

Chapter 1 : Topical Bible: Stillness

by Christina Sarich, November 3rd, In these moments, you need a fast, effective method to chill the heck out. This simple exercise can calm you down and eliminate stress in three minutes or less.

Why Cultivate Inner Stillness? Restoring Oneself When we are truly still in mind, body and spirit we come into an inner place of peace, calm, tranquillity, self-restoration, self-renewal. A state of being where we can replenish our drained energy, bring order to our scattered agitated thoughts. This is a state where mind, emotions and body can become less ruffled, less ragged - where feelings, thoughts and physical sensations can become integrated. Stillness does not have to be created, it is our deepest essential nature, you simply have to uncover it from the mental and emotional "noise" underneath which it lies buried. Once we cease our mind ceases its "mental chatter" it becomes receptive to the communications of the unconscious mind - the deep well of creativity, insight and wisdom that lies within the psyche of us all. **A Safe, Skilful State for Decisions** When we are in a stressed, distressed or depressed state of mind we make poor decisions. Getting clear, calm and relaxed before important decisions e. When we are under pressure and anxiety type stress, we often feel that a decision is "extremely urgent" and need to consider first if this urgency is just a symptom of our distressed state. When we are feeling low or depressed we often find that procrastination and loss of motivation get in the way of making decisions that do really need to be made. Accessing the meditative state of inner stillness will avoid these dysfunctional pitfalls. People who have suffered, or are still suffering, a illness such as depression, anxiety states, paranoia, schizophrenia or bipolar disorder manic-depressive illness symptoms often become "over-controlled". In other words they fear doing something crazy or having thoughts, impulses or feelings that spiral "out of control". Every decision and action can become a frightening risk once we have lost confidence in our own mental health - in our own sanity, our common-sense, rational thinking or our wisdom. This is especially true of people who have suffered episodes of mania - i. Becoming familiar with the state of "stillness" and how to enter it, can be very supportive in helping people to regain their self-confidence and self-esteem. In situations of mental or emotional distress, it may be necessary to do some cathartic clearing of agitated internal energies before the journey into inner stillness can begin. The same is true of anti-depressant drugs. However, reducing or eliminating medication should only be undertaken in close consultation with your Doctor, Psychiatrist or other regular health advice source. It may be unwise, for example, to stop a medication suddenly and it is usually advisable to have an independent person to monitor your condition in the potentially unstable period when a medication drug dosage is changing. We need a rest from the dramas of feeling "Certain and Secure" one moment then "Uncertain and Insecure in another moment. Powerful and "In-control" one minute, then Weak and Vulnerable at another time. Buddhists know this as the great truth of "Impermanence" - the reality of "The Winds of Life" blowing us hither and thither on our path through life. The great escape from the wear and tear of being human is to enter stillness and touch the greater truth of eternity - the truth that in essence we are spiritual beings and an indestructible part of the Great Scheme of Things. One of the ways of accessing this experience is to be still close to the power and beauty of nature - to feel a "buzz" while watching the amazing light show of a beautiful sunset or feel the warming uplift of a rising sun at dawn. Personally I can readily access this type of "religious experience" by "being still" close to a mountain stream or a cascading waterfall. **Let Stillness Speak to You Now!** But then, it is not really a thing, and it is not of this world.

Chapter 2 : Stillness Quotes (quotes)

In the light of calm and steady self-awareness, inner energies wake up and work miracles without effort on your part. ~Nisagardatta Maharaj If you would keep quiet, clear of memories and expectations, you would be able to discern the beautiful pattern of events.

Neither be ye of doubtful mind. I think that these words Whereunto art thou like? Let thy stillness speak to one that hears. Let thy stillness speak Those who came under the spell made much of the text "the locus classicus of Quietism" Be still, and know that I am God. Activity obstructs Union; for God being an Infinite Stillness, the soul, in order to be united to Him, must participate in this stillness, else the contrariety Its solemn stillness helps to free the mind from that perpetual din which the cares of the world will bring around it; and the stars looking down from heaven The Master often spoke of this, and had many names for this place of hidden joy and stillness. For in silence God is speaking to the inner ear. The Lord shall come in dead of night,. When all is stillness round; Multi-Version Concordance Stillness 1 Occurrence. The quality or state of being quiet; freedom from noise, agitation, disturbance, or excitement; stillness; tranquility; calmness. Freedom from disturbance, noise, or alarm; stillness; tranquility; peace; security. Its present appearance is thus described: My salvation is from him. The "still small voice" of 1 Kings The quality or state of being serene; clearness and calmness; quietness; stillness; peace. In its darkness, stillness, powerlessness, lack of knowledge and inactivity, it is a true abode of death see DEATH ; hence, is regarded by the living with

In The Stillness Calm () Underground Black Metal.

