



## Silence is the Way: The Teachings of Buddha

*Swami Dhyan Giten*

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From the foreword by Satyama Padma:

This book is a work of art, and a pleasure to read. It is both exciting, simple to read and it is filled with love and light. Many words and sentences in Giten's book "Silence is the Way" go right into the heart. Giten is a master in transmitting the light and joy, without too many words.

Buddha's greatest message, his gift to humanity, is the message of no-self, anatta, silence and emptiness, spiritual teacher Swami Dhyan Giten says in this book. Giten continues: "First Buddha says don't make a home in the world. Then he says don't be attached and then he says look into yourself: you are not. First he says that the world is illusory: don't make a home here. Buddha emphasizes very much the idea of homelessness, because the world is illusory. It need not be taken literally, but to build a home around you is like trying to stop the river of life, which is continuously changing. Then he says that attachments of possessing people are just dreams, illusions. Drop all attachments from your mind. And then he comes to the deepest doctrine. The doctrine is: look inside, you are not. You can only exist as an ego with the home, with the possessions, with the relationships."

When I read this book, I feel like being in a modern mystery school. Thank you. It is the same feeling of joy, beauty and excitement, which reminds me of when the colibri unexpectedly picked me in the ear, or when the llama suddenly spit me in the face.

This book is about the teachings of Buddha, which includes Giten's own insights into this exciting journey and meditation of life. This book is a compilation of lectures during satsang with Giten on the teachings of Buddha. Satsang with Giten on Buddha is not about Buddhism, it is about creating a bridge. Buddha is one of the most unique and important spiritual masters that have existed on Earth. Through using Buddha's wisdom as a jumping board, Giten gives life to words that has the power to change how we see the world.

Satsang with Giten is a meeting in love, truth and silence. Satsang with Giten is a direct insight and realization of being. Satsang with Giten starts a lecture, which is followed by 40 minutes of satsang with Giten in silence and meditation. During the satsangs there have arisen a deep silence and unity in the group.

Giten has talked about a variety of topics of concern for the modern man during satsang for example love, joy, relationships, acceptance, understanding, intuition, healing, trust, creativity, friendship, spiritual growth, evolution, society, life, meditation, silence, spirituality, mysticism, psychology, truth, wisdom, death, unity with life, God and enlightenment. He has also talked about a number of spiritual teachers and traditions such as Vedanta, Yoga, Tantra, Veda, Upanishads, Ayurveda, the chakra system, Tao, Buddha, Lao Tzu, Patanjali and Jesus Christ.

Satsang with Giten is a taste of the eternal, a taste of the timeless. It can feel like we sat for 3 hours, while we only sat for 40 minutes.

I was so afraid that I would lose the silence that I had found during satsang in India, but I found the silence again in satsang with Giten. Samadhi is like dying. The fear that I experienced in the beginning in satsang when I went into samadhi, when I disappeared into the silence, has now disappeared totally.

Satsang with Giten is like coming home. I went into samadhi three times during a satsang weekend with Giten - and I also got a map and an understanding for how to go into samadhi again. Before I started to attend satsang, I did not think that enlightenment was possible, but now I feel that it is possible. Satsang with Giten confirms what I have really always known.

During the satsang series with Giten on Buddha, he clarified the steps on Buddha's way to liberation: the path of awareness and meditation. During this satsang series on Buddha, Giten encouraged us to use awareness, meditation and mindfulness to develop the natural discipline which comes when we listen to ourselves. It is then when we discover that silence is the way, that silence is the answer.

This compilation of lectures during the satsang series with Giten on Buddha is for everybody that wants to find a new dimension of awareness in their lives, which will make you endlessly enriched and blessed.

Delight in the call of the ocean.

Capture the silence and allow yourself the fragrance of truth, joy and light.

Satyama Padma,  
Stockholm, April 26, 2017

"Giten is really a Master of love and silence."

- Prem Pathik, Nepal

"The religious words that Giten formulate can make anyone mentally stunned. These words create an inner silence and a deep spiritual wonder for life. Giten has shaken me. I hope the readers also discover his greatness."

- Brage Norin, professor in theoretical physics, Sweden

"Thank you for everything good that you do. I am happy for all the good work that you are doing to wake up humanity."

- Lena Kristina Tuulse, psychologist, founder of The University of Life, the oldest and largest growth place in Sweden

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<https://swamidhyangiten.wordpress.com...>

Read more about satsang with Giten on The Giten Blog:  
<https://swamidhyangiten.wordpress.com...>

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