**Stillness - Ponderings**

**And after the fire a still small voice.**

**And when Elijah heard it,**

**he wrapped his face in his mantle**

**and went out and stood at the entrance of the cave.**

**And, behold, there came a voice to him,**

**and said to him, What are you doing here, Elijah?    
*(1 Kings 19:12)***

**He maketh me to lie down in green pastures:**

**he leadeth me beside the still waters.**

***(Psalm 23:2)***

**Be still, and know that I am God.  
(Psalm 46:10)**

**As you rest your mind and hearts in spiritual attunement throughout the day, you will know what to do and to say and will attract to you all that you require of the world’s goods and services in order to support your spiritual work. *(Mary’s Message to the World, 8-20-’93)***

**Meditation is simple. It is we who are complex. But we also are wise and courageous, each and every one of us. No matter how many times we forget, or for how many years, stillness awaits us with great patience. (Nina Wise)**

**On the surface, when we look at them, our children look like they did before (the attacks). They’ve gone on to be more concerned about school or soccer. It’s only when they wake up in the night, or in the quieter moments, that we get a glimpse of what is bothering them. (Nancy Carlson Paige, a Boston psychologist)**

**Safely hidden in a cocoon, nature turns them into an adult moth.  *(Larry Masidlover)c***

**The best cure for seasickness is to sit under a tree. (Spike Milligan)**

**When despair for the world grows in me – in fear of what my life and my children’s may be – I go and lie down where the wood drake rests in his beauty on the water and the great heron feeds. I come into the peace of still water. For a time, I rest in the grace of the world and am free. *(Wendell Berry)***

**Some people's hearts stop beating when they dream. This cessation may last for as briefly as a few seconds or as long as nine seconds. (Marc McCutcheon, in The Compass In Your Nose)**

**The eye at rest focuses on infinity, and close work requires a change in the shape and thickness of the lens so that the light rays from a near object will come into focus. (University of California at Berkley, Wellness Letter)**

**The best way to find things out is not to ask questions at all. If you fire off a question, it is like firing off a gun -- bang it goes, and everything takes flight and runs for shelter. But if you sit quite still and pretend not to be looking, all the little facts will come and peck round your feet, situations will venture forth from thickets, and intentions will creep out and sun themselves on a stone; if you are very patient, you will see and understand a great deal more than a man with a gun does. *(Elspeth Huxley, in The Flame Trees of Thika)*  
It is no simple matter to pause in the midst of one’s maturity, when life is full of function, to examine what are the principles which control that functioning. *(Pearl S. Buck, American author)***

**As people used to be wrong about the motion of the sun, so they are still wrong about the motion of the future. The future stands still; it is we who move in infinite space. *(Rainer Maria Rilke, German poet)***

**A still mind cannot create chaos. A conflicted mind can create nothing else. How can peace be welcomed into an unpeaceful heart? How can quietness be received by a busy mind? How can I know love if I cherish unloving thoughts? How can I be aware of the eternal and changeless if I Am centered on my desire for something to change? To experience God, I must become as still as God. *(Hugh Prather, in Morning Notes)***

**It is good to get still and think about the inexhaustible resources of infinite Mind; about its presence in all its fullness and its readiness to manifest itself when the law is complied with. Pray with persistence and pray with understanding. Be instant in prayer; and never allow anything to keep you from having your daily quiet hour of communion with God, your own indwelling Father. *(Charles Fillmore, in Atom-Smashing Power of Mind, p. 32)***

**It is only the finite that has wrought and suffered, the infinite lies stretched in smiling repose. *(Ralph Waldo Emerson)***

**Let us, then, labor for an inward stillness -- an inward stillness and an inward healing; that perfect silence where the lips and heart are still, and we no longer entertain our own imperfect thoughts and vain opinions, but God alone speaks to us, and we wait in singleness of heart, that we may know His will, and in the silence of our spirits, that we may do His will, and do that only. *(Longfellow)***

**You do not need to leave your room. Remain sitting at your table and listen. Do not even listen, simply wait. Do not even wait, be quite still and solitary. The world will freely offer itself to you to be unmasked, it has no choice, it will roll in ecstasy at your feet. (Franz Kafka)  
  
The good memories are all of stopping and staying awhile. I realize I've always driven too fast through life, carrying in my baggage too much impatience and apprehension, missing too many chances, passing too many good people in the dust. (Charles Kuralt, in A Life on the Road)**

**Quiet minds cannot be perplexed or frightened, but go on in fortune or misfortune at their own private pace, like a clock during a thunderstorm. *(Robert Louis Stevenson)***

**Each of us needs time in our lives to sit beside still waters. We need to make the time to be very quiet for a moment and allow time for the Voice of God to be revealed to us. There is a kind of inner assurance that can come only when we have allowed for some deeper inner moving. *(Jon Mundy, in Listening to Your Inner Guide)***

**When you develop the capacity to put your mind into neutral, you will have acquired inexhaustible patience. You will be able to listen to another person’s point of view with such concentration and detachment – even when your opinions are being torn to shreds – that sometimes you will say to yourself, “Hey, he is right. I am wrong. I can learn from him.” Your attitude of open-mindedness is the beginning of kindness, and kindness is the foundation of a harmonious world. (Eknath Easwaran)**

**The ocean is never perfectly calm.  *(E. C. McKenzie, in Tantilizing Facts)***

**There is a place in you where there is perfect peace. There is a place in you where nothing is impossible. There is a place in you where the strength of God abides. *(A Course in Miracles)***

**Plans come to me, but I never decide on my movements until I have let the matter rest without argument. I take it into the silence and lay my plan before Infinite Intelligence. The inner conviction will come. Follow it. Do not argue. Trust. Maintain the quiet, trustful attitude. Eliminate the personal wish. Do not be afraid to follow the inner conviction. There is the guiding voice in every experience. *(Dr. Nona L. Brooks, in In the Light of Healing)***

**There are seasons when to be still demands immeasurably higher strength than to act. Composure is often the highest result of power. (Channing)**

**This art of resting the mind and the power of dismissing from it all care and worry is probably one of the secrets of energy in our great men. (Captain J. A. Hadfield)**

**No one can see their reflection in running water. It is only in still water that we can see. *(Taoist Proverb)***

**Sometimes I sits and thinks, and sometimes I just sits. (John-Roger & Peter McWilliams, in Life 101, p. 362)**

**It’s hard to stand still in life. If you are not going forward, you may be going backward. Sometimes this movement is so subtle we’re not aware of it. *(Bits & Pieces)***

**Ask your thoughts to be still, but let them still be. *(David J. Seibert)***

**All the troubles of man come from his not knowing how to sit still. (Blaise Pascal)**

**Even if something is left undone, everyone must take time to sit and watch the leaves turn. *(Elizabeth Lawrence)***

**Wisdom comes from the ability to be still. Just look and just listen. No more is needed. Being still, looking, and listening activates the non-conceptual intelligence within you. Let stillness direct your words and actions. *(Eckhart Tolle)***

**Words that soak into your ears are whispered, not yelled. *(S.C.U.C.A. Regional Reporter)***

**I do most of my work sitting down; that's where I shine. (Robert Benchley)**

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