

# Kohelet Thoughts 2

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***“For a dream comes with much concern, and the voice of the fool with many words.”*** Kohelet 5:2

Dreams do not speak the language of the intellectual mind. Dreams speak the language of the soul. This is why they consist of pictures and images. Dreams do not speak to the confused mind, but rather they speak to the knowing heart.



The heart knows deep within us. The heart sees and understands. The heart feels and thus is alive. The mind on the other hand is always confused; so many thoughts and so little understanding. Everything can be made to make sense. Thus we convince ourselves that all types of perversions are rational and logical. After all one can be convinced of anything.

But the heart knows better! The heart knows truth! And for this reason most of us repress our hearts and silence its inner voice. Why allow a challenge when we believe that we are right? Why allow doubt which clouds action? Yet, maybe the inner voice of doubt is not one of fear but rather a deeper inner knowledge that sees clearer than does the physical eye? Yes, the inner voice is heard when the heart is calm; it enables the mind to become clear.

Thus when we dream we receive the message of the heart. Our minds do not always understand it, but its message is still loud and clear. The message troubles the confused mind, but when silent and still, the message of the heart spoken through the dream can be understood within the depths of being where the mind and heart merge as one.

Do not speak many words trying to explain and rationalize that which is wrong. Many words confuse the mind into accepting even the unacceptable. Many words can confuse; that is all they ever do. Fools speak at great lengths to convince others how right they are. The wise need only say but a few words; their wisdom is self-evident.

Simple words: this is what is most deep; short speech: this is what is long and profound in understanding. Sometimes more is understood through silence than through words. Sometimes more is seen in stillness than in movement.

Silence your tongue from speech; hold back your mind from racing thoughts. Seek silence within and be still in your body. Allow the heart to speak its message without the mind's confusion, rationalizing wrong.

Silence! Stillness! See the dream within; only then will you be able to live it!