

Antar Mouna: Cultivating Inner Silence

Week 4 · Yoga Wise Meditation Course

Introduction

Antar Mouna is a Sanskrit term that means *inner silence*. It is a yogic meditation practice that develops self-awareness through mindful observation of thoughts, sensations, and external sounds.

Rather than trying to stop the mind or block out distractions, Antar Mouna teaches us to become the witness of our experience. This gentle shift from involvement to observation is at the heart of many yogic and meditative traditions.

Antar Mouna was systematised by Swami Satyananda of the Bihar School of Yoga and is practised in progressive stages. In this course, we work with the early stages of the practice, which are both accessible and deeply supportive.

The Practice of Witnessing

One of the core teachings of yoga is the cultivation of *witness consciousness*. This means learning to observe what is happening without becoming caught up in it.

Thoughts, sounds, sensations, and emotions are allowed to arise and pass naturally. Nothing needs to be pushed away or analysed.

As one of my early teachers often reminded me, yoga is the practice of becoming the witness.

How Antar Mouna Is Practised

Begin by settling into a comfortable seated position, allowing the body to feel steady and supported.

Bring awareness first to external sounds. Rather than labelling or judging them, simply notice sounds as they arise and fade. There is no need to identify their source.

Gradually, awareness may include internal experiences such as thoughts, images, or emotions. Again, these are observed without involvement or commentary.

In this practice, everything that arises becomes an object of meditation. Distractions are not a problem. They are part of the practice.

Responding Rather Than Reacting

Over time, Antar Mouna helps develop the ability to respond to experience rather than react automatically.

As awareness deepens, thoughts and emotions tend to lose some of their urgency. We begin to recognise that we are not our thoughts, but the awareness in which thoughts appear.

This can support emotional stability, clarity, and a more balanced perspective in daily life.

A Practical and Transferable Practice

One of the strengths of Antar Mouna is that it translates easily into everyday situations.

Rather than needing silence or ideal conditions, the practice teaches us to be at ease with what is happening, even in noisy or busy environments.

This makes Antar Mouna a very practical meditation for modern life.

Working Gently

It is important to approach this practice with kindness and patience. Some days the mind may feel busy or unsettled. Other days it may feel calm.

There is no expectation to experience inner silence in a particular way. The practice is simply to notice what is present.

Short, regular practices are often more effective than longer, occasional ones.

Integrating Antar Mouna

Antar Mouna builds on the steadiness of the body, the awareness of the breath, and the refinement of attention developed in earlier weeks of this course.

It prepares the ground for deeper emotional integration and heart-based practices in the weeks that follow.

© *Emma Turnbull · Yoga Wise · Meditation Course*