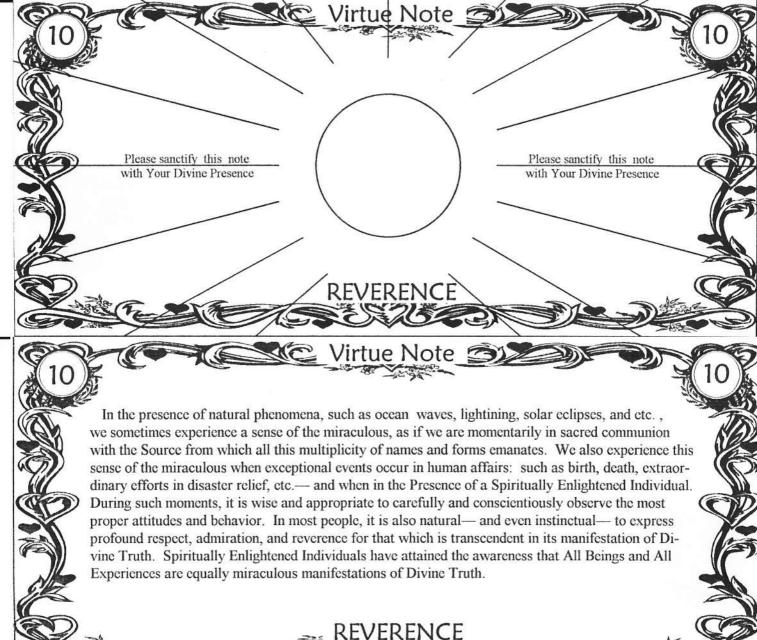
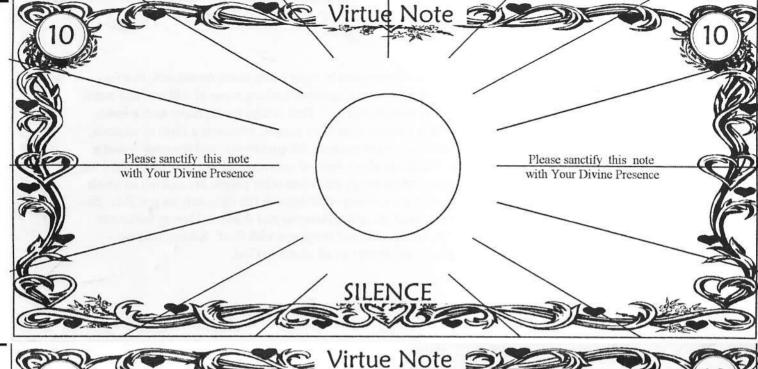


healthy diet, etc., clean and modest dress, a utiliarian household, and an ecologically-sound lifestyle in a spiritually aware community. External purity is a natural consequence of internal purity. Internal purity is purity of thoughts, feelings, motives, and conduct. Internal purity requires careful observation and much practice. Religious and spiritual principles and moral codes of conduct have been received through Divine Revelation, and have been accessible for milleniums. When one has faith in such principles, and is completely immersed in practicing them— in thought, word, and deed— one merges with the Being, Awareness, and Bliss of Divine Grace.

PURIT





Silence is the absence of sound. One of the reasons people enjoy being in the mountains, in a forest, or by a lake is because of the absence of sound there, and the resulting sense of stillness and peace. In solitude and silence it is easier to feel the Presence of God. That is why most people seek a quiet, secluded environment when they pray. When relating with other people, silence is a form of wisdom, as by exercising silence one can avoid unnecessary discussions, disagreements, and disputes— and a variety of other forms of entanglements. Silence is also a form of courtesy. How many times have we thought to ourselves: how can I concentrate, relax, sleep, etc. when other people are making so much noise? Keeping this in mind, we should carry out our responsibilities in life as quietly as possible. Silence also allows us to perceive the way the mind generates thoughts and desires. Having fewer and fewer selfish thoughts and desires leads to inner peace, and mergence with God. Silence thus conserves energy, contributes to social harmony, and brings us all closer to God.

SILENCE

