

Be Still And Know:

“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

More than any other author, Lao Tzu has put in the tersest and simplest way the importance, the meaning, and the result of the sitting-still practice, the patient waiting for inner being to reveal itself, the submissive allowing of intuition to be felt and accepted. 23.7.270

The Stillness is both an Understanding, an Insight of the mind, and an Experience of the being. The whole movement or vibration comes to a stop. (P) 24.4.172

Where the heart goes, there soon or late the other faculties will follow. This is why it is so important to let the Overself take possession of the heart by its total surrender in, and to, the Stillness. 24.4.90

The seeker after stillness should be told that the stillness is always there. Indeed it is in every person. But he has to learn, first, to let it in and, second, how to do so. The first beginning of this is to remember. The second is to recognize the inward pull. For the rest, the stillness itself will guide and lead him to itself. ([24:4.51](#))

The principle which makes union with the Overself possible is always the same, albeit on different levels. Whether it appears as humility in prayer, passivity to intuition, stillness in meditation, or serenity despite untoward circumstances, these attitudes temporarily weaken the ego and lessen its domination. They temporarily silence the ego and give the Overself the opportunity to touch us or work through us. So long as the ego dominates us, we are outside the reach of the Overself and separated from its help. 22.5.3

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](#)

Those who look for advancement by looking for inner experiences or for discoveries of new truth do well. But they need to understand that all this is still personal, still something that concerns the ego even if it be the highest and best part of the ego. Their greatest advance will be made when they cease holding the wish to make any advance at all, cease this continual looking at themselves, and instead **come to a quiet rest in the simple fact that *God is***, until they live in this fact alone. ... 23.5.222

"The best form of meditation is to avoid thinking of anything. In the mind so kept clear, God will manifest Himself."--Shankara of Kanchi 23.7.165

The Long Path developed in him through yoga-meditation the capacity to find the inner Stillness. The Short Path added to it (1) the knowledge that the Stillness is himself, and (2) the practice of continuing remembrance to be the Stillness. ([23:4.68](#))

This stillness is the godlike part of every human being. In failing to look for it, he fails to make the most of his possibilities. If, looking, he misses it on the way, this happens because it is a vacuity: there is simply nothing there! That means no things, not even mental things, that is, thoughts.
24.4.4

If he does not practise keeping himself--his body and mind--still, this presence which emanates grace is not given the chance to activate his consciousness. Here is the first secret of meditation--Be still! The second secret is--Know the I am, God! The stillness will have a relaxing and somewhat healing effect, but no more, unless he has @u<faith>, unless he deliberately seeks communion with God. 23.7.16

The real Short Path is really the discovery that there is no path at all: only a being still and thus letting the Overself do the work needed. This is the meaning of grace. 23.5.223

May you be healed.

May we be healed.

May you know peace.

May we know peace.

May your heart remain open.

May our hearts remain open.

May you know the beauty of your true nature.

May we know the beauty of our true nature.

May you be healed.

May we be healed.

May you be the source of healing for others.

May we be the source of healing for all

Praise the Lord in all things, in every experience.

Gratefulness for being, for life, for experience, for the universe.

Blessings to all beings. May all rest in the peace of the Divine.

Thank you.