So much noise both inside and outside our brains. So many tasks on our to-do lists. At least several screens within reach. But stillness is still possible. It, too, is within our reach whenever we need it. You can cultivate stillness while walking on a busy street, while chaos swirls all around you. Some of her favorite spots include the airport and mall. For instance, you might physically slow down by sitting, slowly walking or even lying down, she said. You might reduce external stimuli in your environment by lowering the lights and turning down the music. It allows us time and space. It also soothes our nervous system. She might shut her eyes to calm her thoughts and focus her attention on one thing. Taking slow, deep breaths induces the parasympathetic system and slows your heart rate, Lawson said. Practice when you need it. Or set an alarm on your phone. Again, you can experience stillness anywhere. But it can help to start at a favorite place. This might be outdoors, such as a park or bench, or at home, in complete silence, she said. Listen to soft music. Sometimes, people are afraid of being alone with their thoughts, Lawson said. This is when creating more structure is helpful. One way is by listening to soft, slow music. Music also is great when silence becomes deafening. This also gives your stillness structure. Lawson shared these examples: She shared this quote from Hermann Hesse: She also explores self-image issues on her own blog [Weightless](#) and creativity on her blog [Make a Mess](#):

Chapter 4 : How to Stay Calm Like a Navy Seal - Stillness in the Storm

If we sit with an increasing stillness of the body, and attune our mind to the sky or to the ocean or to the myriad stars at night, or any other indicators of vastness, the mind gradually stills and the heart is filled with quiet joy.

Jul 31, Sometimes, we encounter unpredictable storms in life and it is not just any kind of storm. It does not require much effort to cultivate a peaceful mind in a peaceful forest. However, it is a different story when the environment changes. It is not so easy to cultivate a peaceful mind when strong and big winds blow in our lives. Instinctively, we get frightened when strong winds blow. Even confused, when the strong and big winds blow unexpectedly. From time to time, I face occasional storms in the journey of my pastoral ministry. I am afraid to meet these strong storms because I am just a string of reed in the storm; a frail and tender being. I get discouraged, anxious, and my heart troubles me as I begin to have second thoughts. It is not easy to find peace in your mind and soul when your heart is troubled and distressed. However, through passing the many trials of storms in life, I have gained wisdom in cultivating stillness and peace in the storm. So how can we keep the stillness of your mind and soul in the midst of a storm? First, it is in the wisdom of accepting the reality of occasional storms in life. Everyone will be faced with storms. No one can escape from these storms. Life is not as easy as it sounds. There was a great storm that came when the disciples were out in the sea. And even to the boat Jesus was in, the storm came. When a storm comes in, be trained to accept it as it is. These thoughts will hurt and distress us even more. No one is free from the storms of life. Accept the difficulties and the storms as they are, for the storms will die down and will not last long. When the storm comes, we shut our eyes in fear. However, storms are not resolved by fear. It is solved by facing this fear with courage. Stand strong and firm in the storm. Stare back at it and take control. You must also have courage. God is our refuge Ps Third, it is wise to look at Jesus when a storm comes in. The disciples focused on the big waves rather than focusing on Jesus when the great storm arose. Our feelings are affected by what we choose to focus our eyes and minds on. Depending on where our eyes are, our emotions will be affected accordingly. When we meet a storm in life, we forget that Jesus is with us just as the disciples did. We forget to look at Jesus. However, God did promise that he will be with us under all circumstances. Fourth, it is wise to pray for Jesus to calm the storm. Jesus will calm the storm for us when we pray. Jesus will calm the strong waves at his will. We cannot calm the strong waves with our might and effort. Do not be afraid of the storm but pray. Ask Jesus for help. Do not be anxious but pray. We could get anxious for a while when the storms come. We could be shaken for a while. But when we fix our eyes and pray to Jesus, our hearts will be calm. When we calm our hearts, a mysterious peace will surround and guard our hearts. A calmed heart is like a serene lake. The serene lake is calm. The sky meets the serene lake. A serene heart, like a serene lake, is met with heavenly inspiration from above. The wisdom of God descends upon us. The ability and power to overcome the storm descends upon us as well. The storm does not last forever. The storm is what passes by for a moment. Endure a little more. Wait a little bit more. The storm will soon pass by. Please train and build a calm mind through the Word of God every morning. We live in a time and age where serenity has disappeared. That is why people who train to have a peaceful mind are remarkably beautiful. May you train for a peaceful mind, day after day, to bless and share the peace that is within you. This is one of the weekly letters he writes to his congregation. For the original, visit www.

