

## Resource for Q Basics, 2023

>Our practice of silence as a doorway to Truth is related to our understanding of the limitations of language and of formal logic.

>The first thing that we must recognize when we think of this practice of silence which goes beyond language and beyond cerebration is that we are seeking an internal silence as well as a silence of physical externals . In true silence all these circling thoughts, inner conversations and imaginings are laid aside . Indeed, Friends believe that even the thinking of theological thoughts should be laid aside during the practice of silence. For just as reading a description of bread, or perhaps reading a recipe of instruction as to how it is made, is a far different thing than actually tasting the bread, as is it true that there is a difference between thinking about theological concepts and actually experiencing Divine presence.

> Inner silence is known by the quality of "presence; " to be inwardly silent is to bring ourselves wholly into the present moment, to bring our spirits wholly to where our bodies are by stopping the circling thoughts which take our minds elsewhere. One practicing inner silence has the quality of being thoroughly present here and now.

Daniel A Seeger. Silence: our eye on Eternity. 1994.