



WEDNESDAY, JANUARY 8, 2025

The Power of Being Still

Original Talk Date: January 6, 2016

Key Lesson: The "medicine that heals" -- the intention to see ourselves as we are, and the subsequent revelations that alone can help set us free -- can only be as important (and ultimately invaluable) to us as is the extent of a higher awareness that calls for that exact prescription.

Talk Takeaways

- Without awareness, we become the instrument of whatever thought, feeling or reaction is coursing through us.
- When we do things against ourselves, we do not know it. The self that is busy acting against itself believes it is doing something beneficial. That is how blind that self is.
- You are in conflict with others because they do not live according to your law.
- In setting a right intention, conditions will conspire to reveal what you have asked to see inwardly.
- Anxious rushing is an attempt to get to the point where you can relax.
- There are no solutions to the problems that your mind brings up, because the mind does not bring them up to be solved. The mind thinks about problems so that it can be a problem-solver.

- The mind likes to keep itself busy with problems that it has produced.
- Learn how to distinguish the part of you that promises peace, from the part of yourself that is already at peace with everything that is taking place.
- Only the Light can separate you from the darkness that does not know itself.
- The lower nature is ceaselessly active so that it can have the sensation of being real and permanent. The source of its contentment is secretly the source of its fear.
- "Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth." -- Psalm 46:10 -- Translation: Withdraw from yourself and be whole, and through this action know the I Am, that which is divine within you, for by this action of withdrawing and being whole you are separated and raised at once above the level of the animal and its world.
- You cannot have the self-knowledge about what moves through you if you are identified with it.
- It is not you that is uncomfortable with silence. What is uncomfortable with silence is the part of you that abhors silence, because in silence it cannot continue to exist as it does when it is active.
- The soul cannot grow when you are always active. The energies that are not wasted are used to strengthen your relationship with the part of you that already knows when it is right to be still, and when it is right to be active.
- Exercise: Make use of your own personal ATM: Attend The Moment, even if only for just five seconds in a thought-storm. See the waste of thinking about yourself.
- One of the powers of stillness is that everything comes out of it.