

“Listen for  
the silence  
between  
the notes.  
When the silence  
envelopes you,  
the soul  
can  
sing.”  
Ludwig Van Beethoven  
from the movie  
“Copying Beethoven”



Photo by Nirved Wilson

You might not think of Beethoven as a mystic. Yet, musicians routinely play with the ineffable, as if engaged in a game of hide and seek. Whether it is a piano concerto, a string quartet, the score of a musical, or the rhythms of rap, music *requires* silence in order to be heard. Silence is *always* a requirement for sound. When you shift your focus to the silent backdrop holding the emerging notes, the door to another dimension of your being quietly opens. When you can actually discern the notes arising *from* the silence and dissolving back *into* the silence, the soul does indeed sing in delight! In that moment the soul becomes privy to a silence that is *not* the opposite of sound. Rather, it is the Silence that is beyond concept altogether.

When you look at the above picture, you will see the moon, the branches of the tree, the waves in the water, and the coloring of the sky. The eyes, like the ears, automatically strive to make sense of what appears before them. But take a second look and let your eyes fix on the space *between* the branches of the tree. If you took a crayon and only drew the empty space between all the lines, the branches of the tree would still emerge – and you would have something you created by focusing on nothing but empty space. There is a deep partnership between foreground and background that allows both image and song to emerge into shape and form.

When you can perceive the polarities of silence and sound as an interdependent polar pair, as well as stillness and movement, and emptiness and fullness, what is *beyond* polarities is but a tiny shift in perception away. Being present to these polarities as they arise and fall away frees you to drop into the arms of the Silence, Stillness, and Spaciousness beyond words. When this happens, magic is before you and your soul can not only sing, it can let loose with a good belly laugh, a rousing dance, and a jump filled with joy!

Until next month when another Reflection will arrive, I invite you to listen for the gap between sounds, the space between objects, and the stillness between movements. It is here you may find the silent song that is the voice of the Divine calling you home.

Ragini