Chapter 5 : The Power in Being Still & How to Practice Stillness

Lawson shared these examples: "I am calm and still," or "I can create stillness." "Stillness has a lot of looks and in my book there are no right or wrong ways to do it," Lawson said.

Facebook Page Stillness Your innermost sense of self, of who you are, is inseparable from stillness. It is the I Am that is deeper than name and form. Dive into it and surrender fully. In full surrender to stillness, you directly experience that to which the concept of God points. In that direct experience, you awaken from the dream of the mind and realize that concept of God points to who you truly are. You are beneath the thinker. You are the stillness beneath the mental noise. Stillness reveals the secrets of eternity. It is only in still water that we can see. Only in a quiet mind is adequate perception of the world. The mind of the sage, being in repose, becomes the mirror of the universe, the speculum of all creation. We only need to be still and things will reveal themselves in the still water of our heart. You connect with it at a very deep level. Become familiar with her ways. At first you listen to the absence of sounds and call it silence. Then suddenly you may be taken by the presence of stillness where you are one with listening itself. But let stillness fall on you With its sweet and cooling showers, And you will find happiness. In that focus, all else comes into focus. In that rift in my routine, the universe falls into alignment. The wisdom you seek lies within. Let the mind rest at peace. The ten thousand things rise and fall while the Self watches their return. They grow and flourish and then return to the source. Returning to the source is stillness, which is the way of nature. All else will happen rightly, once your mind is quiet. As the sun on rising makes the world active, so does self-awareness affect changes in the mind. In the light of calm and steady self-awareness, inner energies wake up and work miracles without effort on your part. 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. Such feelings of ugliness can be pretty powerful, sometimes strong enough to cause us to lose sight of, and disconnect from, the innocence and beauty of our true essence. Slowing down and easing gradually into stillness while concentrating on the energy that fills our heart, the same energy that connects us to each other, will bring us back to the everlasting beauty of ourselves. There is only you. How can there be a distance between you and you? Be still and let the inherent joy of that Truth capture your drama and destroy it in the bliss of consummation. Be still and let your life be lived by the purpose you were made for. Be still and receive the inherent truth of your heart. By flowing with the stream. There is no doer of it, no creator of this stillness. It is simply here in you, with you. It is the fragrance of your own self. There is nothing to do about this, it is naturally present. This fragrance of peace, this spaciousness, it is the fragrance of your own being. Let the fire of stillness burn everything and reveal That which is Openness. Awareness naturally returns to its non-state of absolute unmanifest potential, the silent abyss beyond all knowing. Just be fully present and still, and let the Universe bless you abundantly with Peace and Eternal Love. We all derive from the same sourceâ€ We are all part of creation, all kings, all poets, all musicians; we have only to open, only to discover what is already here.

Chapter 6 : Effortless Peace ~ Stillness

Define stillness. stillness synonyms, stillness pronunciation, stillness translation, English dictionary definition of stillness. adj. stiller, stillest 1. a. Not moving or in motion: The patient must be still for the doctor to work. b. Free from disturbance, agitation, or.

