



# Invitation to Silence

sayings to awaken the self

by Jean Klein

Compiled by Billy Doyle



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## Introduction

Jean Klein was a musicologist and medical doctor originally from Central Europe. From an early age he had the deep conviction that there is a “principle” independent of all forms of learning. The exploration of this conviction led him, in the 1950s, to spend several years in India where he was introduced through a ‘direct approach’ by studying *Advaita* (non-dualism) and yoga, to the non mental dimension of life. Living in openness free from past and future he was taken one timeless moment by a sudden clear awakening in his real nature. It was not a mystical experience or passing state but a non state, the absolute continuum in which birth, life experience and death take place. From 1960 he started teaching in Europe and later in the United States.

The teaching is through a direct approach pointing straight to our real nature. It is not concerned with progression, mental activity, striving or levels of spiritual attainment. It takes us directly to what is beyond the mind, to inner stillness and peace beyond the psychological, to infinite expansion, to pure love, in other words, to being what we fundamentally are. Jean Klein embodied unconditional love to all who had the great fortune to meet him.

## Introduction

Intrinsic to his teaching and the experiential understanding of his philosophy is what he called “the body work”, an exploration of the contractions and conditioned habits of the body, through a particular kind of body sensing and releasing evolved from Kashmiri yoga he had learned in India. Several of his students have made this teaching their own since their Guru’s death including Billy Doyle who has chosen the selections for this book. Billy has been a single minded student of Jean Klein’s teaching for forty years and shares his love for his Guru in seminars and publications.

I am very grateful to Billy for all the time he has put into these selections. From the ten books published in English so far, he has chosen short excerpts he feels portray the teaching over a wide variety of subjects. It is a work of devotion.

Since *Blossoms in Silence*, the hand made and signed by Jean Klein, limited edition (200) of a few sayings, is difficult to find, this book is very timely. The proceeds from this book will be donated to the Jean Klein Foundation charity to further future publications.

Emma Edwards

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## Open to the Unknown

When you are really still—still means in not knowing anything—that is really a blessed state.

When thinking starts from thought, it is a defense, it is aggression. But when a thought starts from silence, then I would say it is an offering. It is thanking. Thanking for being allowed to be.

You must not try to be open. You are open. When you say, “I must be open,” you create a state. When you say, “I am going to meditate,” you make a state of it. You *are* meditation. When you go into the state of so-called meditation or openness, you are like a donkey in a stall.

An object is meaningful only when it points to its origin, the perceiving. Then it is sacred. Otherwise it is profane.

## Invitation to Silence

Only an object can suffer, but you are not an object. You know the suffering, you are the knowing of the suffering.

The intellectual understanding brings you to the correct attitude to understand what can never be understood. It evokes an inner attitude which helps you to see that you can never come to objectless consciousness through the thought process. We could say it takes you to the helplessness of thought.

The teacher does not refer to the “I,” to psychology. It is meaningless to teach at the psychological level about what is beyond the “I.”

Awareness is concealed by volition, by remaining in the process of desiring and becoming.

You can only know what you are not. What you are, you can never know, because there is not a knower of it. It is your globality, your totality.

## I Am

Liberation does not concern the person, for liberation is freedom from the person.

It is not the mind which attunes to the I am but the I am which absorbs the mind.

It is the subject that maintains the object. When there's no longer a subject the object has no hold.

You are always witnessing your actions, so don't try to witness.

What do you want to improve? You are perfect; uncover the person who feels something is missing, and what remains is perfection.



## Invitation to Silence

Without the ego-subject there can be no subject/object relation so what appeared to be an object can no longer rightly speaking be one.

It is nothing but an expression of this reality, this stillness.

There is no seer in seeing.

Maybe you cannot fully understand the true vision of things because you are not fully convinced that nothing exists on its own outside of you, everything finds its being within you.

Knowing knows only itself. It is aware of the surroundings and at the same time aware of being aware.

As long as you take yourself to be a “wave” or “foam” you cannot see the truth. All I ask that you cease to identify yourself with them. You will then know your real essence: “the sea.”

## The Ease of Being

The idea that there is actually something to attain is deeply rooted, so we continue to live in the becoming process, projecting energy in taking or keeping something. But motiveless listening deepens the conviction that there is really nothing to gain or to lose, and conditioning drops from the mind, agitation recedes and there is stillness.

Yoga or any other technique, should be pursued only with the understanding that there's nothing to attain. The seeker *is* what he is seeking, and the idea of attaining anything is only an evasion.

Meditation is not a cerebral function. Sitting with the intent to meditate is not meditation. There may be an inner urge to meditate, but this doesn't come from the "ego I" who expects something. It comes directly from silence, from your real nature.

## Invitation to Silence

Tranquility obtained through techniques is only on the surface, while the deeper source of conflict continues.

Don't let ideas, memory tell you what you need. Be still and you will know the answer to your question.

In innocent observing, what is seen points back to the seeing itself.

Everything that can be perceived has no reality; it has need of an agent to be known. Consciousness alone is real because it needs no agent.

Awareness of stillness, of silence, may first arise in the absence of objects, as often happens in sitting meditation. But later, it is sustained in both their absence and presence. This awareness, which is listening, is the background of every appearance, so that even engaged in activity you are aware of both the activity and being.