

SENT TO MARIE:

It comes to this, that we have to learn the art of doing nothing! It would seem that everyone could practise this without the slightest preparation or training, but the fact is that hardly anyone can do so. For the expression "doing nothing" must be interpreted in an absolute sense. We must learn to be totally without action, without thought--without any tension or manifestation of the ego. The Biblical expression "Be still!" says exactly the same thing but says it positively where the other says it negatively. If we really succeed in learning this art, and sit absolutely still for long periods of time, we shall be given the best of all rewards, the one promised by the Bible: we shall "know that I am God." [23:7.258](#)

"Be still and know that I am God" is the key to the enigma of truth, for it sums up the whole of the Short Path. Paradox is the final revelation. For this is "non-doing." Rather is it a "letting-be," a non-interference by your egoistic will, a silencing of all the mental agitation and effort. [23.5.202](#)

If you ask why you can find no trace of God's presence in yourself, I answer that you are full of evidence, not merely traces. God is present in you as consciousness, the state of being aware; as thought, the capacity to think; as activity, the power to move; and as stillness, the condition of ego, emotion, intellect, and body which finally and clearly reveals what these other things simply point to. "Be still, and know that I am God" is a statement of being whose truth can be tested by experiment and whose value can be demonstrated by experience. [22:3.409](#)

Be still and know! This is to be done by practicing the art of meditation deep into its second stage and then--for it cannot properly be done before--tracing the ego to its hidden lair. Here it must be faced. Being still involves the achievement of mental silence, without which the ego remains cunningly active and keeps him within its sphere of influence. Knowing involves penetrating to the ego's secret source where, in its lulled and weakened condition, it can be confronted and killed. [8.4.390](#)