Did you misplace your keys when you were already late for work this morning? Was traffic worse today than after a 5-car accident on a Los Angeles turnpike? You have seconds sometimes, to make smart choices that could possibly keep them breathing long enough to get them to a hospital. Every fiber of your being has evolved over time to signal danger. Counteracting the Fight or Flight Response When faced with danger or any perceived threat, you instinctively default to two choices: A cascade of chemical reactions occurs the minute a stressful situation presents itself. This is how the body mobilizes its resources to deal with a threat. Your natural response to stress will be the same until you learn how to interrupt it. This causes your heart to pound, your blood pressure to rise, and your breathing rate to speed up. Your pupils may dilate, and your skin may flush. After a stressful event, it can take up to 45 minutes for your body to return to homeostasis. Most of us breathe in an unconscious, stress-promoting way. This counteracts the adrenal dump and flight-or-fight response. They allow you to literally create something out of nothing. And when do you need to do that most often? When you are faced with a challenging or stressful situation! How to Do It You can start with a box breath and expand into larger inhale-exhale ratios. A box breath is a simple inhale to the count of four, using your diaphragm. You then exhale for a slow count of four. Be sure you expand your lungs completely, and fill them as much as you can. Your stomach should expand, not just your lungs. This is because your diaphragm is moving down into your belly to allow your lungs to expand more fully. Once you can do this, you will change the ratio. You will start with a 4: You can breathe yourself into peace, in three minutes or less. She is a writer, musician, yogi, and humanitarian with an expansive repertoire. She has been invited to appear on numerous radio shows, including Health Conspiracy Radio, Dr. The second edition of her book, Pharma Sutra, will be released soon. Not sure how to make sense of this? Want to learn how to discern like a pro? Read this essential guide to discernment, analysis of claims, and understanding the truth in a world of deception: Did you find a spelling error or grammar mistake? Do you think this article needs an update? Or do you just have some feedback? Thank you for reading.

Chapter 7 : Stillness Synonyms, Stillness Antonyms | Merriam-Webster Thesaurus

About The Stillness Project Founded by Tom Cronin, The Stillness Project aims to transform and teach people the power of stillness and calm through the power of deep meditation and coaching. Tom previously worked as a bonds and inflation swaps broker for 26 years.

Stillness in Motion is most common at an easy pace, but it can also occur at extremely high intensities, such as a finishing kick. It is similar to, but different from Flow. There is similarity between Stillness in Motion and the stillness found in prayer and meditation. Characteristics of Stillness in Motion Calm. Stillness in Motion is a calm state, where your mind is clear and quiet. Stillness in Motion gives a sense of freedom, and a lack of self-consciousness. Your mind should be aware of your body, focused on how your muscles are working, how your feet are landing, how your arms are moving, etc. Sometimes focus will roam around your body, checking on footstrike, then toe off, then arm movement, etc. This is similar to mindfulness. While you are fully aware of your body, you are often disassociated with the experience of your body. Therefore you may be aware of pain, but not experiencing or suffering from that pain. It is like being an observer, watching what is happening to your body, but not experiencing it directly. Your awareness of time tends to disappear or become distorted, and it is possible to run further than you expected. Sometimes this is referred to as being "in the moment". There should be no tensing up or fighting to run. Stillness in Motion is about letting your body run, sometime at very high intensity, rather than pushing your body. Even when running at faster paces, there should be a sense of effortlessness and allowing your body to run rather than forcing it. While some awareness of the world is important, many of the actions of running become automatic rather than acting as distractions. Your body may be working hard, but only the essential muscles are active. Non-essential muscles are relaxed, and the working muscles are relaxed when they are not in use. So your calf will be working while your weight is on that foot, but when that foot is airborne, the calf should be relaxed. Sometimes you will have to consciously relax muscles like your neck or arms. Typically efficiency is improved with Stillness in Motion, with a lowering of your Heart Rate for a given pace. Stillness in Motion precludes any negative emotions such as anger, hate or bitterness. These emotions create tension and the associated thoughts interfere with the inner awareness. The world moving past. Stillness in Motion often includes the illusion that you are stationary and the world is flowing past you, rather than the other way around. Your Breathing should not be forced or desperate, even if you are running hard. In those situations, forcing your Breathing tends to make matters worse as the Breathing muscles start to consume the limited supply of oxygen while the increased Breathing rate does little to improve the oxygen delivery, which is constrained by other things than your lungs. At slower paces, Breathing should be effortless and calm. Stillness in Motion is somewhat like riding a horse. You are focused on the current moment in time, fully aware of how well you are performing, but at the same time, you are also isolated from the actual feelings.

Chapter 8 : Stillness in Motion - www.nxgvision.com, Running tips

Suddenly the stillness of the night was broken by the sound of a horn. There was something horrifying in the single splash, and then the stillness. In all the house, now, there was no sound, and without there was a stillness only more vast.

Chapter 9 : The stillness of dawn | The stillness of dawn - A calm and sâ€™ | Flickr

For me, I schedule stillness first thing in the morning. It has become so precious to me, that I won't want to start the day without it. I practice this firstâ€™before prayer, before Bible reading, before journaling, and before exercise.