

The Four Silences

"The **silence of the body** is when the entire body is in a sort of death, unoccupied by anything..

The **silence of the mind** is when mind is purified from the cunning and inventive craftiness [a.k.a. "Imagination"].

The **silence of the soul** is when there are no thoughts bursting forth within it [a.k.a. "Reason"], hindering recollection.

The **silence of the spirit** is when all its movements are stirred solely by Being; in this state, it is aware that the silence which is upon it is, Itself, silent."

Abraham of Nathpar / Desert Father)